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THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Essential Guide to Aromatherapy and Vibrational Healing; Angels & Gemstone Guardians Cards, and many more. Margaret Ann is an evolutionary aromatherapist, the creator of Smudge in Spray, and the owner of The Crystal Garden – the conscious living store of the Palm Beaches established 1988. www.MargaretAnnLembo.com TheCrystalGarden.com

ARCHANGEL RAPHAEL AND LEGIONS OF HEALING ANGELS

Archangel Raphael is the archangel responsible for healing and good health in most traditions. Archangel Raphael provides healing support for any type of discomfort on all levels – mentally, emotionally, physically, and spiritually. This archangel helps to strengthen your determination to overcome health challenges, helps you understand how you created your present situation, and provide healing support through the transformation. Raphael helps to draw helpful people into your life during a period of healing and heal attachments to things that are no longer for your highest good.

If you are already challenged by a health issue, ask this angel to show you what you need to do to improve your well-being. Call on Raphael when you need guidance on how to heal yourself or others and to inspire you to find the perfect health care practitioners.

CRYSTALS, MINERALS, STONES FOR GOOD HEALTH

Wear specific healing crystals and gemstones like citrine, garnet, green aventurine, jade, or ruby. Use citrine for mental clarity, for ease in digestion, and to integrate everything going on around you and within you. Employ garnet to increase energy, stamina, and vitality. Keep green aventurine for health, wealth, and happiness. Use jade for good fortune, love, health, and wellness. And, gaze at ruby to align with your core inner strength.

PRAYER

Oh, Angel of Health! Please guide me in being aware of the actions I need to take every day to be healthy. Help me to think positively and feel gratitude for my life to boost my immune system. I want to eat properly and exercise regularly. Inspire me to eat the foods that are perfect for my body type. Show me ways to balance my work and my playtime so that I feel emotionally and mentally fulfilled. Inspire me to choose good habits to maintain a healthy weight, glowing skin, strong hair and nails, and overall well-being. Thank you!

Portions of this article are excerpted from The Essential Guide to Everyday Angels by Margaret Ann Lembo (Llewellyn Worldwide. September 8, 2020)



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SUNDAY Services
9:30 and 11:00am
Sunday school at 11:00am
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Sunday, April 5 th , 9:30am and 11:00am
FEELING EVERYTHING
Speaker: Rev. Valarie Parson

Good Friday, April 10th , 6:30pm
THE EASTER EVOLUTION: EVOLVING FROM CRISIS TO CHRIST CONSCIOUSNESS **Rev. Valarie Parson**
God is a boundary crosser, crossing the boundary of divinity to become manifest without losing anything of divine nature. And Jesus is the boundary breaker. His faith tradition is not a domesticated religion. It's not enough to sit in a comfortable center and give money in the box and think you're going to heaven. Jesus' ministry was about afflicting the comfortable as well as about loving one another and comforting our afflicted brothers and sisters. The time is now!

Easter Sunday, April 12th , 9:30am and 11am
QUESTION EVERYTHING
Speaker: Rev. Valarie Parson

Sunday, April 19th , 9:30am and 11:00am
RESIST NOTHING
Speaker: Rev. Valarie Parson

Sunday, April 26 th , 9:30am and 11:00am
LIVE LIKE YOU'RE DANCING
Speaker: Rev. Valarie Parson

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CLASSES

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HEART-CENTERED METAPHYSICS GROUP BOOK STUDY
Facilitator: Rev. Randy Fillmore

Participants are encouraged to read the identified Chapter before each Wednesday group book study. During the study, we will review the material presented and engage in discussion, exploring the ideas and concepts presented. We'll then discuss how we can integrate and incorporate these ideas into our own lives. Students are encouraged to use the companion workbook, "Applying Heart-Centered Metaphysics Workbook" as part of their own spiritual discovery journey.

Thursdays, March 12 th through April 6 th , 6:30pm – 8:00pm
JOURNEY OF DISCOVERY **Facilitator: Paulette Mason, LUT**

This will be a discussion group using the book "Ask Yourself This" by Wendy Craig-Purcell. Socrates said, "An unexamined life is not worth living." Wendy proves that our quality of life is largely influenced by the quality of the questions we ask ourselves. This book provides key questions intended to help readers discover often overlooked aspects of their spiritual natures. We will be comparing our answers to our beliefs and to the 5 Unity Principles. This is an opportunity to apply Principles to our daily lives and discover our inner greatness.

Monday, April 13th , 7:00pm
SOUND HEALING
Facilitator: Ellen Schipul

Friday, April 17 th , 7:00pm
DRUMMING FOR UNITY
**Facilitators: Ellen Schipul
and Fred Goodnight**



ONGOING EVENTS

Noon Prayer Service Tuesdays and Thursdays
Tuesdays – Course in Miracles 7:00pm
Wednesdays – Melbourne LGBT AA 6:30pm
Fridays – LGBTQ+ NA 9:00pm

As One, we celebrate a spiritually awakened world www.unityofmelbourne.com

**The greatest
optical illusion
is separation**

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover (page 29)

Evelynne Sage and
her Unicorn

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

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



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

HORIZONS MAGAZINE is 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@gmail.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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Page 3	\$575	\$1515	\$2580	
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<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 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

****Publisher's note:** We use many names for **God**, including The Universe, Source Energy, Great Spirit, Divine Source. It all refers to the one God, no matter what name we use. [Andrea de Michaelis](#)



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS

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

WELCOME TO THE APRIL 2020 HORIZONS.

Scrolling thru Facebook, I see folks are in prepper mode. A friend thinks I'm being irresponsible being unconcerned with the hoopla. My feeling is *I'm not high risk. I don't need to go in public, I work from home, I can have groceries delivered. I wash my hands after putting deliveries away. I keep essential items on hand.* I know that like after hurricanes, when supplies get limited, people freak out. **MY EXPERIENCE IS THAT when "disaster" times come, if I stay focused on my little world, keeping that in order, by the time I need something, it will be available again.** It happens every time and since I have no evidence to the contrary, I have full faith, expectation and belief that it will happen in future times as well.

A FBF posted about "the Law of Attraction" being a mechanism to control the Universe. That's a typical mis-interpretation about LOA, mostly due to folks using the phrase who don't understand the process. **Law of attraction has nothing to do with trying to control ANYTHING but your direction of focus.** Law of Attraction is like gravity: you learn how gravity works

and then you make it your goal to live your life so that you work WITH gravity and not against it. You learn ways to cooperate with gravity so it takes you where you want to go.

Same with **law of attraction**. If you're having wacky unfocused thoughts, that's where you're headed. IF -- in the midst of having wacky unfocused thoughts -- you can remind yourself this is just a thought, this will pass, things can get better -- doing that raises you into ANOTHER point of attraction, with the goal being ever better. That's working WITH law of attraction.

A friend said she "*thought law of attraction was like creative visualization rather than any attempt at control.*" I told her people use the process of creative visualization and directed focus in order to raise them into a preferred vibrational resonance. As an example if I feel I've been having a run of bad luck or a lot of challenging times, that it puts me at a certain vibrational resonance and according to that I'll attract people and circumstances who match THAT vibrational resonance. Those are not always people and circumstances I WANT to attract, but I attract because of my focus on my challenging times.

If when I find myself thinking pessimistic thoughts in a downward spiral, I use whatever means necessary via self-talk to bring myself into a better place, reminding myself that other opportunities can appear, things can turn out better than I expect. An optimistic attitude and reminding yourself of things that are possible for you places you at that better vibrational resonance which is a better point of attraction. Enjoy our offering this month. Hari Om.

Andrea



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POSTPONED DUE TO
VIRUS QUARANTINE**



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NYT best-selling author Gregg Braden is internationally renowned as a pioneer in bridging science, spirituality and the real world. Since 1986 Gregg has explored high mountain villages, remote monasteries and forgotten texts to merge their timeless secrets with the science of today. Visit www.greggbraden.com

Placebos promoting life-affirming beliefs have the power to reverse disease and heal our bodies. Studies prove that life-affirming beliefs have the power to reverse disease and heal our bodies. It's not the drug that heals us. it's our belief that by taking it, it is healing us. It's our belief and faith in the unknown powers of the drug or the technique that heals us.

In 1955, H. K. Beecher, the chief of anesthesiology at Massachusetts General Hospital in Boston, published a landmark paper entitled "The Powerful Placebo."¹ In it, Beecher described his review of more than two dozen medical case histories and his findings, documenting that up to one-third of the patients healed from essentially nothing. The term used to describe this phenomenon was *the placebo response*—or, as it is more commonly known, *the placebo effect*.

Placebo is used to describe any form of treatment where patients are led to believe that they're experiencing a beneficial procedure or receiving a curative agent, while in reality they're given something that has no known healing properties.

The *placebo* can be as simple as a sugar pill or saline solution or as complex as an actual surgery during which nothing is done. In other words, while the patients have agreed to participate in a medical study, they may not know precisely what their role in it will be. To test the *placebo* effect, they may undergo all of the experiences of surgery—including anesthesia, incisions, and sutures—while in reality nothing is added, taken away, or changed. No organs are treated. No tumors removed.

What's important here is that the patients believe something is done. Based on their trust of the doctor and modern medicine, they believe that what they've experienced will help their condition. In the presence of their belief, their body responds as if they'd actually taken the drug or undergone a real procedure.

While Beecher reported that around one-third of the patients he reviewed responded positively to a placebo, other studies have placed the response rate even higher, depending on the condition for which patients were treated. Migraine headaches and wart removal, for example, have had high success rates. The following excerpt from an article published in *The New York Times* in 2000 reveals just how powerful the placebo effect can be:

Forty years ago, a young **Seattle** cardiologist named **Leonard Cobb** conducted a unique trial of a procedure then commonly used for angina, in which doctors made small incisions in the chest and tied knots in two arteries to try to increase blood flow to the heart. It was a popular technique — 90 percent of patients reported that it helped—but when Cobb compared it with *placebo* surgery in which he made incisions but did not tie off the arteries, the sham operations proved just as successful.

The procedure, known as internal mammary ligation, was soon abandoned.²

In **May 2004**, a group of scientists at **Italy's University of Turin Medical School** conducted an unprecedented study investigating the power of belief to heal in a medical situation. It began with administering drugs that mimic *dopamine* and relieve patients' symptoms. It's important to note here that the drugs have a short life span in the body and their effects last only about 60 minutes. As they wear off, the symptoms return.

Twenty-four hours later, the patients underwent a medical procedure where they believed that they would receive a substance to restore their brain chemistry to normal levels. In reality, however, they were given a simple saline solution that should have had no effect on their condition.

Following the procedure, electronic scans of the patients' brains showed something that's nothing short of a miracle. Their brain cells had responded to the procedure as if they'd been given the drug that originally eased their symptoms. Commenting on the remarkable nature of the study, the team's leader, **Fabrizio Benedetti**, stated, "It's the first time we've seen it [the effect] at the single neuron level."³

The **University of Turin** findings supported studies that had been conducted earlier by a team at the **University of British Columbia in Vancouver**. In that investigation, it was reported that placebos could actually raise the brain levels of dopamine in the patients who receive them. Linking his studies to the earlier ones, **Benedetti** speculated that "the changes we ourselves observed are also induced by release of dopamine."⁴

It may be precisely because of this effect that **William James, M.D.**, the man known as the "father" of psychology, never actually practiced the medicine that he was trained to offer. In an article written in 1864, he left little doubt as to why he suspected that the real power of healing was less about the procedures and more about the way doctors helped their patients feel about themselves: "My first impressions [about medicine] are that there is much humbug therein, and that, with the exception of surgery, in which something positive is sometimes accomplished, a doctor does more by the moral effect of his presence on the patient and family, than by anything else."⁵

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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: WHAT DOES ABRAHAM HAVE TO SAY ABOUT REINCARNATION?

A: Well, the reason that you are picking your topic here and presenting it in a way that you are is because there are different vantage points about the subject from different people. So we would like to hear from you, since it's such a big topic, a more specific question. In other words, if you are eternal - and we promise you, you are - then you just have to accept that in your eternalness, that you are coming forth with lots of different perspectives to have lots of wonderful times in lots of different time-space realities. But you know, everyone who wants to talk about reincarnation does not have that knowledge as their basis. And so, now what do you want to know?

Q: Well, I recently had a sister who passed. And it was, of course, very sad, very sad circumstances as well. And I constantly felt like I was the older sister even though she was eight years older than me, and I thought, well, maybe she's just not been here as often as I have.

A: Well, it isn't that. Physical beings, in their comparative endeavor, often assume that someone less connected or less clear has less time, when really what it is the circumstances of their life experience have just affected them in a more disallowing way.

But again, that's the reason that we asked what your specific questions about reincarnation are. There are so many people who, as they notice things as they are, as they're documenting and cataloging and pigeonholing things, they come to an assumption, and then they try to go back and re-work what must have come before in order to explain the assumption that they've come to. And when the assumption that they've come to in the beginning is incorrect, then all the reworking is incorrect, too.

And so, there are a lot of people who will pronounce "*I am a very old soul, and you are a very new soul.*" And it's just the new way to insult people. LOL What we would like you to



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realize is that all of you have come forth from Source Energy, and all of you are Pure Positive Energy, and to the degree that you allow it, you will thrive, and you didn't come forth intending to compare.

Sometimes people who are in a very highly evolved culture, like in this nation for example, will look at someone in an underdeveloped country, and their natural assumption is that those people are less evolved because they're less evolved in terms of their physical countenance, so they must be less evolved in terms of Energy. And we say you just can't make those assumptions - people come forth intending different exposure to different experiences for different reasons.

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

Herbs for Laryngitis

Laryngitis is more than just a sore throat. It is defined as the inflammation of the mucous membranes lining the larynx (voice box) and the surrounding tissue of the upper part of the respiratory tract. Usually it begins and is spread through bacterial or viral infections, that lasts up to 7 days; if it is severe it can last up to 3 weeks. If it lasts longer than 3 weeks please see your doctor; it could be a disorder of the mouth, tongue or vocal cords called Dysphonia.

Laryngitis has many causes; it may simply be caused by over-use (singing, speaking, excessive coughing or yelling for long periods of time). It can be due to GERD when the stomach acids back-up into the throat, post-nasal-drip or upper respiratory infections where bacteria or viruses infect the larynx. It can also be brought on by smoke exposure, pollution or excessive alcohol consumption.

A simple case of **laryngitis** can be helped by staying hydrated with water, juice (pineapple contains **bromelain**, which reduces swelling of the vocal cords), soup or teas as long as it is not too hot or cold; cold causes the vocal cords to contract and too hot adds to the inflammation. Try to avoid caffeine, alcohol or smoking since these dehydrate the vocal cords; eventually causing dysphonia. If you live in a drier climate or the humidity in your area has dropped breathe in humidified moist air. You can use throat sprays or lozenges to keep the throat hydrated. And try to speak as little as possible, even whispering puts a strain on the vocal cords.

There are many options herballly for **laryngitis**. **Echinacea** relieves the symptoms, fights the bacteria or viruses that can be the cause of laryngitis and shortens the length of time you have laryngitis. **Slippery Elm** or **Marshmallow** bring relief of irritation and hoarseness by moistening the mucous membranes of the throat. **Turmeric** in a glass of warm milk (1/2tsp.) reduces inflammation and soreness of the throat. (**Honey** can be added for taste.) **Cinnamon** is a useful home remedy for **laryngitis**, it has been found to have anti-inflammatory, antiseptic and antibacterial properties that help to relieve the pain and symptoms of **laryngitis**. (1tsp. cinnamon, 3tsp. honey, 8oz. boiling water) to reduce discomfort **Chamomile**, **Clove** and **Sage** in a gargle help especially when mixed with **honey**, **lemon** and **Licorice**. **Clove** also acts as an antiseptic anti-inflammatory, infection fighter and analgesic agent. **Licorice** (the herb, not the candy) has been used for hundreds of years as a tea to bring moisture to the throat reducing hoarseness. The **glycyrrhizin** found in licorice provides mucilaginous properties that relieves irritation and reduces inflammation. To cool the irritations of the vocal cords **Peppermint** and **Mullein tea** are excellent options, plus they also act as analgesics and expectorants.

These are just a few herbs that can be used to strengthen the vocal cords, fight possible infections and reduce inflammation and pain. Next time you have this problem why not give them a try.

DEPRESSION DISAPPEARS WITH PLACEBO



Dr Joe Dispenza, international researcher and author who teaches how we can rewire our brains and recondition our bodies to make lasting changes. His passion is the latest findings from the fields of neuroscience, epigenetics, and quantum physics to explore the science behind spontaneous remissions. He uses that knowledge to help people heal themselves of illnesses, chronic conditions, and even terminal diseases so they can

enjoy a more fulfilled and happy life. www.drjoedispenza.com


Editor's note: Expectation and belief can not only lift symptoms, studies show it can actually change your brain wave patterns to bring about a change in your biology. Meaning you can heal yourself using your imagination.

Janis Schonfeld, a 46-year-old living in California, had suffered with depression since she was a teen. She'd never sought help until she saw a newspaper ad in 1997. The UCLA Neuropsychiatric Institute was looking for volunteer subjects for a drug trial to test a new antidepressant called venlafaxine (Effexor). Schonfeld, a wife and mother—whose depression had escalated to the point where she had actually entertained thoughts of suicide—jumped at the chance to be part of the trial.

When Schonfeld arrived at the institute for the first time, a technician hooked her up to an electroencephalograph (EEG) to monitor and record her brain-wave activity for about 45 minutes, and not long after that, Schonfeld left with a bottle of pills from the hospital pharmacy. She knew that roughly half of the group of 51 subjects would be getting the drug, and half would receive a placebo, although neither she nor the doctors conducting the study had any idea which group she had been randomly assigned to. No one would know until the study was over. But at the time, that hardly mattered to Schonfeld. She was excited and hopeful that after decades of battling clinical depression, a condition that would cause her to sometimes suddenly burst into tears for no apparent reason, she might finally be getting help.

Schonfeld agreed to return every week for the entire eight weeks of the study. On each occasion, she'd answer questions about how she was feeling, and several times, she sat through yet another EEG. Not long after she started taking her pills, Schonfeld began feeling dramatically better for the first time in her life. Ironically, she also felt nauseated, but that was good news because she knew that nausea was one of the common side effects of the drug being tested. She thought that she surely must have gotten the active drug if her depression was lifting and she was also experiencing side effects.

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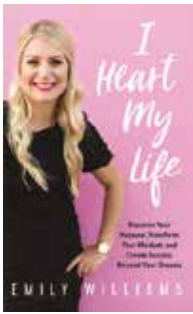
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USING THE LAW OF POLARITY TO GET ANYTHING YOU WANT

Emily Williams is a success coach, entrepreneur, and author who works with female entrepreneurs, helping them bust through the obstacles that hold their dreams and goals hostage, build their own online businesses, and hit their money goals. She's been featured on numerous business and innovation websites, including Money, Entrepreneur, Business Insider, Forbes, Success, and HuffPost. www.iheartmylife.com

I love watching clients unearth their desires, bring them to the surface, and proclaim them loud and clear for the entire world to hear. Yet oftentimes it takes poking, prodding, and a whole lot of encouragement to get the women I work with to even admit what they want. They have so many doubts, fears, insecurities, and judgments about their desires.

They wonder if they can truly have the... Dream house.... Five-star vacation... Upgrade on the plane.... Five-figure client... And even that cleaner.... "Is it possible?" they ask. And do I deserve it? Isn't it greedy to want more? Shouldn't I just be grateful for what I have? Should I be (gasp) realistic?"

Oh, the "R" word. "I don't believe in realistic," I tell them. "And even if I did, you create your own version of realistic."

When my clients ask those questions, it's my job to bring one simple phrase to their attention: **Everything you want wants you back.** You see, I believe that our desires are truly dropped in. They are a part of us—just like our DNA. I also believe that, because our desires are dropped in and because everything we want wants us back, we can trust that the goals we want to achieve, the love we're destined for, the money we want to make—it's all possible and it's all actually already present.

"According to the **Law of Polarity**, everything is dual—so things that appear to be opposites are actually two inseparable parts of the same thing. Think of hot and cold, for example—although they're opposites, they're actually on the same continuum and you cannot have one without the potential for the other." (lawofattraction.com)



You may be reading that and thinking: Why haven't I heard of this before? It's saying that you're already on the continuum of wealth! Already on the continuum of the dream house. Already on the continuum of the best-selling book you want to write.

According to the **Law of Polarity**, when it comes to your desires, wealth, and the life you want to create, there may have been a period of time when, for example, you couldn't afford to take a trip (maybe that time is right now). But if you can't do something, that means you still have the potential to do it at the same time. Maybe today, you don't like the number in your bank account. There isn't enough and you want more, yet you're not sure if it's possible for you. Well, wealth and being broke are on the same continuum—abundance! If you're capable of one, then you're capable of the other.

You can also think about this in terms of human potential, because sometimes it's easier to see possibility in others before we see it in ourselves. For example, when you board a plane and walk down the aisle to your economy seat, you can see people sitting in business class or first class. They are there, and you can see them. So even if you don't believe an upgraded seat is possible for you yet, you can see that it is possible for other humans.

And if you're wondering how I was able to transform my own life and go from making \$442 a month to a seven-figure business, this is it. I focused on the fact that even though some of my desires weren't my current reality, there were people out there doing them all the time, so the potential was there for humans in general. And since I'm human, I finally realized the potential was there for me too.

(That's where my "why not me" philosophy comes from.)

What I'm saying is: even if you don't have everything you desire today, it can be right around the corner because it literally already exists!

Finally, do you want to know the most important part of this process? Once you believe your desires are possible for you, take action. (I'm not a sit-on-the-mountaintop-and-wish-it-into-reality sort of gal.)

And here are four simple steps to get you into action on behalf of your dreams:

1. Write down five things you desire right now.
2. See yourself getting them in your mind. Feel the possibility.
3. Now write down a simple action you could take to get those five things (they may be different steps).
4. Start today!



SETH SPEAKS

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

ON MOVING PAST NEGATIVE IMAGES

Seth: "Now listen to me. When you find yourself facing such negative images in your mind and projecting them into the future, you should at once mentally wipe out that image and replace it with a constructive image, seeing yourself, for example, sitting in command of a well-ordered room."

This must be done immediately and upon every such occasion and under every such circumstance. This exercise will indeed wipe out the previous negative image."

Seth (Jane Roberts), 'The Early Sessions', Book 7, Session 332.



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PERSPECTIVE AFFECTS EVERYTHING



Keith Eble is a psychologist with a focus on Cognitive Behavioral Therapy. He currently works mostly with adults experiencing depression, anxiety, grief, relationship issues, PTSD. You can find Keith Eble on Facebook. He also has a FB group called Perspective is Everything, which is the name of his book which is available on Amazon.

WHEN DOES 'VENTING' BECOME 'DWELLING'?

Many of us have heard and believe that venting feelings can be very helpful. Especially if we intend to release those feelings when we are done. Certainly, keeping them 'stuffed' inside will be harmful, both in the short and long term. This reminds me of a book title "Buried Feelings Never Die" and I totally agree. For me a better way to describe this process is 'working through' feelings--venting, coming to grips with reality, letting go of demands and expectations, etc.

So what if we keep venting and venting on and on? I heard about a tribe in Africa that listens intently when a tribe member complains of vents about an issue; but, if that person starts to vent again later, the tribe members walk away. I believe this is because the person has not done anything to deal with the issue and is just 'dwelling'. Again, I totally agree that dwelling on anything is destructive, as it tends to make it bigger, not release it. So, dwelling is a problem.

The difficulty is when does venting turn into destructive dwelling? I think we may benefit from venting more than once, but two or three times may be the limit. After that, doing something constructive about it becomes the goal. We can help ourselves and others by limiting venting and moving on to solutions.



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FROM THE HEART



Alan Cohen is the author of many inspirational books including *Spirit Means Business*. Become a certified professional holistic teacher in Alan's life-changing Holistic Seminar Leadership Training beginning April 17, 2020. For info on this program and Alan's books, videos, audios, online courses, retreats www.alancohen.com.

THE SANITY OF FAIR EXCHANGE

As I was walking into a local market, a homeless woman stopped me. I had seen her from afar, talking to herself, apparently mentally unbalanced. She asked if I would buy her some potato chips. "Sure," I told her. "What kind?"

"Lay's—spicy, please." Tickled that she knew what she wanted, I got her a large bag and gave it to her on my way out of the store. In her hand she now held an ice cream cone. (Apparently she worked lots of folks who entered the shop.) Then the disheveled woman did something surprising: She gave me the ice cream cone in exchange for the chips. Touched by her generosity, I told her I really didn't want the cone; it was all hers. But she insisted, so I took it.

As I drove away, I realized that even distraught or unbalanced souls understand the principle of sharing and fair exchange. Something inside a human being wants to say "thank you" when a kindness is given. Sometimes people who hit bottom are more sensitive to the importance of helping each other.

In the inspiring Netflix series *The Kindness Diaries*, adventurer/philanthropist **Leon Logothetis** travels around the globe without using money and, as a social experiment, asks people he encounters to help him by giving him food, a place to sleep, or gas for his motorcycle. Many people turn **Leon** down, but a number of thoughtful people generously support him.

Tony, a homeless man in **Pittsburgh**, offered **Leon** a mat and blanket to sleep on in the doorway where **Tony** had taken shelter. He gave **Leon** food and offered him a new package of underwear that someone had given him. **Tony** had next to nothing, but he was willing to share it, because he had next to nothing that he understood the value of helping. As a reward,

Leon gave **Tony** full tuition to attend a training program that would get him a job as a skilled worker and provide him with a good income. As **Leon** announced this gift, tears flowed from **Tony's** eyes. The circle of kindness was complete.

Right livelihood, as **Buddha** called it, is built on fair and equal exchange of goods and services. In my book *Spirit Means Business*, I identify ten illusions that keep people stuck in fear about money and business, and the ten truths that liberate us. One of the illusions is the goal to get as much as you can while giving as little as you can. To a spiritually awakened person, this goal is meaningless and unattractive. When someone helps you by serving you a meal, providing transportation, or giving you a massage, it is natural and soul-fulfilling to want to help them in exchange. When we reframe the circulation of money as the passing around of love, we step into a prosperity mindset and we thrive.

The homeless woman also taught me the importance of being an open receiver. Although I initially resisted, I accepted the ice cream cone. Many of us are good at giving, but we block receiving. Such resistance impedes the circulation of prosperity as much as being stingy about giving. Every willing giver requires a willing receiver. When you are willing to receive, you allow the giver the joy of giving.

My mentor **Hilda Charlton** underscored this lesson in her own unique way. If someone gave **Hilda** a compliment like, "That was an inspiring lecture!" **Hilda** would give the student the opportunity to amplify the gift. "Did you really like it?" she would reply.

"Oh, yes," the student continued, "I learned valuable tips I can use to improve my relationships."

Hilda was not fishing for compliments. She was quite egoless and didn't need other people's praise. Instead, she was opening the door for the other person to experience the reward of giving.

Occasionally **Hilda** would lead a meditation on gratitude. She guided us to mentally thank the people who loved and helped us. Then she would add, "You can also send thanks to me. . . I don't need your thanks, but you need to give it."

We all need to give thanks. We reserve one holiday, **Thanksgiving**, as a day to express our gratitude. Yet we need to express it every day. Not because that will make us a good person or God will one day reward us. Because gratitude heals the giver and the receiver. **Abraham-Hicks** teaches that gratitude is the state of mind most representative of our true nature, and thus lifts us closest to heaven.

We are told many times in the **Bible** that **God** wants to give all to us. If are going to have all, we must be willing to receive all. **God** puts no restrictions on the volume of blessings we can have. It is we who limit ourselves. The purpose of the spiritual path is to take the lid off the good we are open to receive so we can have it all. Sometimes people with mental disabilities are closer to heaven than many other people. That homeless woman was willing to ask for love, accept it, and give it. May we all become so sane.



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DEAR MICHELLE, My dog is very loving and always seems to be talking to me as she is very vocal. Do you think that it's possible to really communicate with animals?

DEAREST, Yes, absolutely I can communicate with animals and so can others like me. I can you tell what animals are thinking and what they want. They communicate telepathically they'll show me pictures with their mind or I'll get a feeling. It's just like when I read people's minds. Well, I can read dogs and their energy, their health issues and other animals, too.

Once, I was out in LA at a producer's house and he had these very fancy horses; Paso Fino horses, they have a very specific gait. And my producer friend said, "*Michelle, I'm having trouble with this one horse. Could you look at it?*" I knew this was another test. And so we went out to the horse ring and I approached the trainer and said, "Hey, let me on it. I want to ride her."

So I went up to the horse and was stroking its nose and talking to her and asked the trainer, "*Give me a hand up?*" Well he snubbed me at first, like who do you think you are? So I said, "*Be a gentleman and help me up.*" So he helped me up and I got on that horse and rode it around the track very comfortably, very smooth, very easy for a couple of laps, I loved that!

When I got off the horse, I looked in the horse eyes, and said my goodbyes - - what a beautiful creature. Horses think very loud! I went back to my friend, the owner, and said, "*Your horse says that that man is mistreating her. That he's hitting her to get her to obey, and she does not like her trainer at all, he's cruel. And that you need to get rid of that trainer because he's beating her to get her to comply. The horse will do better with comradery and love than being beaten.*"

My producer friend was worried about me getting hurt when riding, but the horse and I were doing exactly what we were supposed to be doing. Anyway, if you have any doubt, Animals have souls and they communicate can telepathically with Spiritual Mediums that are gifted in this way as a professional Animal Communicator or Animal Whisperer.

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

HOW CAN I NOT WORRY ABOUT THE WORLD?

Weather patterns...war...disasters...pollution. It would seem I'm callous and ignorant if I don't fret over world conditions. But I pause to consider: Every thought that has ever been thought still exists - thoughts of vulnerability and thoughts of security, thoughts of a scary, hostile world and thoughts of an increasingly thriving planet, thoughts of heading towards disaster and thoughts of peaceful expansion.

Since the Law of Attraction - like attracts like - applies to every facet of existence, similar thoughts find each other, flow together, and influence world conditions to the degree of their preponderance.

Which streams do I wish to contribute to via my mental focus? Peace or war? Well-being or vulnerability? Hope or hand wringing? The greatest gift I can give to the world's people is to envision global well-being and to look for the same, appreciate it, and talk about it when the subject comes up.

The more I notice what's wrong, the more I contribute to what's wrong. The more I notice what's right, the more I welcome that - for the world and for my own little corner of it.



Rev. Andy Conyer



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WHAT ABOUT ANTIDEPRESSANTS?

OK, I get it. Thanks to the universal Law of Attraction, my desires flow to me when I consistently think positive and feel good. Conversely, negative thoughts and feel-bad emotions affect my life - health, finances, relationships, etc. - in ways that I don't want.

But what if I take antidepressant medication? Will it cause me to feel good in an artificial way and thus fool me into thinking I'm happier than I really am? Can medication foul up the crucial feedback that I'm ever being sent from my emotional guidance system?

Probably not for long. My emotional guidance system is sufficiently determined to send me its messages that it will likely override any medication intended to numb my feelings.

That's why antidepressants don't work at all for many people. For others, anti-depressants help them feel better for a while and then mysteriously seem to stop working.

There is no medication that will turn an unhappy person into a happy person because there is no medication that can change that person's habits of thought.

If I'm taking antidepressants and choosing to deliberately focus on the positive aspects of life and feeling increasingly better emotionally, it's the change in my mental focus that is making the long-term difference. But I can view the meds as helpers and feel thankful for any assistance they provide.



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CONFESSIONS OF A SPIRITUAL PERFECTIONIST

Matt Kahn is author of the best-selling *Whatever Arises*, *Love That* and *Everything is Here to Help You*. A spiritual teacher and empathic healer who has become a YouTube sensation with his healing and often humorous videos. His 9 million True Divine Nature YouTube channel viewers find the support they seek to feel more loved, awakened and opened to possibilities thru the invitation to join the "Love Revolution That Begins with You." See mattkahn.org.

My friends and I have a running joke. We like to say, "I am not a perfectionist, but I'm working on it."

This light-hearted one-liner is a bird's eye view into the infrastructure of intensity I lived in during the early developmental years of my spiritual journey. To the best of my ability, I forged into inner explorer mode, eager to glean each insight and accomplish each milestone to the point where I was so worried about getting it wrong that I wasn't able to enjoy the perfection of my evolution. Perhaps this rings true for you as well.

While all of us living on planet Earth are empaths of varying degrees of awareness, embodiment, and integration, the majority of empaths who are aware of their energetic sensitivities are also recovering spiritual perfectionists. Because an energetically sensitive being has an inferior ego, or conditioning fed by low self-esteem, it is nearly instinctive to engage the endless potential of the Universe with an ongoing fear of making a mistake, doing something wrong, worrying about missing a window of opportunity or being left behind the highest curve of expansion.

I site these examples as experiences I have had and survived, only to discover a Universe operating by such a level of perfection and grace it is categorically impossible to ever step outside of the spotlight of your unfolding destiny. Often times, when the ego hears of such a perfection, it feels defeated by the will of the Universe, as if it's competing with the Cosmos for your undivided attention. All too often, the ego only feels useful if it believes it controls everything. When it discovers a depth of alignment beyond the grip and grit of personal control, it mopes in a state of uselessness as if it plays no purpose in life's incredible journey.

Since everything is a unique and equal expression of one eternal truth, the ego plays a pivotal role in your evolution, albeit not the role it imagines or wishes to portray.

As you awaken, your ego's job is to unravel in order to create space for the soul to emerge. It's as if the ego has parked its car in the numbered space of your energy field, unaware that it is momentarily parked in that spot, until the soul is ready to move its vessel into position. While the ego might adopt a belief in being the caretaker of the parking spot, even working tirelessly to keep it clean and clear of debris, it is maintaining the integrity of a parking space so the soul has a place to be parked. Upon finding out this surprising twist of fate, the ego can often become territorial with the parking space of your energy field, even perceiving the soul as an invasion to fend off. It's not that ego refuses to let go, as much as ego delays

letting go until it feels as if it has gotten everything perfect. In reality, no matter how perfectly the ego does its dance, it always imagines an even higher level of perfection to attain, which perpetuates the tendency of holding on to its belief in control. Using this analogy, the ego asks the soul to be patient as it feverishly cleans the parking space for its arrival, always finding some pebble to move around as it works to get everything just right.

"...the ego asks the soul to be patient as it feverishly cleans the parking space for its arrival, always finding some pebble to move around as it works to get everything just right."

Even if the ego were to imagine getting everything perfect, its role now shifts into the same amount of effort to maintain the perfection it worked so hard to cultivate. Because it will never be free of the nonstop effort of chasing or maintaining perfection until it lets go, the more often the repetitive tendencies of ego are openly met with relaxed loving attention, the easier a transition can occur where the ego exits the parking lot to allow the soul to move into place.

In order to assist in your transition out of the perfectionistic patterns of ego and into the glory of your soul's true essence, here a few helpful tips to aid in the process:

1. You are always doing everything correctly, even when you think you're getting it wrong.

While the ego believes achievement occurs as a result of doing things correctly, the soul understands that both right and wrong are merely ways of interpreting the nature of outcomes. The soul knows that every experience is correct since it brings you into communion with the exact emotions needing to be felt in order to resolve the past and inspire the awareness of greater insights. It's never a matter of seeing something wrong or right, but how much time you are meant to spend percolating in various emotional states in order to access the gift of expansion.

While the ego believes doing things in a more correct order will help it gain access to more positive feelings in a shorter amount of time, the soul abides in the awareness of truth -- knowing you are meant to feel, think, believe, and choose exactly as you will to build up the momentum created in states of repression and discomfort in order to catapult into the opposite spectrum of higher energetic and emotional states.

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1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$10 Members, \$20 others. Spiritualist Chapel of Melbourne meets at 1924 Melody Lane behind Melb Auditorium 321-419-6262

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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

The unconscious media has control over so many of our precious lives. They know precisely how to push our survivalist anxiety button, so that we remain gripped to their (advertising revenue generating) news reports. Most of humanity carries a high level of anxiety around survival, and it doesn't take much to trigger it. We have already tipped into panic.

The game is simple and it's criminal. They find an issue with genuine merit (i.e. COVID-19), and then they work it until there is nothing left of us. One of the great (and tragic) ironies is that we are more likely to be damaged by the virus if we have weakened immune systems.

And we are more likely to have weakened immune systems, because of the panic brought on by the unconscious media.

They are not our friends. They are the enemy of the sacred. And you can be sure, that after this passes, it will be quickly replaced by the next triggering crisis.

They want us bouncing from one trigger to another, so we remain affixed to them. If they let up, if we find our stable center, we will be less likely to plug into their unconscious manipulations.

We will be more selective about how we respond to their version of news. In short, protect yourself dear friends. From the virus, to be sure, but particularly from the unconscious media. They are the greatest virus of all.

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The most important thing you can do, besides washing your hands, is to be as kind as you can. Kindness kills panic. Find the most terrified person around you and be kind. In the end, all that's left is love.

David Pemberton

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THE HIGHLY SENSITIVES' GUIDE TO TRAVEL

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

If you're a highly sensitive, intuitive person, you might find air travel to be a bit of a challenge. So many people packed into a small airplane and all the strong emotions from nervous flyers and excited vacationers can drain your energy 'til you're running on empty. Then there are the hotels. Housekeeping can wash the sheets and vacuum the carpets, but the residual emotions for past occupants still linger. For years, I'd get sick every time I traveled until I figured out some techniques for protecting my energy while I'm on the road.

This year, after a rejuvenating summer at home I checked my calendar and realized it was packed. I'd be crisscrossing the continent hosting events from **Canada to Seattle**; from **Texas to New York**. I had mixed emotions! I was excited to get out and see my students and spread the word that death is an illusion, but my highly sensitive side said: *"Yikes, that's a LOT of time in airplanes and hotels!"*

I knew I had to put all of my energy shielding practices to use to protect my mind, body, and soul, so I could be my very best for the people attending my events. Right now, I'm travelling.

HERE'S HOW I'M GOING TO KEEP MYSELF SAFE, SECURE AND PROTECTED WHILE AWAY

START WITH PLANNING. When I put together the itinerary for a trip, I make sure to schedule some downtime. Having to rush from one place to another is tolerable if I know I have a day of self-care coming up, or even a few free hours to walk in the forest or visit old friends. You can do this at home too. If you know your week is full of activities, or your day will be packed with meetings, consciously schedule some quiet time to recharge. And write it in pen! When you're a sensitive soul, self-care isn't a luxury, it's a necessity.

SHIELD YOUR BODY AND YOUR SOUL. Bring headphones and an eye mask to block out noise and light when you travel. Just as important, before you set foot in that plane, train, or automobile, set up a protective psychic barrier. To do this, just imagine yourself safe and secure inside a pure cocoon of light. Some people like to imagine a golden egg instead. Do whatever works for you! The point is, visualize this energetic shield, and you won't be at the mercy of every thought and feeling around you.

BRING A POSITIVE, HELPFUL COMPANION WITH YOU. Whenever I go to the east coast, I invite my dear friend Katrin to travel with me. I look forward to being in her light, and together we can navigate through anything. And since your emotions affect your body, the good feelings I get from Katrin keep me healthy and strong.

STICK TO YOUR HEALTHY ROUTINES. Take time to meditate, drink lots of water and exercise. Even a few minutes of exercise helps. Take a minute to stretch whenever you can. Katrin and I even do a few yoga poses before we board a plane.

WHEN YOU CAN'T DO ANYTHING ELSE – BREATHE! Stuff happens. Planes get delayed, or you get stuck in traffic. Don't let your own emotions get out of hand. Take a one-minute vacation from whatever chaos you are experiencing and breathe out for 8 seconds. Imagine yourself blowing out any negative feelings. Hold your breath for 8 seconds. Then breathe in. For 8 seconds, imagine yourself inhaling love and peace.

SIT IN THE SUNSHINE. I can't tell you how good it feels to sit outside after I've been in stuffy hotels and airplanes all day. Sunshine is even a cure for jet lag. While I let the sun's rays warm me, I make it a point to visualize them clearing out the foreign energy and psychic debris of the day.



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Mike Dooley, and Kyle Gray**

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

Andrea de Michaelis. Publisher

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. Because we participate in this creation, we have access to as much happiness and supply as we can discipline ourselves to focus on.

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

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



NOTES from the Universe

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

You know those feelings of euphoria, excitement, and inspiration that send your spirit soaring?

Well, they're just me and all the angels, finally rushing through one of the many doors you've knocked upon, down the hall, and dancing into the light of your searching heart.

And those feelings of depression, sadness, and powerlessness that make you feel like you're carrying the weight of the world on your shoulders?

They're us, too. Reminding you that there are still a few more doors to try.

Let's get this party started,

The Universe



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Esther Hicks

ABRAHAM-HICKS

...continued from page 9...

And so, it would be like you being a very advanced tennis player, and really, frankly, just enjoying playing with somebody who's up to speed with you who might evoke something more from you. And all of you come forth into circumstances that you believe will be the best format in which to evoke from you this new, Leading Edge position that you are wanting to aspire to. But there are not old souls and young souls, or new souls and old souls, in anything close to the sense that physical humans often want to categorize it.

So, what we would say about your sister is that she just experienced more resistance and didn't allow her connection as early or as steadily or as often or as clearly as you do. But it doesn't mean that she was less wise, and of course, you know that. It doesn't mean that she was less loved.

Another part of your incarnation question (and we really want to get this in even though you haven't verbalized it, because others are wondering about it even as we are talking about this) is that it's not a stream of consciousness that's then assigned one physical flesh of body clump at a time.

In other words, sometimes they think "Oh, clump of Energy, clump of body, and then clump of Energy and another clump of body." We'll hear people say "Oh, maybe I could be the same person as that because that person died right before I was born." Or they'll say "I want to channel the master artist or the master musician through me, but I have to wait for him to die before I can channel him."

And we say you all have access to everything that everyone has access to, and you can receive it now. And so your sister, in the true essence of who she is, was not ever only in that one body that you knew as sister, anyway. And will she come back again? Well, she never really left. And does your relationship have the potential of continuing now? Yes, now, even more than ever, because at least the resistance on her part is gone. And so, when you get into a place of non-resistance, you can chat on endlessly if you want to. Yes.

ABRAHAM ON ANIMALS AND BEING MORE IN THE MOMENT

Let's talk about the beasts of your planet. The animals who you are enjoying so much are more intuitive. And the reason that they are is because they are less deliberate in their creating, they are not as focused upon outcomes, they don't use language and so they don't get together in groups and complain about things, and they live more in the moment even though they do have memory, but the part of them that you call instinctual we want to call aligned. They are more vibrationally up to speed in every moment of their life as they are more in sync with who they are.

...continued on page 28...



Gregg Braden

POWER OF THE PLACEBO EFFECT

...continued from page 8

For as long as there have been people, there have been attempts to alleviate their suffering and cure the medical conditions that they experience. While the history of healing can be traced back more than 8,000 years, “modern” medicine is considered to have begun only in the 20th century.

Before that time, it’s possible that many of the remedies used may have contained very little in the way of active ingredients. If this is true, then the placebo effect may account for a large percentage of past healings and may have played a key role in helping humankind survive into modern times.

If life-affirming beliefs do in fact have the power to reverse disease and heal our bodies, then we must ask ourselves an obvious question: How much damage do negative beliefs carry? How does the way we think about our age, for example, actually affect the way we grow older?

What are the consequences of being bombarded with media messages that tell us we’re sick rather than ones that celebrate our health? We need look no further than our friends, our family, and the world around us to find the answers to these questions.

1Beecher, H.K. “The Powerful Placebo.” *Journal of the American Medical Association* 159.17 (1955): 1602-606. Print.

2Talbot, Margaret. “The Placebo Prescription.” *The New York Times* 9 Jan. 2000. Print.

3Coghlan, Andy. “Placebos Effect Revealed in Calmed Brain Cells.” *New Scientist.com* (2004). Web.

4ibid

5Miller, Franklin G. “William James, Faith, and the Placebo Effect.” *Perspectives in Biology and Medicine* 48.2 (2005): 273-81. Print.

Excerpted from pages 42 to 44 of *Spontaneous Healing of Belief* by Gregg Braden. Copyright © 2008 (Hay House).



Dr. Joe Dispenza

DEPRESSION DISAPPEARS WITH PLACEBO

...continued from page 11

Even the nurse she spoke to when she returned every week was convinced Schonfeld must be getting the real thing because of the changes she was experiencing.

Finally, at the end of the eight-week study, one of the researchers revealed the shocking truth: Schonfeld, who was no longer suicidal and felt like a new person after taking the pills, had actually been in the placebo group. Schonfeld was floored. She was sure the doctor had made a mistake. She simply didn’t believe that she could have felt so much better after so many years of suffocating depression simply from taking a bottle of sugar pills. And she’d even gotten the side effects! There must have been a mix-up. She asked the doctor to check the records again. He laughed good-naturedly as he assured her that the bottle she had taken home with her, the bottle that had given Schonfeld her life back, indeed contained nothing but placebo pills.

As she sat there in shock, the doctor insisted that just because she hadn’t been getting any real medication, it didn’t mean that she had been imagining her depressive symptoms or her improvement; it only meant that whatever had made her feel better wasn’t due to Effexor. And she wasn’t the only one: The study results would soon show that 38 percent of the placebo group felt better, compared to 52 percent of the group who received Effexor. But when the rest of the data came out, it was the researchers’ turn to be surprised: The patients like Schonfeld, who had improved on the placebos, hadn’t just imagined feeling better; they had actually changed their brain-wave patterns. The EEG recordings taken so faithfully over the course of the study showed a significant increase in activity in the prefrontal cortex, which in depressed patients typically has very low activity.

Thus the placebo effect was not only altering Schonfeld’s mind, but also bringing about real physical changes in her biology. In other words, it wasn’t just in her mind; it was in her brain. She wasn’t just feeling well—she was well. Schonfeld literally had a different brain by the end of the study, without taking any drug or doing anything differently. It was her mind that had changed her body. More than a dozen years later, Schonfeld still felt much improved.

How is it possible that a sugar pill could not only lift the symptoms of deep-seated depression, but also cause bona fide side effects like nausea? And what does it mean that the same inert substance actually has the power to change how brain waves fire, increasing activity in the very part of the brain most affected by depression? Can the subjective mind really create those kinds of measurable objective physiological changes? What’s going on in the mind and in the body that would allow a placebo to so perfectly mimic a real drug in this way? Could the same phenomenal healing effect occur not only with chronic mental illness, but also with a life-threatening condition such as cancer?

This excerpt, originally titled “Chronic Depression Magically Lifts,” is reprinted by permission from the book *You Are the Placebo* by Joe Dispenza, D.C., which is published by Hay House and available at all bookstores



Matt Kahn

CONFESSIONS OF A SPIRITUAL PERFECTIONIST

...continued from page 19...

If you ping-pong back down, it is only to discover greater wounds to be healed, which builds up pressure to accelerate you into even higher moments of expansion than before. This means, if you take the time to be at peace with exactly the way things are and have played out, life will guide you exactly where you wish to be, as long as you allow the Universe to work on its preferred timeline of events.

*"...if you take the time to be at peace
with exactly the way things are and
have played out, life will guide you
exactly where you wish to be..."*

2. You may not get what you want, but you will always feel the way you desire.

This might blow a giant cannonball through the old understanding of the law of attraction, but it's worth deconstructing in order to give you fresh perspective and space to breathe. Imagine something that you want to attract into your reality. Notice that it is an object that has been associated with a belief that bringing this into your reality will also bring with it all the positive emotional states you wish to feel more often. Because an energetic healing period is the time you are meant to spend in lower states as a way of building momentum and skyrocketing into higher states, there is no inherent connection between what you want and how you hope to feel. It is merely a limiting spiritual belief fed by an assumption that you will feel differently once your personal circumstances appear differently. In truth, you are destined to feel much better, most likely before the logistics of your circumstances may be ready to shift. It's not as if the Universe doesn't wish to give you what you want, but it works in accordance with delivering to you exactly what you need, in order to become who you were born to be.

Ultimately, the process of envisioning different circumstances is only meant to get you in touch with how you wish to feel. Once established, the Universe brings to you all the encounters and moments of healing to help you inevitably feel as you've envisioned. When aligned with the soul, you are able to imagine better circumstances as a foreshadowing of intuitive knowing when not needing different experiences to permit different feelings. When incubating in the ego, you only imagine feeling better once your life circumstances change to your ego's exact specifications. When you are able to honor what you want, while accepting that it may not be the very thing you need in order to feel how much better you're already destined to feel as more of your healing journey is completed, an alignment with a greater depth of maturity helps unravel beliefs of superstition within the ego's grip.

3. The Universe isn't fragile.

How often do you tip-toe around in your reality, hoping not to disturb the sacred ground of existence with limiting ideas, over thinking, or the triggering of negative emotions? While there is much benefit to being tactful with your words, actions, and responses, you are living out the necessary highs and lows of your evolution in a very durable reality. A reality that is dressed up as a planet that has survived ice ages, volcanic explosions, and even held space for the arrival of meteor showers can surely endure the impact of your most limiting thoughts.

Especially if needing to be deprogrammed from old paradigm beliefs in the law of attraction, you are likely to think that any degree of imperfection will cause the Universe to frown upon your behavior and delay the arrival of your deepest desires. When trying to "get everything right" as a way of seducing the Universe to give you more of the things you want, it is a moment of inauthenticity conveyed through expressions of spiritual materialism that obstructs the vantage point of your clearest view.

*"When you understand that you...
do not live in a fragile Universe,
you are well on your way to
recovering from the pitfalls
of spiritual perfectionism."*

The Universe is not fragile and remains as indestructible as the destiny that unfolds throughout each passing breath. You may need to make fear-based choices in order to build up courage and resonate with more inspired options, or spend time in tumultuous circumstances until you are ready to step into the unknown; but isn't that what the play of life is about? Life is a living journey of expansion, where you are becoming aware of all that you know and remembering all that you are — one incremental choice at a time.

Your life is a work of art in progress. As most artists will tell you, it's impossible to bring the magic of art to life without initially making a mess.

When you understand that you cannot make a mistake, do not require life to bring you different circumstances in order to feel better about yourself, and do not live in a fragile Universe, you are well on your way to grounding your empathic energy and recovering from the pitfalls of spiritual perfectionism.

Once each day isn't a series of fear-based rituals or constantly checking things off your endless spiritual to-do list, you are able to meet the mystery of your existence as openly and authentically as it always meets you. From this space, you are able to see the importance of each momentary milestone and explore the infinite spectrum of personal experience without anything to manage, remember, control, or keep straight. This is where the immaculate potential of a spiritual journey truly begins.



ABRAHAM-HICKS

Esther Hicks

...continued from page 25

And as the result of that then the animals, for the most part, are perceiving the world through the eyes of their broader perspective, which means their intuition is better.

That's why their instinct is better, that's why they know what to do, that's why they can fly in flocks and not bang into each other. It's why they know to migrate even though they don't have navigational systems. It's how they know when to move and where to move. Broader Perspective is flowing through them in a non-resisted way.

Humans have that capability too, but the disadvantage that you have is that, in your attention to the details of your life experience, you clutter up your vibrational frequencies. And then you come to believe that you have to clean up all of that clutter in order to find that place of intuition.

And this is the thing that we want you to hear from us: You don't have to clean anything up to return to your natural state of intuition, just stop talking so much. That would help all of you.

Stop talking so much. Stop debating issues. Stop watching the television programs that are controversial.

Stop spending so much time looking at the problems and accept for just a little while that you've lived enough life in this experience and you've put enough in your Vortex of Creation, in that vibrational version of who you are, to keep yourselves busy for twenty or thirty or forty lifetimes.

There is a lot of data there, and so just relax into things and see yourself more animal-like, just for a little while.

Do more feeling of things. Feel for the beauty of it. Feel for the at-one-ness.

Don't try to calculate it. Don't try to converse so much about it. Don't try to measure it with other things so much.

Just be more in the moment of feeling your natural well-being, and it is our promise that it will return easily to you.

Your intuition has never gone away, but your ability to perceive it has been muted a bit by the chatty details of your life experience.



ASK WHITEDOVE

...continued from page 15

DEAR WHITEDOVE, I'm excited to say that my niece is home and in remission. Thank you for encouraging me to get prayer groups together, her turn around happened soon after getting prayers activated in large numbers!

DEAREST, I have seen first-hand the miracles that happen when larger groups pray together for the same outcome. Most recently **Australia** had devastating wildfires all across their country, killing millions of their extraordinary wildlife. Globally people began to pray for rain. What happened: a deluge of rainwater came and put out the **Australian** fires. So much so, that flooding was about to create another set of problems. Now we have a new problem, and we need to once again join in group prayer to visualize the **CoronaVirus** Novel cells decreasing in power until it is totally ineffective. Our prayers can truly make a big difference! Once again we need prayer warriors to unite!

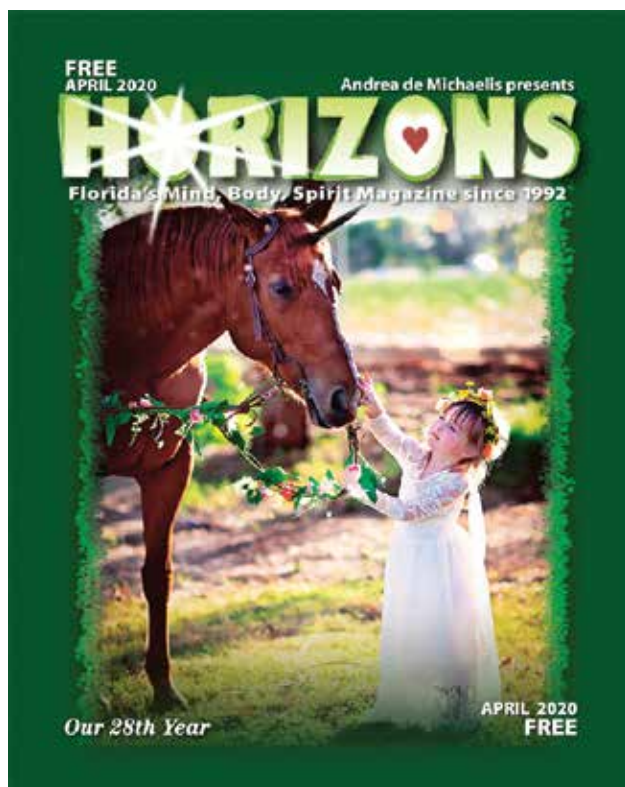
DEAR WHITEDOVE, Some researchers have taken the time to look at ancient core languages and they've linked those languages to the numbers in the top layer of our **DNA** and decoded it to read, "**God eternal within the body.**" The top layer of **DNA** has all these numbers and stuff in it. You could take old languages and link up letters to numbers and it would spell that out; "**God eternal within the body.**" Is there truly a message from God encoded in our DNA? If so, why is it hidden from us?

DEAREST, Yes this is true, this is actually a real code within our DNA. **Great Spirit** says yes - the code has been broken and it reads "**God eternal within the body.**" Isn't that something! But why is it hidden you ask? Well, it's our job to find **God** within ourselves and to live a God-like life. Live your life like a prayer and be godlike... but of your own free will.

Our conscience is our angels whispering to us. Our Journey on **Earth** is a test! You know, **God's** not going to give you all the answers; you're down here to figure it out! They (God, your Guardian Angels & Spirit Guides) give you little signs and messages if you pay attention to them. They help you on this journey, we each were sent to **Earth** with two guardian angels. But the trick is **You Must Invite Them** to Intercede; your angels are not able to interfere with your Free-Will. **So through Prayer and Meditation you can give them permission. You can say "Thank you God, my Angels and Spirit Guides for helping me, guiding me and protecting me - I give you permission to intercede and intervene with my highest good in mind"** So Yes, it's true the code "God eternal within the body", because we are all sparks of God! Our core essence, your soul was created from a Spark of God.

ON THE COVER

Evelynne Sage



Evelynne Sage, age 4, born April 2015.

The epitome of her fire sign, she keeps us all on our toes. She is the youngest of 4 hobbits and Despite her tiny size she rules her three big brothers -- ever so diligently. Evelynne loves to wear dresses with boots and always finds the closest dirt pile to play in. Her love for animals runs deep but her favorite are horses, the bigger the better. When asked about her future, she'll tell she plans to be a queen or a really big boss one day, and has plans to own her own farm where she will house unicorns, a donkey, and some fairy friends. Her wisdom is beyond her tiny 4 years and her soul is as wild as her Mama's. This little girl is everything we prayed for and she's every bit as magical as she seems.

Photography by Kimberly Dickerson.

I am a mixed media artist and photographer. *Why do both?* I'm glad you asked. My photography often feeds inspiration to my art and my art gives me new ways to look at my photography. They exist together and I couldn't do one without the other.

Having fun while photographing humanity and life has given me an appreciation to slow down and really take in the world. In a crazy busy world, how often do we get to really notice how many different colors reflect off of a face or how shadows can change throughout the day? As a quiet child with a story, I kept my art hidden and it was my place to express myself. It was a bond that my brother and I shared and it served a very important purpose in my childhood. I found that I completely adore teaching and coaching others into creating something they are proud to display. My hope and vision for the future is to continue to create and bring the love for art to my own children and every human that I come into contact with.
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HOROSCOPES APRIL 2020

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Aries - (March 19 - April 18) Projects, social network in the limelight. Until the 19th, your exterior personality shines, you enjoy it! Proud nature but tender footed, you do not hesitate to showcase yourself but without extinguishing others. Mercury supports your communication, your thoughts, fast, especially from the 12th to the 27th in duet with your Sun. Mars, your planet, in Aquarius, as well as Saturn, strengthens your friendships, structures your projects, allows you to commit to the duration without wasting time. Jupiter and Pluto continues to change your socio-professional destiny, do not try to prevent what needs to be changed. Uranus in Taurus, could reserve some pecuniary surprises. Spend with measure.

Love in General: Beautiful emotional influx this bright month! The desire, Mars, and the feelings, Venus, favor in turn your social sector and that of encounters, perfect planetary couple! This foreshadows a privileged love life if you are accompanied or insolent opportunities, to seize, if you are looking for love.

Taurus - (April 19 - May 19) Challenges to be met, ideals in evolution, it will move. The Sun in Aries, until the 19th, highlights your caution, invites you to really wait, to refine your projects. On the other hand, from the 20th, the Sun is in your constellation and it's up to you! Renewal! Freedom ! Saturn and Mars in Aquarius, in the square of your sign, in your socio-professional sector, initiates struggles, turns, which you will have to negotiate. Let the Bull of the Bullfight sleep within you. Nice friendships almost telepathic, thank you Neptune. Jupiter and Pluto, in Capricorn, sign of the earth like yours, dispenses their influx of expansion and irreversible modifications in your area of life attached to your ideal.

Love in General: A lot of energy, sometimes too much, that will have to be managed. Your profession can consume you and make you neglect your emotional life, be aware. Desire will be slightly cerebral, not evident for a concrete nature like yours. The feelings will go hand in hand, light, not complicated. Relativise, it's not so bad!

In a relationship: Mercury sometimes favorable to your friendships sometimes favorable to silence; you will have to make an effort to communicate under penalty of incomprehension in your relationships. Let go of financial matters and refocus on your partner. Eroticism will go better in joy, games, also, find, together, your playful nature!

Single: This month come out of your comfort zone if you would like to meet people. The exchanges will be lively, partners free and unconventional. This is not usually your cup of tea. Be careful not to mix money and matters of the heart. Adapt or be patient with your loneliness!

Gemini - (May 20 - June 19)

Projects, ideals of life more anchored in time, nice program dear Gemini! Your planet, Mercury, covers three signs this month and it is your personality that is transformed! You will be particularly concerned by your professional destiny until the 11th, by your projects, your friends from the 12th to the 27th, and finally by a desire for meditative retreat at the end of the month. The Sun in Aries, until the 11th, lightly illuminates your social sector as well as Mars and Saturn in Aquarius that boosts everything concerning your travels, trips, horizons and stabilizes new ideas. Physical and mental restlessness is favored! Jupiter and Pluto still in your area relating to transformations, modify your relationship to life, to death, you take into account now, serious, almost metaphysical considerations!

Love in General: Venus, in your sign practically all month, announces a strong radiance of your person, a clean charisma, returns of love cer-

tainly valid, favorable. Mars and Saturn in Aquarius, suggests an energy both cerebral but solid, mischievous and audacious at will. A lovely month in regards to your emotional life, enjoy!

Cancer - (June 20 - July 21) Nothing light, powerful energies, original friendships, beautiful program. Until the 19th, the Sun in Aries comes to awaken your professional destiny. The time has come to get out of your cocoon. Then, the social sector becomes preponderant. You continue to receive the heavy influxes of Jupiter and especially of Pluto facing your sign, you must modify your associations or your relationship, you have no choice. All month, Mars and Saturn, in Aquarius also reinforce changes to live, not easy but bearers for the future. You must know how to prune the branches if you want to beautify the tree! Uranus in Taurus, first decan, announces the arrival of new friends, opportunities for innovative projects. Neptune, always in Pisces, accentuates, second decan, your powerful intuition, opens you ever more towards the invisible.

Love in General: A month turned to an inevitable introspection with regard to love. Mars in Aquarius, occupies the sector connected to transformations, in a dysharmonic aspect to your Sun, while Venus, in Gemini, settles all month in your sector relating to what is secret. Emotional life lived in withdrawal or increased reflections for a future to build, differently.

Advice from FREE Horoscope: During the month your sensitive nature will feel an unpleasant impression of being jostled by fast influxes, flashes. Strengthen your mental defenses, do not let yourself be destabilized. Flee from radical individuals and refocus on your intimacy, reassuring.

Leo - (July 22 - August 21) The spouse, the others in general, will take more importance this month. The Sun, in Aries until the 19th, sends you its beautiful energy of fire, equally instilling in you a spiritual opening and desire for distant travels. Other cultures have so many teachings! Third decan, Jupiter and Pluto alter your professional sphere or suggest a health requiring your attention. Mars and Saturn, in Aquarius, settle in your conjugal sector, first decan, tensions are possible but you aspire to stabilize your partnerships, conjugal or not. Under the aegis of Saturn, the associations last for almost thirty years: think deeply before any engagement! The socioprofessional destiny receives Uranus and the Sun in Taurus, in the square of your sign, first decan: efforts necessary to evolve, adaptability will be essential, the unforeseen probable.

Love in General: A lot of tension with others but it does not prevent a strong desire in any way. The balance of power must be lived in conscience in order to be exceeded. Your humor is legendary, it deescalates any situation, give space to the speech of the other and you will avoid many disappointments. The friendly sphere is jolly, a source of light harmony, a friendship could slip towards a romance.

Virgo - (Aug 22 - Sept 21) Introspection is increased, the day to day intense, beautiful challenges dear Virgo! Until the 19th, the Sun all fire in Aries, activates in you an introspective desire, an attraction for the mystery of life. Mercury, your planet, sometimes Aries sometimes Pisces, makes you silent, from the 12th to the 27th, then opens intuitive relationship perspectives, before and after.

You appreciate the little things in everyday life, Mars and Saturn come to animate it! A beautiful energy to manage everyday life, but some responsibilities increase, take care of your health, avoid burn-out! Uranus in Taurus invites, first decan, to review its ideal of life. Open yourself to what is bigger than you! From the 20th, the Sun Taurus illuminates the sector of travel, of spirituality. Nice moment to resume the meditation, and care of the body.

Love in General: The planetary influxes all in the air, Venus in Gemini and Mars in Aquarius, bring to your love life the air and the lightness that you often appreciate. Nevertheless, your nature well entrenched in matters, loves with reserve, but possessivity. Exit any possessive sign! Venus embellishes your socioprofessional destiny, Mars your day to day. Love is mischievous and out of the home.

Libra - (Sept 22 - Oct 21) Focus on your married life, your loves, your children, a happy program. The Sun in Aries, until the 19th, illuminates your conjugal life, your partnerships. Mars and Saturn, first decan mostly, in beautiful aspect of your sign, highlight your sector in love, announce emotional or creative satisfactions. Venus, your planet, in Gemini virtually all month, also favors you. First decan, Uranus in Taurus comes to settle in the sector related to transformations, it seems inevitable that some turns, psychological or not, appear on the horizon. From the 20th, the Sun becoming Taurus, comes to join Uranus and impose these changes, possible modification of your ego, deep transformations in progress. Jupiter and Pluto still animate your family, residential sector, third decan, do not be too protective. Find a balance between your home and your career.

Love in General: Powerful desire, feelings in tune with your nature, in love with balance and harmony, this month seems to meet your emotional needs. Your loves become serious and spirited. Saturn in Aquarius, sign for the first decan, a concrete stabilization of a love story or it is a child who is concerned if you are a parent. A nice harmony in any case, April is a good month!

Scorpio - (Oct 22 - Nov 20) Intense month, hyperactive, home or family impose some readjustments, your program. It's not saying much to say you are looking for intensity in everything, this month, do not seek it, it is everywhere! Mars in Aquarius accompanied by Saturn in the square of your sign announce in your home or your family certain realities that you will have to manage. Energy tenfold, a bit messy. Until the 19th, pay attention to your health and look after your work. Then, your relationship takes on the total importance you enjoy. However, Uranus in Taurus indicates, for the first decan, sudden changes in your conjugal or associative sphere. You are not afraid of anything but you prefer the changes you choose! Jupiter and Pluto support your morale, third decan, your neighborhood relations, your movements.

Love in General: Venus in Gemini is not the energy of love you are most fond of. Nevertheless, placing yourself in your area of sexuality, foreshadows all the same an intensity of your feelings. Mars, the star of desire, in Aquarius, increases your libido and makes you excessive. Do not become gargantuan, you will make your potential partners flee. Neptune makes you romantic, second decan: delicate alchemy?

Sagittarius - (Nov 21 - Dec 20) The sector of love is in the spotlight and relationships are favored. The Sun in Aries, until the 19th, opens up joyful, emotional perspectives, or with your children, if you are a parent. From the 12th to the 27th, Mercury, also in Aries, announces a beautiful communication, creative opportunities if you are an artist. Jupiter, your planet, in Capricorn, as well as Pluto, reign over your assets with an iron hand: reforms, reorganization on top of everything, excess is possible. Mars, the whole sign and Saturn, first decan, boost your morale, your mind is structured and sees far. A little fuzziness continues to liven up your family life, your place of residence, second decan, open your eyes, stay focused. As for the first decan, Uranus in Taurus starts a new professional cycle. You wish to express your originality and your independence. Nothing will be easy, be patient.

Love in General: All month the beautiful Venus in Gemini, facing your sign indicates an obvious complicity in your loves. Others will be well disposed towards you, your listening will be active and your exchanges light and pleasant. The star of desire, Mars in Aquarius, in beautiful aspect of your Sun, also announces an active, anti-conformist libido, everything that suits you!

Capricorn - (Dec 21 - Jan 19) Focus on your finances, on the family sector, the home, an active month. Saturn, your planet, in Aquarius, seeks to structure your finances, first decan, while Mars, in Aquarius as well, boosts the entries as much as the outputs for the entire sign. Know how to stay in financial balance. First decan always, Uranus in Taurus integrates your sector in love, sudden positive events or anchoring. Jupiter and Pluto, third decan, continue to your well-being while promoting a total regeneration of your life, in depth. Neptune, activates your psychic sensibility, increased intuitions, you get through to those that surround you. At work relaxation and lightness are on the program for this month from the 4th to the 30th, enjoy it.

Love in General: Communication is facilitated until the 11th, then again at the end of the month. From the 20th, the Sun in Taurus protects your loves, even gives you an air of originality carrying renewal, first decan. While Mars boosts your libido a bit focused on your finances, know how to let go of your assets and refocus on love. Venus in Gemini facilitates your daily life, light planetary influxes to live quietly!

Aquarius - (Jan 20 - Feb 17) Great energy all month, construction, maturity, thank you great Saturn! You will be overflowing with energy, constructive, because it is supported by Saturn, in your sign. It is the first decan who receives the Saturnian influx and is about to mature, to grow, sometimes by difficulties, always through teachings! Uranus in Taurus, also touches this decan square, do not become impatient, stubborn, on the contrary, weigh your words, your actions especially with your family or your home. Until the 19th, the Sun in Aries illuminates your mind, your communication, makes you playful, percussive. Jupiter protects you and Pluto regenerates you in order to prepare you for modifications that will come later. Look after your finances, Neptune incites inspiration but vagueness, not always artistic. By the 20th, your home and family have an increased importance.

Love in General: Conqueror, libido in sharp rise, this month it will not promise you! You, usually cerebral, will not back away from love and its promises. Venus, in Gemini, in beautiful aspect of your sign, opens a little more positive emotional perspectives. Your sector of love should explode under the proposals. A very nice month!

Pisces - (Feb 18 - March 18) Rich inner life, stimulated by the duo Mars, Saturn, in Aquarius: you develop your empathy. This month is therefore introspective, always very intuitive, with Neptune in your sign, especially second decan, but also bearer of financial consideration. The Sun, in Aries, until the 19th, invites you to look into your accounts. Mercury, in your sign, until the 11th, boosts your communication. Jupiter and Pluto, in Capricorn, in beautiful aspect of your sign, makes you stronger, more eye-catching in your projects. Slow process with Pluto, take consciousness, understand and learn. Your friendships also profit from beneficial influxes. Uranus in Taurus, solicits your mind, stimulates your originality of thinking, first decan. From the 4th, the home comes alive or the family needs you. Give, but know how to preserve your compassionate nature.

Love in General: Major concern centered on your interiority inducing less interest in your emotional affairs. However, your sensitive nature can not resolve to live without caring for others, which is what Jupiter and Pluto commit to doing by fostering a friendly, rich and transformative sector. Nice harmony in the hearth, enough to trigger the throes of the heart all the same!



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you're dealing with. And you
have the power to change those.
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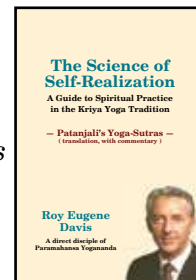
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