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Andrea de Michaelis presents

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*An Enlivening Power is Nurturing Our Universe
and We Can Learn To Cooperate With It. Roy Eugene Davis*



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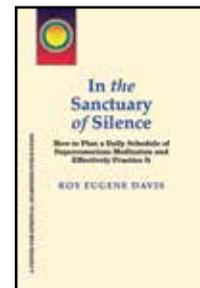
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HORIZONS MAGAZINE

575 Escarole Street SE
Palm Bay, FL 32909-4802

12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

Publisher's note: We use many names for **God**, including The Universe, Universal Energy, Source Energy, Great Spirit, Divine Source. It all refers to the one God, no matter what name we use.

- 1. Recognition - God** Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all 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

The greatest optical illusion is separation

HORIZONS

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

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



Horizons thanks everyone willing to take the risk

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

ARTICLE SUBMISSION: You may submit articles of up to 1500 words on any area of personal growth and practical spirituality to HorizonsMagazine@gmail.com. Time sensitive articles must be submitted 3 months in advance. *Any article that promotes a particular person, product, service or event is considered an ad and is paid for.*

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

"Your mind is a garden, your thoughts are the seeds, the harvest can either be flowers or weeds."
William Wordsworth

"Spiritual life is a lot like gardening. We till and cultivate the garden of our heart, planting seeds of presence, openness and the ability to respect whatever arises. We water each one so the things which are beautiful in us can blossom." Jack Kornfield



HELLO AND WELCOME TO THE APRIL 2021 EDITION OF HORIZONS MAGAZINE. One thing I've learned since vegetable gardening the past year is that it's definitely up to me whether what I plant thrives and produces blossoms and fruit or whether it withers and dies. I have to do the work. I have to research to discover what nourishes it. I have to remember to water and feed on time.

It's the same when I don't tend to my spiritual life. By spiritual life I mean whatever it is that maintains my peace and makes me feel a part of something bigger.

If I have hurt feelings or anger, I'd make it a spiritual practice to note every time it arises, and excavate that thought to discover what else I feel hurt by or angry with -- and why. When I begin to do this, the Universe will give me lots of chances to work on it, so I've learned to recognize it when it happens. And "working on it" doesn't have to ALL be meditation and contemplation, it can be researching online for How to Overcome Anger or Youtube vids, see what others say they do in the moment to control it.

If life is going well, I'm finding the balance. If life is looking shaggy and withered, it's never too late to water and plant new seeds. If, after I've done some hard work -- the tilling of that mental soil -- I don't see much change, I remind myself to not be disenchanting. That prior tilling and excavation is what sprouted joy and satisfaction before, so it's on its way.

Gardening and spiritual practice is like raising kids, it takes a lot of tending to to get to the point where it's all honey and bliss. Enjoy our offering this month.
Hari Om

Andrea

HORIZONS MAGAZINE MISSION STATEMENT

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. To give readers the choice to entertain those ideas, some of which may be an option for them as well. We don't always know what we might prefer, how our life might change for the better if we don't consider and entertain the idea of something new. Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind.

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

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

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

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

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

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.

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.

ON BEING AFFECTED BY THE ATTITUDES OF OTHERS

Others' thoughts have no power in your creation. That is, unless you're thinking about their thoughts.

When you think about your husband's thoughts, they become your thoughts, and then they do affect the balance of your creation. When your life is intertwined with another, you often feel that you need to agree on everything and pull together, so to speak, on the things you're creating. But we want you to understand that you do not need another to pull with you, because the stream of creation contains all the pulling power that is necessary. However, you cannot pull against yourself and get to where you want to be.

The reason why you sometimes feel that you're hindered by another is only because you're pushing against something. For example, let's say that you have a strong desire to move into a new house in another neighborhood and that your husband says that he wants to stay in your current house. If you were to think only about your new house, your day to day thoughts would be a vibrational match to your desire for the new house, and in the absence of resistance circumstances and events would fall into place to accommodate your desire.

However, if you think about your husband's opposite decision, spending time in your own mind, justifying why you want the new house, and feeling unhappy about his unwillingness to even consider it, then your day to day thoughts do not match your desire. You would have, by virtue of thinking about your husband's opposing thoughts, introduced resistance into your vibrational mix, and you would not be currently moving toward the outcome you want.

In other words, your attention to your husband's decision would have you pointed in opposition to your own desire, and so it would feel to you as if he were the problem, when actually the problem would be contained in your own thoughts.

A RAMPAGE OF APPRECIATION

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



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Check our website or facebook page for reopening date.

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

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

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

Showing Gratitude and Appreciation Often

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

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THE FOUR PILLARS OF HEALING



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

It became clear to me, after years of interviewing people who had experienced spontaneous remissions and healings, that most of these individuals had four specific qualities in common. They had experi-

enced the same coincidences.

Before I describe the four qualities common to these cases, I would like to note some of the factors that were not consistent among the people I studied. **Not** all practiced the same religion; several had **no** religious affiliation. **Not** many had a background as a priest, rabbi, minister, nun, nor other spiritual profession. These individuals were **not** all New Agers. Only some prayed to a specific religious being or charismatic leader.

They varied by age, gender, race, creed, culture, educational status, profession and tax bracket. Only a few exercised daily, and they did **not** all follow the same dietary regimen. They were of varying body types and fitness levels. They varied in their habits pertaining to alcohol, cigarettes, television, and other media. **Not** all were heterosexual; **not** all were sexually active. My interviewees had no external situation in common that appeared to have caused the measurable changes in their health status.

COINCIDENCE #1 AN INNATE HIGHER INTELLIGENCE GIVES US LIFE AND CAN HEAL THE BODY

The people I spoke with who experienced a spontaneous remission believed that a higher order or intelligence lived within him or her. Whether they called it their divine, spiritual, or subconscious mind, they accepted that an inner power was giving them life every moment, and that it knew more than they, as humans, could ever know. Furthermore, if they could just tap into this intelligence, they could direct it to start working for them.

I have come to realize that there is nothing mystical about this greater mind. It is the same intelligence that organizes and regulates all the functions of the body. This power keeps our heart beating without interruption more than 100,000 times per day, without our ever stopping to think about it. That adds up to more than 40 million heartbeats per year, nearly three billion pulsations over a lifetime of 70 to 80 years. All this happens automatically, without care or cleaning, repair or replacement. An elevated consciousness is evidencing a will that is much greater than our will.

Likewise, we give no thought to what our heart is pumping: two gallons of blood per minute, well over 100 gallons per hour, through a system of vascular channels about 60,000 miles in length, or twice the circumference of the earth. Yet the circulatory system makes up only about 3 percent of our body mass. (1) Every 20 to 60 seconds, each blood cell makes a complete circuit through the body, and every red blood cell makes anywhere between 75,000 and 250,000 round trips in its lifetime. (By the way, if all of the red blood cells in your bloodstream were lined up end to end, they would reach 31,000 miles into the heavens.)

In the second it takes you to inhale, you lose three million red blood cells, and in the next second, the same number will be replaced. How long would we live if we had to focus on making all this happen? Some greater (more expanded) mind must be orchestrating all of this for us.

Please stop reading for one second. Just now, some 100,000 chemical reactions took place in every single one of your cells. Now multiply 100,000 chemical reactions by the 70 to 100 trillion cells that make up your body. The answer has more zeros than most calculators can display, yet every second, that mind-boggling number of chemical reactions takes place inside of you. **Do you have to think to perform even one of those reactions? Many of us can't even balance our checkbooks or remember more than seven items from our shopping lists, so it's fortunate for us that some intelligence smarter than our conscious mind is running the show.**

In that same second, 10 million of your cells died, and in the next instant, almost 10 million new cells took their place. (2) The pancreas itself regenerates almost all its cells in one day. Yet we give not a moment's thought to the disposal of those dead cells, or to all of the necessary functions that go into mitosis, the process that gives rise to the production of new cells for tissue repair and growth. Recent calculations estimate that the communication between cells actually travels faster than the speed of light.

At the moment, you are probably giving some thought to your body. Yet something other than your conscious mind is causing the secretion of enzymes in exact amounts to digest the food you consumed into its component nutrients. Some mechanism of a higher order is filtering liters of blood through your kidneys every hour to make urine and eliminate wastes. (In one hour, the most advanced kidney dialysis machines can only filter 15 to 20 percent of the body's wastes from the blood.)

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THE FOUR PILLARS OF HEALING

This superior mind precisely maintains the 66 functions of the liver, although most people would never guess that this organ performs so many tasks.

And lastly, if you committed to not arising to face the day until you actually felt like that new ideal, you would also be conditioning the body to finally work together with your new mind. [Actually, your thoughts condition your mind and your feelings condition your body. And when you have mind and body working together, you have the power of the universe behind you.](#) When you walk through your life that day, maintaining this modified state, something should be different in your world as a result of your effort. No one is excluded from this phenomenon.

The same intelligence can direct tiny proteins to read the sophisticated sequence of the DNA helix better than any current technology. That's some feat, considering that if we could unravel the DNA from all the cells of our body and stretch it out end to end, it would reach to the sun and back 150 times! (3) Somehow, our greater mind orchestrates tiny protein enzymes that constantly zip through the 3.2 billion nucleic acid sequences that are the genes in every cell, checking for mutations. [Our own inner version of Homeland Security knows how to fight off thousands of bacteria and viruses without our ever needing to realize that we are under attack. It even memorizes those invaders so that if they enter us again, the immune system is better prepared.](#)

Most marvelous of all, this life force knows how to start from just two cells, a sperm and an egg, and create our almost 100 trillion specialized cells. Having given us life, it then continually regenerates that life and regulates an incredible number of processes. We may not notice our higher mind at work, but the moment we die, the body starts to break down because this inner power has left.

[Like the people I interviewed, I have had to acknowledge that some intelligence is at work in us that far exceeds our conscious abilities. It animates our body every single moment,](#) and it's incredibly complex workings take place virtually behind our back. We're conscious beings, but typically, we pay attention only to events that we think are important to us. Those 100,000 chemical reactions every second in our 100 trillion cells are a miraculous expression of the life force. Yet the only time they become significant to the conscious mind is when something goes wrong.

This aspect of the self is objective and unconditional. If we are alive, this life force is expressing itself through us. We all share this innate order, independent of gender, age, and genetics. This intelligence transcends race, culture, social standing, economic status, and religious beliefs. It gives life

to everyone, whether we think about it or not, whether we are awake or asleep, whether we are happy or sad. A deeper mind permits us to believe whatever we want, to have likes and dislikes, to be allowing or judgmental. This giver of life lends power to whatever we are being; it bestows on us the power to express life in whatever way we choose.



This intelligence knows how to maintain order among all of the cells, tissues, organs, and systems of the body because it created the body from two individual cells. Again, the power that made the body is the power that maintains and heals the body.

My subjects' illnesses signified that, to some extent, they had gotten out of touch or distanced themselves from part of their connection with this higher order. Maybe their own thinking had somehow directed this intelligence toward illness and away from health. But they came to understand that if they tapped into this intelligence and used their thoughts to direct it, it would know how to heal their bodies for them. Their greater mind already knew how to take care of business, if they could only make contact with it.

The abilities of this innate intelligence, subconscious mind, or spiritual nature are far greater than any pill, therapy, or treatment, and it is only waiting for our permission to willfully act. We are riding on the back of a giant, and we're getting a free ride.

COINCIDENCE #2: THOUGHTS ARE REAL; THOUGHTS DIRECTLY AFFECT THE BODY

The way we think affects our body as well as our life. You may have heard this concept expressed before in various ways—for example, in that phrase “mind over matter.” The people I interviewed not only shared this belief but also used it as a basis for making conscious changes in their own mind, body, and personal life. To understand how they accomplished this, I began to study the growing body of research on the relationship between thought and the physical body.

There is an emerging field of science called psychoneuroimmunology that has demonstrated the connection between the mind and the body. I can describe what I learned in these simplistic terms: [Your every thought produces a biochemical reaction in the brain. The brain then releases chemical signals that are transmitted to the body, where they act as the messengers of the thought.](#)

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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 LUNG HEALTH

Florida, how about that pollen, huh? With all that is going on today it is important to maintain the health of your lungs.

Since your lungs are vulnerable you need to deal with the situation. Your Respiratory system is threatened by exceedingly small particles in the air like dust, bacteria, pollen, viruses, fumes, chemicals and smoke. Your body responds to these irritants by producing mucous which irritates the respiratory tract causing you to cough. Too much mucous causes the bronchial tubes to swell and become plugged-up which causes coughing, wheezing and thick heavy mucous leading to irritated and inflamed bronchial tubes that may spasm and constrict making it difficult to breathe. Looking to herbs can provide some benefit.

A nice herbal blend can help to restore tone and cleanse the **Respiratory System**; no one herb does it alone. In a combination they address different aspects, getting to the true nature of the situation.

For instance the leaves of **Mullein** have been used for centuries for many respiratory conditions including asthma, bronchitis, emphysema, colds and flu. Its demulcent leaves help to tone, strengthen and soothe the respiratory tract. The saponins from this herb provide a stimulating expectoration and help to liquefy phlegm so it can be cleared from the bronchioles more easily, reducing inflammation and spasms of the lungs.

The toning effects of **Elecampane** bring proper fluidity of lung secretions to the **Respiratory System** reducing bronchial congestion. Allowing for a more productive cough, it also acts as an antimicrobial, which helps fight respiratory infections.

Plantain, Marshmallow and Licorice have antimicrobial, expectorant and antiviral properties. They help reduce inflammation of mucous membranes, the throat and bronchi. Their demulcent actions help soothe an irritating cough.

Elder for centuries has been used as medicine to aid Respiratory conditions; it is rich in antioxidants, rutin, amino acids, Vitamins A, B and C and the bioflavonoid quercetin; these constituents are said to reduce inflammation and enhance immune functions in the destruction of viruses and bacteria. It is even listed in **2000 Mosby Nursing Drug Reference** for the treatment of colds, flu, viral infections, sore throat, bronchitis, tonsillitis, yeast infections, hay fever and nasal congestion.

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HOW TO RECOGNIZE MAGICAL BEINGS

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

Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious Man with the Ladder."

As part of a continuing series on the care and feeding of Magical Beings, here's an excerpt on WITCHES:

**Chapter 14:
On Maintaining the Life-Force of Witches:**

Verse 12: Witches are one of the most challenging of magical beings to keep happy and healthy. Very often they are both cursed and blessed with afflictions that forever kept them distinct from their muggle neighbors. Blessed because being kept from the conforming tendencies of the muggle species they discovered their innate ability to transform reality solely through the single minded focus of their inner magic-self. Rarely are these beings raised by teachers of their own kind so they often have quite confusing childhoods full of erroneous beliefs about themselves.

Verse 11: Secretly all Witches are baffled by how powerfully their magic can work one minute and how ineffective it may be the next. This confusion commonly results in very elaborate ritual behaviors designed to help focus their magical powers.

Controlled studies of their powers at the **Bern Institute of Magick Sciences** have confirmed that quite in contradiction to their complex ideas of how magic works, it actually is quite simple: Witches are only able to powerfully exercise their powers when their mind is utterly distracted from the day to day worries of their muggle world. Illness, near death experiences, some forms of power plants, deep immersion in ritual, or a profound disregard for reality, are typically the only states that result in the proper conditions for them to relinquish their tenuous hold on the ordinary world, allowing their innate skills in the magical realm to be expressed effectively.

...continued on page 33



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MAGNETIC ATTRACTION

I am part and parcel of divine Source energy, even though it seems that I am merely a human having a flesh-and-blood, death-and-taxes type of experience. Beyond the game of life, I am part of the universal creative process. I am always creating, whether or not I'm aware of that process. I create moment-by-moment by my mental focus.

Anything that I think about receives a slight nod to become larger in my experience. Anything I regularly think about receives a strong beckon to become larger in my experience. And anything I regularly think about with strong emotion - positive or negative - will stick to me with duct tape...either that situation or something similar.

If I am to significantly improve my life, if I am to make my desired contribution to humankind, I must grasp this concept. This principle applies to relationships, finances, career, health, and every subject under the sun.

My mind is a creative workshop. What am I creating today?

AN EXERCISE THAT WORKS WONDERS

Sometimes people do dumb things. Sometimes people are thoughtless, rude, or crude. Sometimes people obsess about relatively meaningless things, and sometimes they overlook what they probably should address.

So what? I possibly have a flaw or two of my own tucked away somewhere.

Today I practice one of the most health-giving exercises ever devised: I raise my shoulders while holding my arms out, palms up - I shrug things off. I shrug off petty annoyances. I shrug off irritations. I shrug off pointed remarks. I shrug off bloopers, blunders, and human frailties.

Instead of stubbing my mental toe on frustrations, I practice staying calm regardless of what comes my way. Thus I vibrate happiness and optimism. I align with my joyful divine self. And that which comes my way keeps getting better.

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Morgana Starr & Daena Deva

Angels Oasis is owned by esteemed Psychic Mediums and Spiritual Counselors, **Morgana Starr & Daena Deva**. They have a combined 50 years of Spiritual work. Known as **New Thought Leaders**, they are helping to guide and shape lightworkers from around the globe. Angels Oasis is located in Historic Cocoa Village, Florida and is a beacon of light for the local spiritual community. Knowing they wanted to expand their reach, they launched **Awaken Institute**, their online Spiritual School. Awaken Institute allows awakening souls to develop their gifts safely, with guidance they can trust. You can learn more at **Awaken-Institute.com**. The first step is to take our Master Class and learn to become an **EMPOWERED** empath!

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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

SETH ON OTHER VERSIONS OF OURSELVES "Intuitively, you know who the counterparts are in your daily experience. This does not mean that if you become consciously aware of such affiliations you must then feel it your responsibility to form a kind of culture of counterparts, or to try and affect other people's lives by reminding them of your relationship. Some of the people you dislike most heartily may be counterparts. Each of you may be exploring different aspects of the same overall challenge."

SETH ON THE NATURE OF CONSCIOUSNESS "Science has unfortunately bound up the minds of its own even most original thinkers, for they dare not stray from certain scientific principles. ALL ENERGY CONTAINS CONSCIOUSNESS. That one sentence is basically scientific heresy, and in many circles it is religious heresy as well. A recognition of that simple statement would indeed change your world."

SETH ON REINCARNATION: "The fact is that each individual lives many lives and that the inner self is quite aware of its own SPIRITUAL AND PHYSICAL DEXTERITY. The body consciousness alone understands that its physical existence in any one life is dependent upon its physical death - and that that death will assure it of still another existence. The "drive for survival" is, therefore, a drive that leads TO death and BEYOND it, for all of consciousness understands that it survives through many forms and conditions."

Reincarnation, therefore, also is part of the larger framework in which any individual's health and well-being must be considered. The reincarnational influences are most apparent in what would be considered bodily defects dating from birth.

Reincarnational influences are not nearly as rigid as many believers in the concept think. That is, reincarnational influences usually leave many options open to an individual in any case. It is quite simplistic, for example, to say, as some people do, that any given PARTICULAR EVENT from a past life leads inevitably to a particularly matching effect in a present one. There are too many other elements that also apply to the human personality. No one is "fated" to have bad health. No one is PUNISHED in one life for "evil" activities in a previous one. A person who has been cruel in one life may choose to experience conditions in the next life in which he or she understands the meaning of cruelty, but this does not mean that such a person would then necessarily experience an entire lifetime as a victim.



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New learning would always be involved, and thus new options would always be open. There are, in fact, so many distorted ideas connected with the concept of reincarnation in general, that I think it far better to simply concentrate upon the idea of multiple existences. Because of the true nature of time and the interrelationships of consciousness, a future life affects a past one, for in actuality all of these existences happen simultaneously. All systems are open-ended, particularly psychological ones. In greater terms, you are working "at all levels" and at all of your own existences at once, even though it is useful sometimes to think of reincarnation as a series of lives, one after the other."

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Sonia Choquette is celebrated worldwide as an author, spiritual teacher, six-sensory consultant, and transformational visionary guide. An enchanting storyteller, Sonia is known for her delightful humor and adept skill in quickly shifting people out of psychological and spiritual difficulties, and into a healthier energy flow. She is the author of 19 internationally best-selling books about intuitive awakening, personal and creative growth, and the transformational leadership capabilities that reside within, most notably with the New York Times best-seller *The Answer is Simple*. Her latest book is *Tune In*. For more information, please visit soniachoquette.net

Affirmations are our way of opening ourselves up to the best that we are, and to the best that the Universe and our loving Creator wants for us. Repeating empowering intentional affirmations gets us out of our own way, and removes the blocks, fears, and negative patterns set up by the ego. Through affirmations, we say, "Yes" to the goodness of both our authentic selves and the fullest potential of life.

There is nothing that influences one more than the power of one's own voice.

It has been suggested that there is nothing that influences one more than the power of one's own voice, and I have witnessed that to be true over and over again in my own life. We carry a magic wand in our words, whether we want to or not. It is hard for our limited ego to believe or accept that what we say has any power at all, and yet we can immediately recognize the correlation between what we claim with our own words and the experiences we have.

Even in the Bible we are assured told we have power in our words. "In the beginning was the word... and the word was with God. And the word was **God**." (John 1:1) In this statement we are being guided to recognize that our words have unlimited power, and what flows from our lips will absolutely continue into our lives.

This becomes especially true when words are repeated and spoken with feeling. *Feeling is the animating force behind all words, thoughts, and beliefs, making them come alive. Knowing this, we cannot help but realize that we are divine magicians in the making. We all have a magic wand in our words and do yield it in our lives,* albeit often recklessly. We simply have not yet learned how to wield and control our magic in a way that serves our highest purpose and must.

We are divine magicians in the making. As we approach the dawning of a new era, it is time to accept that we are powerful beings of light coming out of the shadows. Affirmations teach our ego to serve our Spirit within instead of fighting it. *Affirmations take conscious control of our power. If we intentionally and regularly affirm our holiness, and enthusiastically express our desired experiences and creations with authentic feeling, they will flow gracefully into being before our eyes.*

Affirmations give your personal direction to a Universe that wants to serve you. By vocalizing those experiences we yearn for, the **Universe** learns how to guide us. Affirmations take ownership of the blessings we seek. They invite the **Universal Mother-Father God**, Source of all goodness and love, into partnership with our unique personal flow of Spirit and free us from working in futility, alone and separate from Source.

We are powerful beings of light coming out of the shadows. Affirmations help us take our rightful and purposeful place as a Divine and Beloved Spirit of Love in the grand scheme of things, and open us to fully experience the unlimited, unconditional love and goodness available to all. Affirmations connect us with the eternal loving Source of life.

Doing the affirmation keeps it alive and allows it to sink deeply into the subconscious mind where it will break up the old soul pattern and memory and take hold as the new truth of Spirit.

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Dear Whitedove, I notice that a lot of people are just having tremendous amounts of problems including me. Is there a reason for this?

WHITEDOVE: We create a lot of our own problems in life and right now it's a sign of the times. It's everything that surrounds us; the people in our close circles and the collective conscious as a whole, our actions and the consequences. There's so much fear, that has an effect on everyone.

Then we are feeling the energy of our earth too, **Mother Earth** is cleansing due to the state of our natural resources, and all things both positive and negative are a reflection of us. We mirror, we reflect our issues and so that's why it's important that everyone individually take responsibility and improve their life knowing that we each play an essential part of the collective; that's what creates our world, our reality. So yes things are difficult for humanity, there are hardships on every level - body, mind and spirit.

Please know we are living in this very important time frame, we volunteered to be born to celebrate this time of ascension or this test for humanity - whatever your perspective. Each of us came here because we felt that we would strive to raise the vibration of humankind and Mother Earth. Individually, we are meant to move away from fear and judgement to live in the spirit of faith and unconditional love.

Many are being prompted through life crises to make changes for the better. We can do this. Sometimes it's best to take life moment by moment and be the best that you can be. Strive to take each step in a positive direction for the benefit of all parties involved. Be the light and stay prayerful my friends.

Dear Michelle, it sounds like, from what you've said that we should all make up a little sign to wear that says "this is a test, it's only a test" meaning life on Earth.

MICHELLE: That's correct; our Earthy journey is a big test for each one of us with many important lessons to learn. In the grand scheme of things our time here 60 to 80 years is a blink of an eye. Yet our actions, our thoughts our words will reflect in our soul for eternity. But this is just one of many soul experiences or lives; so it's more like a midterm test. Rest easy this is not the final exam.

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Dear Whitedove, Some people speculate and have a theory that we are living in a simulation just like the movie *The Matrix* - how do you feel about that?

WHITEDOVE: There's a lot of truth in the movie *The Matrix*. Yes, we live in a simulation of sorts, just not a computer simulation. **God, the Universal Intelligence** is more brilliant than our small human minds can grasp. But some of us understand that we are multidimensional beings capable of having many supernatural experiences such as out of body travel, intuitive knowing and telepathy to name a few.

In Heaven, during our premortal life we created a scenario or road map that we planned to live out called **Soul Contracts**. Portions of our life are led by predestined events which are somewhat like a simulation, because we've previewed and walked through these scenarios. Then when we incarnate here, we are in a fog because there is a veil between this life and the Heavens. Many times we forget our (programed) purpose and soul's mission although some souls do remember.

Just as many **Near Death Experiencers** will tell you "*Heaven is more real, than this life!*" And it's true; our reality is a bit murky, not at all like the clear radiant brilliance of Heaven and the higher realms. When you return home - you'll know what I mean. This is not your real life, it's just one little fragment of your sum total of experiences.

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Aislin Taylor has been interested in things that go bump in the night all her life. She has spent 30 years researching all things paranormal. Email cronescauldron@yahoo.com



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QUESTION - AISLIN & NANCY,

I am having strange activity in my house, my dogs randomly barking at places inside for no reason. Just yesterday, they were both barking nonstop at the doorway to my kitchen. I hear random noises throughout the house. I feel I'm being watched in my own home even when I know no one else is here. Today, I smelled a rotten egg smell coming from a closet near the kitchen. Am I just imagining these things or should I be worried? -- **Melissa**

ANSWER Thanks for reaching out. I am going to recommend you have someone with a background in ritual mastery physically come to clear your home. I say that because of the rotten egg smell you mention. I am going to guess that a lot of emotional events have been happening in and around that house. Emotional unrest can attract a lot of unwanted supernatural activity. I have some action items I would like you to do until an expert can come and clear your house.

First try to minimize or remove all the emotional events that are happening. I realize that's easier said than done. Second, you will need a throw away pie pan, two different types of salt like kosher and sea, a battery operated candle for safety, and three rocks. Place this somewhere you will see it multiple times everyday so you can send energetic thoughts each time you do see or think of it.

Put the three flat stones in the center of the pie plate. Pour one of the salts in a circle around the stones. Pour the next salt on the outer edge of the pie plate. Finally, put the tea light on top of the stones in the center and light it. This idea came from author Bryon Ballard from her book *Staubs and Ditchwater*.

Third, I want you to take a walk outside, picking up four rocks or whatever catches your eye as you go. When you get home take a bath with some Epsom salt, placing the four items you picked up into each edge of the tub. No bathtub? No problem, fill a bottle with water and Epsom salt to use to spray yourself down with when you're in the shower. Third, light a candle and some nag champa incense, then out loud say an intention of returning your home to a happy place that is covered with protection. Then put salt around all the openings into your home.

QUESTION - HEY AISLIN AND NANCY, I'm a 20 year old girl in a polygamous relationship since I was 17. I met this family thru a website that I joined. The website is a **BDSM** website but also has poly interests. I have always been curious about the poly lifestyle since I come from a large family. I've always loved having a large family which gave me someone to talk to, play with or just watch TV with. The poly family I'm in a relationship with are wonderful. My problem is my family hates them. They don't understand my choice, they wanted to press charges against my boyfriend, the head of the family, but couldn't because our relationship was not consummated until my 18th birthday. Thankfully the police said there is nothing they can do. My birth family believes my poly family has brainwashed me, thinks they are like a cult from which I need rescuing. I just want all the drama to be done. I want my birth family to accept my poly family. Help? Thanks, **Sissy**

ANSWER Thanks for writing in about your struggle. I've known some polygamous families who were very happy, although I've also known some very unhappy poly families. First off, it's wonderful to hear you have a family who cares about your well-being, they sound wonderfully loving and caring. So props to that because not everyone has that in their lives. I think the crux of the matter is that your family is worried and scared for you. They are worried someone is taking advantage of their baby, their sister, their blood. They are concerned you are being hurt. They are circling the wagons pulling out the shotguns and ammunition. You can't control their feelings.

I'm going to suggest a few action items here. First, let's create a mixture of herbs to enhance your courage to carry on you when you leave the house or when needed. I say a **courage mojo bag** because you better walk in courage to be prepared for naysayers. If you're allergic to an ingredient omit it. Grab either a small material bag or a scrap of material with something to tie it together. Get black pepper, red clover, bay leaves and Dragon blood resin. Either put all those ingredients into the little bag or wrap it up in your scrap with the tie.

Next, let's create an oil you can wear to help promote inner peace to you and those around you. Get a 10ml essential roll on bottle, or just use a small container. Add 10 drops lavender, 10 drops lemon, 10 drops orange, 10 drops ginger, 10 drops ylang ylang. Fill with a carrier oil such as grape seed oil, sweet almond oil - not for folks with nut allergies, jojoba oil, olive oil.

The final item I will present is to weekly say a blessing to allow your family to release their worry and concern to be replaced with acceptance. Acceptance that they raised you to be the strong woman that you have become. Acceptance that you're where you want to be at this moment. Perhaps in time, this weekly blessing can move to allow your family to be happy that you're happy. Thank you for giving them the time they need for acceptance. You hold good and healthy boundaries for your birth family plus your poly family and everything will work out as it's meant to.



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



Debra Strasser is High Priestess at Church of Iron Oak in Palm Bay, FL. She can be reached at scribe@ironoak.org

April 2021

We are now past the Spring Equinox, though the midwest and the northeast may still experience snow and a lingering chill. Still, our outdoor traditions of Spring will go forward, egg hunts, spring cleaning and yard sales.

Did you know that yard sales, also commonly known as a “rummage sale,” date back to the early 1800s, when shipyards would put lost or damaged cargo (referred to by the now archaic term “romage”) up for public retail.

In our ancient world, late spring was a time of Roman Goddess festivals. Venus, goddess of love, beauty, gardens, and all things green and growing had several festivals in Spring. **The Great Goddess Cybele or The Magna Mater** (Great Mother) was honoured during the festival of **Megalesia**. **Cerealia** was the major festival celebrated for the grain and bread goddess **Ceres**.

Happy April and Blessed Be!

April 4: Easter Sunday - Christian

April 8: Yom Hashanah, Holocaust Remembrance Day - Jewish

April 12: New Moon in Aries

New Year - Hindi

Ramadan begins - Islam

April 13: Baisakhi - celebrates founding of the Sikh community

April 22: Earth Day

April 27: Full Flower Moon in Scorpio

We can't forget about the first day of April, **April Fools Day**. A few historians think this day dates back to the late 1500s when France switched from the **Julian calendar** to the **Gregorian calendar**. The **Julian calendar** was the prominent calendar used by most of the world until the **Gregorian calendar** overtook it to become the standard.

April Fools' Day – or All Fools' Day as it was more commonly referred to back then - was reportedly a time to mock those who were a little slow to adapt to the calendar change. The start of the year in the newly adopted **Gregorian calendar** now fell on January 1, but the **Julian calendar** had it falling on the last week of **March** and ending on April 1. Those who were ridiculed for not knowing about the change were viewed as fools.



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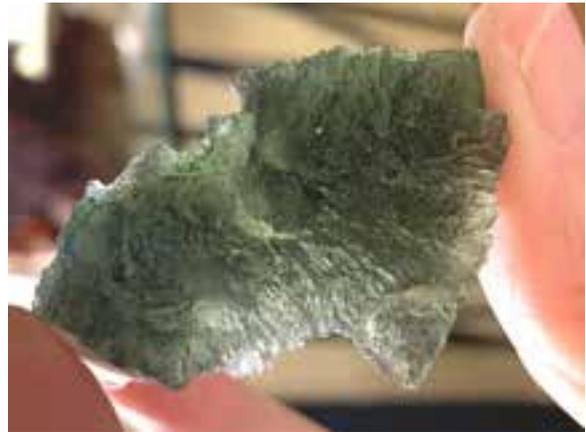


CRYSTAL CORNER **MOLDAVITE**

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

THIS MONTH EVERYONE IS WANTING MOLDAVITE.

This "gemstone from outer space" has leapt to the top of the must-have crystal mountain due to a few viral Tik Tok videos although it has always been popular among metaphysical crystal workers. Moldavite has a fascinating origin. Around 15 million years ago an extraterrestrial object slammed down to earth near what is now the Moldau River in Czechoslovakia. It could have been a comet, a very large meteor or a small asteroid, but the force of the impact created the Bohemian plateau. The friction created by this object's passage through the atmosphere produced such intense heat that the earth melted and bounced back up through the stratosphere before falling back to earth as moldavite. People have always found moldavite magical and fascinating - there is a legend that the Holy Grail was carved from it - and that interest has caught fire today.



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This is not always easy or even pleasant, but is liberating and there has never been a more vital time to free ourselves to envision a new future as we open our hearts and minds to the joys of being fully human and alive in the moment.

As we feel the awakening energy of the Spring here on earth, we can awaken to the awareness of the vital forces that fill the entirety of the Universe and begin to understand our place in it. We are rooted in the earth, but we were seeded by the stars. Moldavite helps us remember who we are.

If you are called to work with moldavite, now is the best time to find it. The mines are closed due to COVID and it has become much harder for suppliers to find it. Make sure you seek yours from a trusted vendor as there has been a flood of fake moldavite and it can be difficult to tell if a piece is genuine, especially on line.

Be prepared to spend some money on genuine moldavite and ask the person at your rock and crystal shop where the moldavite was found. Finding the moldavite meant for you will be a worthwhile quest as you are launched on your journey towards cosmic evolution. Happy trails!



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>

When just starting out on a new journey, it's only natural to feel vulnerable, like you have so much to lose.

But may I remind you that never again, at any other point in the same journey, will you have so much to gain?

I'll take that as a "Yes."

**Tallyho,
The Universe**

Try pretending that all you now believe to be real, is not. And that all you wish to be real, is. If only for a few minutes each day.

Then, try acting like all you wish to be real already is real. With just a word here, a sentence there, or some little demonstration. If only in private.

Before long, you won't even remember if what you used to believe was real or just a dream.

I'm pretending you already do this stuff whenever you want change,

The Universe



SPIRITUAL GRAFFITI

Jeff Brown is author of *Spiritual Graffiti*, *Ascending with Both Feet on the Ground*, *Love It Forward*, *An Uncommon Bond*, *Apologies to the Divine Feminine From a Warrior in Transition* and *Karmageddon*, an award winning documentary about spirituality and emotional healing. Visit www.Soulshaping.com and www.Soulshapinginstitute.com. This exercise excerpted from *Grounded spirituality*

EXERCISE 3: THE EXCAVATION MEDITATION

Sit on a chair, on the floor, or on a cushion, in whatever position feels most comfortable. While sitting, do not close your eyes, or focus your gaze directly ahead or above you. Instead, keep your eyes opened and focused downward, looking directly and with great curiosity at your body temple. Gaze at your body as you would a loved one.

Begin to make contact with your breath, inviting it into awareness, feeling it move through you. First, start with gentle breathing, as if you are gradually warming up. Then, invite your breath to move strongly and pointedly throughout your body, infusing your body with life-force, pushing into and beyond tightly held regions.

If you feel resistance, do not hesitate or recoil. Breathe even stronger. If you feel emotions, do not merely watch them as they float past. Instead, immerse yourself in them.

Deepen into feeling, inviting all held emotions and memories to be fully felt. Use the breath as an excavation tool. With your breath, purposefully dig deep. Your aim is to bring repressed material to the surface, where it can be released and re-integrated.

Allow this meditation to become a kind of visceral, physical landscape of feeling and sensation.

If there are tears, feel into and move them, to the extent that you can.

If there is anger, feel into and move it, to the extent that you can.

If there are words or sounds, express them fully.

If you find yourself turning toward your habitual meditation style that includes a focus on the sensations of the body—return to the breath and intensify it.

...continued on page 27

THE GARDEN OF YOUR MIND A PARADISE OF YOUR OWN CREATION



Louise Hay was an inspirational teacher who educated millions since the 1984 publication of her bestseller *You Can Heal Your Life*, which has more than 50 million copies in print worldwide. Renowned for demonstrating the power of affirmations to bring about positive change, Louise was the author of more than 30 books for adults and children, including the bestsellers *The Power Is Within You* and *Heal Your Body*. In addition to her books, Louise produced numerous audio and video programs, card decks, online courses, and other resources for leading a healthy, joyous, and fulfilling life. To learn more visit: www.louisehay.com and www.facebook.com/louisehay

I LIVE IN A PARADISE OF MY OWN CREATION. IT'S NOT JUST AN AFFIRMATION, IT'S TRUE.

One thing I enjoy is spending time in my garden. I love planting new vegetables and watching them grow. I really know I am getting organic when I pick vegetables out of my own garden. It's usually carrots, beets, tomatoes, zucchini, squash, Swiss chard, cucumbers, kale, beans, turnips and beets.

I have several raised wooden garden boxes that have become a nurturing home for my plants. These boxes provide good drainage and help conserve water. They are about three feet high, so they have greatly reduced the amount of bending I do when tending my beautiful and healthy plant life.

It is such a joy to wake up in the morning and think about which one of my vegetables will be on the menu for the day. I truly live in the paradise of my own creation.

I THOUGHT OF THE CONNECTION WITH THE GARDEN OF OUR MINDS AND THE GARDENS WE TEND.

As I work in my garden, enriching the soil, planting, harvesting and recycling, I feel this oneness, this unity. I take a small section of hard, unproductive earth, filled with weeds and slowly transform it into rich loam that will support life in all its many forms.

It's like taking a portion of our mind that is filled with destructive thoughts and patterns and nourishing it so that it can create and support healthy, positive experiences.



We heal our minds. We heal our souls. We heal our soils. We help create a healthy planet where we can all prosper and live with joy and ease.

It's not until we love ourselves that we can accomplish this healing. It's not until we love and become in tune with nature that we can turn our earth into fertile gardens.

When you see the earthworm in your garden, you will know that you have created an environment that will support life.

Affirm with me: Deep in the center of my being there is an infinite well of all that I shall ever need. I am One with all of life. I am in tune with the seasons, with the weather, the soil, the vegetation, and each and every creature that dwells on the earth and in the oceans and flies in the air. It cannot be otherwise. We all use the same air, soil and water. We are totally interdependent on each other. Help me create a healthy planet where we can all prosper and live with joy and ease.

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GARDENING THE MEDICINE WAY



PERENNIAL TROPICAL GREENS HEAT TOLERANT FOR FLORIDA

Debra Strasser resides on the Florida coast where she appreciates everything from the tallest trees to the humblest of weeds. She is Head ConjureWoman at Valkyrie Bees and Herbs, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak and can be reached at scribe@ironoak.org

I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds!

LET'S LOOK AT SOME VARIOUS TYPES OF PERENNIAL TROPICAL GREENS:

BRAZILLIAN OR SISSOO SPINACH:

This green spreads as a ground cover and does not go to seed. It can be grown from cuttings. It has a firm, crunchy texture and can be cooked or eaten raw.

NEW ZEALAND SPINACH:

Not a true spinach, this plant has succulent-like leaves. Its flavor is very similar to common spinach when young, but becomes bitter and acrid when fully mature.

MALABAR SPINACH:

Grows as a climbing vine up to 14 feet tall, so you'll want to train it to a stake or trellis. Ideal for soups, salads and stir-fries alike, Malabar Spinach can be prepared as spinach is cooked.

KATUK:

A high protein bushy plant that has tasty green shoots and edible leaves. You can either harvest the tender new shoots by simply plucking or snipping off the top 3-4 inches of new growth. Older leaves must be cooked, whereas the new growth can be eaten raw.

CALLALOO:

This plant is in the amaranth family. You can harvest the young tender leaves or the mature leaves/stems for cooking. It's an incredibly nutritious green that can also be juiced and added to your favorite green juice recipe. The flower buds and seeds can also be eaten.

Things are heating up already. Don't forget to protect yourself from the sun. Keep hydrated and enjoy your garden!

THE WARM WEATHER AND LONGER DAYS HAVE SEEN AN END TO THE WINTER GARDEN.

It's been such a blessing to be able to dash out to the garden and grab some leaves for a sandwich or an impromptu salad. Spinach, lettuce and asparagus have or are beginning to bolt and turn to seed. I will miss those fresh greens, so my sub tropic climate gives me cause to look further south of Florida, to heat tolerant greens grown close to the equator.



Asparagus



Broccoli





ASK DELPHINE

Delphine was born in Queens, NY where she lives with her unique, extended family. Named after the great oracle, Delphine is considered sacred to the great Poseidon, God of sea and storms. Though she knows the consequence of prophecy, Delphine believes understanding creates the power to heal our world. Delphine taps into these gifts providing us the rare opportunity to know ourselves more deeply. *Please send your questions to askdelphine@gmail.com*

DEAR DELPHINE,

Several years ago I got in an argument with my spiritual teacher and guide. Things got super ugly and the police were even called. I want to reconcile; but, I am advised to keep my distance. Our stories differ and no one is on my side.

Even though my life is good I still miss my teacher and often dream that we are laughing. These dreams feel so real and provide me with so much comfort. Will I ever be forgiven?
Bad Disciple

DEAR BAD DISCIPLE,

First, let's recognize that you must first and foremost forgive yourself and perhaps even your teacher. But if this person was a teacher, what are you learning now? When we make the most of our circumstances we learn our lessons well.

There is always forgiveness available. It is up to us how we achieve that forgiveness. We always know the truth within. Is there a change that needs to occur? If the change is within you, then you can effect this change. If you perceive the change externally, then it is not yours to control.. Either way patience will serve you!

All people make mistakes, dear disciple. and most will probably admit to having acted poorly... Whatever the truth of the situation is: you cannot change your Guru. If your Guru is asking you to stay away, then what do you need to do? Stay away, right?

At the end of the day we are all guided from within and it seems to me your dreams expose another reality and a reason for great hope. Examine your motivations and understand that if you are using your teacher to fulfill something, then you can just look in the mirror.

Look within to establish the changes within yourself because we all end up together in the end!

In the meantime, keep up your practice.

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Esther Hicks

ABRAHAM HICKS

...continued from page 7

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

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

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

The better it gets, the better it gets!

Be Grateful & More Good Will Come.

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

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

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

ON COMPASSION

Compassion is nothing like sympathy. Compassion is knowing who they are (the other being) knowing where they are, knowing who they really are, and seeing who they really are, no matter how they are seeing themselves. Seeing them completely through the eyes of Source. And when you do that and are tuned into that, which is the frequency which is Source, everyone who is in your presence benefits from that which you are. They know their worthiness more. They know their greatness more.

ON YOUR GREATEST GIFT

Even when we are encouraging you to selfishly seek your own joy, we are actually saying to you: Your joy is the greatest gift that you can give to anyone. Because unless you are in your joy, you have nothing to give, anyway.

ON TRANSFORMING THE WORLD

Make lists of positive aspects. Make lists of things you love and never complain about anything. And as you use those things that shine bright and make you feel good as your excuse to give your attention and be who-you-are, you will tune to who-you-are, and the whole world will begin to transform before your eyes. It is not your job to transform the world for others, but it is your job to transform it for YOU. A state of appreciation is pure Connection to Source where there is no perception of lack.

ON ALLOWING EMOTIONS

The emotions that you feel are ALWAYS responding to the PRESENT moment. Therefore, if fear comes forth because of your thoughts regarding the future, recognize that there is no basis for that fear - since you can alter the future by altering your thoughts. And recognize that as you allow fearful emotion to persist, you are also allowing creation toward that which you fear.

ABRAHAM ON COMMUNICATING WITH YOUR INNER BEING

Talk to your Inner Being about what you want and why you want it. And let your Inner Being offer to you, in your dream state, images that you can flow Energy toward, which will cause your vibrational state to be as you want it to be. And then the Law of Attraction will bring it to you.

ON THE DREAM STATE

You do not create while you are dreaming. Your dream is a manifestation of what you have been thinking during your awake state. However, once you are awake and you are now thinking about, or discussing, your dream - those thoughts do affect your future creations.

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HERB CORNER

HERBS FOR LUNG HEALTH

...continued from page 10

Yerba Santa is a strong antiseptic and antispasmodic herb for the lungs. It is rich in muco-polysaccharides and glycoproteins that help to maintain healthy moisture levels of the mucous membranes of the lungs.

A member of the mint family, **Hyssop** has antiviral, expectorant, antispasmodic and toning properties. It has been used since ancient times to ease symptoms of colds, congestion, chronic coughs, sore throats, lung infections, bronchitis, congested sinuses and excessive mucous. Since **Hyssop** helps the body produce a natural form of penicillin you may want to be cautious if you are allergic.

Some other herbs that may be beneficial to the Respiratory System are Horehound, Rosemary, Ginger, Wild Cherry, Thyme, Grindelia, and Garlic. Together or alone these herbs have antiseptic, antimicrobial, antiviral, anti-inflammatory, toning, antispasmodic and immune modulating properties.

Over the years I have found these herbs to be useful for conditions where there is inflammation and infections and a weakness in the lungs.

SPIRITUAL GRAFFITI



Jeff Brown

...continued from page 19

THE EXCAVATION MEDITATION continued

If you find yourself getting distracted by thoughts—return to the breath and intensify it.

If you find yourself wanting this exercise to end—return to the breath and intensify it.

Whatever arises, return to the breath and intensify it.

Your breath is your excavation tool and your guide.

Now you are not just watching the body as it contracts and expands—you are fully experiencing and inhabiting the body, feelings, emotions, sounds, sensations, textures, roars, all and everything.

Stay with this process until you have abandoned the Watcher and have become a full-bodied total Experienter. Feeling, moving, expressing, and releasing as fully as you can.

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HOROSCOPES APRIL 2021



ARIES – (March 19 – April 18)

Beautiful assets in your game! In your sign, the Sun up until the 19th, Mercury from the 5th to the 19th, and Venus to the 14th, gives you a warm and enthusiastic appreciation of your personality. Your ideas fuse, your charisma is certain, no matter what you undertake your chances of succeeding are strong. Mars, your planet, is in beautiful aspect to your sign until the 23rd and favors your contacts and your movements, plus your morale is excellent! You'll be more focused and calm after the 24th, Mars rolls into your area related to your home. Friendships are constructive and evolving especially for the last two decans. Your socio-professional sector is still undergoing some changes, adapt, last decan. From the 20th, the Sun, Mercury and Venus in Taurus takes care of your financial business, it moves in the right direction!

LOVE IN GENERAL:

For half of the month you feel in good shape and this has a positive impact on your inner circle. You attract compliments, easy-going situations or people who suit you. You seduce as much by your well placed words as by your pleasant and seductive behaviors. After the 20th, your charm seems to be elsewhere!

IN A RELATIONSHIP:

Harmony is at the rendezvous, your emotional life flows happily when you're close to your other half and this makes you well. A healthy libido animates you, enough to make you return to your home as soon as your work is done! Demonstrative and warm until the 20th, you are more relaxed then quieter but still in love.

SINGLE:

Your social melting pot and your neighborhood could well facilitate a quality meeting throughout the month, open your eyes! Energetic and enterprising your powerful words, until the 19th, could touch the heart of the person you covet. Go out, organize a trip, your chances are real!

TAURUS – (April 19 – May 19)

Introspection and a spot light on your personality! A planetary cluster in Aries until the 19th, invites you to think and perhaps to prepare for the start of some projects that you would like to see happen. Do not panic, your secondary personality adapts very well to these preparatory energies, especially Mars in Gemini until the 23rd, which also boosts your rapport to your wealth: balance this sector. First decan, Uranus jostles you a bit, the best is yet to come. Your socio-professional destiny is in turmoil, Jupiter and Saturn are busy transforming what must be, accompany this process, last two decans. From



the 20th, the Sun, Mercury and Venus facilitate your achievements! Mars is in Cancer during the last week, he promotes your exchanges and your paternalistic side. You are loved!

TAURUS LOVE IN GENERAL:

For half of the month until the 14th, your feelings and your amorous impulses are timid, you are modest and reserved. Then, your behavior becomes warmer thanks to Venus in your sign from the 15th to the 20th, your charisma and your pronounced sensuality is fully expressed. Your libido is delicate and tender after the 23rd. It's a nice end of the month to fully enjoy!

IN A RELATIONSHIP:

The celestial energies could invite you, in your relationship, to a little temporary detachment but you will turn this corner for the better. After the 14th, Venus in your sign wonderfully boosts your sensuality and your desires. Your feelings for your partner are powerful again. Success!

SINGLE:

Throughout half the month, a past love of could come back to your life unexpectedly, whether it's during a trip, a message in writing or the spontaneous help of a friend. Your chances of meeting a new love are clear during the last week. Be patient!

GEMINI – (May 20 – June 19)

Your social circle is outstanding your dynamism is powerful ! The energies of Aries, in harmony with your sign, awaken your desires for projects and your wish to be surrounded by your friends. Mercury, your planet, in Aries from the 5th to the 19th, supports your exchanges and facilitates your projects and your thoughts. Your morale is good, your decisions are effective. Mars in your sign until the 23rd, accentuates your dynamism, nothing and no one hinders your desires! Jupiter and Saturn in Aquarius promote your inner evolution and your ideal of life; you gain maturity, last two decans. From the 20th, the Sun, Mercury, Venus and Uranus in Taurus, invite you to a healthy introspection, people from your past or past events return to your path in a perfectly unexpected way, first decan especially. Surprises!



GEMINI LOVE IN GENERAL:

Until the 15th, you are enthusiastic and warm, your impulses are direct and joyful. Your love life is enjoyable, your desires and feelings are in tune. After the 15th, you are calmer and less demonstrative. The emotional sphere can be lived a little away from the world. Adapt during the month to these two very different climates.

IN A RELATIONSHIP:

The monthly energies invite you to get out of your daily routine and go together to meet your friends and share good times and leisure! Until the 15th, you express your feelings frankly towards your partner, then Venus and Mars move away from you and you are shy!

SINGLE:

Ultra-dynamic and hyper communicating, you have know how to be seductive with your words and prompt gestures until the 20th. Your chances of meetings are real if you quickly grasp the opportunities that the sky has concocted for you, focus your efforts in matters of the heart on your social circle or when traveling, they will be as happy as they are unforeseen!

CANCER – (June 20 – July 21)

Your socio-professional destiny is in focus and exchanges are beautiful and friendly! A cluster in Aries, the Sun and Mercury until the 19th, then Venus until the 14th, announces a spot light on your career or your destiny, the energies provoke challenges to be taken up. Mars in Gemini until the 23rd reinforces an idea of challenge with a tendency to be secret or to be a little passive. From the 24th, Mars in your sign, upsets the deal and fully boosts your personality. Your life with your love or partner continues its moult, last decan. Jupiter and Saturn in Aquarius awaken your interest in your financial or sensual affairs, evolution or exaggeration, last two decans. From the 20th, the Sun and Mercury in Taurus announce a lot of friendly contacts as well as a beautiful realization of your projects!

LOVE IN GENERAL:

For half of the month, your amorous impulses are diluted a little by too much haste or on the contrary hesitation, refocus on your important capacity to love. Your libido is discreet and powerful for the whole last week! After the 20th, the energies of Taurus serve your intimate sensual and delicate nature, your feelings take a prime position!

IN A RELATIONSHIP:

An intimate intensity could revive a seduction that is both lively and warm between you and your lover! This climate could jostle you a bit, welcome this wave of emotional benefit. After the 20th, you find your fundamentals, your other half and they become the center of your thoughts and your heart!

SINGLE:

Love can fall on you with lightning and fire but it is not certain that it will settle down in the long run. You are active and communicating but love that comes on too fast makes you run away. After the 20th, the universe favors everything that touches you intimately: calm and pleasure. It's your turn to play!

LEO – (July 22 – August 21)

A powerful idealism and a socio-professional destiny to honor! The monthly energies invite you to reaffirm your commitments, whether to yourself or to others! Your royal nature will appreciate this highlighting of your values and this until the 20th. A nervous, active dynamism, propels your friendships towards a greater fulfilling and your projects are on fire thanks to Mars in Gemini, in beautiful aspect to your sign until the 23rd. The intimate sphere of relationship always welcomes Jupiter and Saturn, last two decans, your choices facilitate an evolution and a stabilization of this sector. From the 20th, the climate changes under the influx of Taurus square to your sign, tensions are possible in your work or in general, Let it go, let it be and do not try to change the events, on the contrary, accompany them!

LOVE IN GENERAL:

Burning passion and a high libido! Venus is in Aries until the 14th and boosts the expression of your feelings that are warm, happy and proud! Love transports you, and you love to be in love, your partner is pampered. Beyond the 20th, a hint of jealousy could appear on the horizon of your love life, relax, you are unique and so flamboyant!

IN A RELATIONSHIP:

Until the 20th, your couple receives beautiful harmonious and passionate energies, your other half should revive an emotional and sensual intensity in you, which is very pleasant. Mars promotes your outings together and your meetings, as stimulating as you had wished. After the 20th, compensate for a drop in this intensity with tender exchanges.

LEO SINGLE:

Great opportunities are announced especially if you travel or frequent your social circle until the 20th. Spring often rhymes with renewal, make the most of an easy communication, which is direct and spontaneous to facilitate your exchanges. After the 20th, the sky invites you to temper your intimate requirements, wait if necessary.

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VIRGO – (Aug 22 – Sept 21)

Transformations and an ideal of life in evolution! A planetary cluster in Aries with the Sun and Mercury (your planet) until the 19th and Venus until the 14th, invites you to impose a powerful introspection on your relationship to money. It also means changes or metamorphoses because your practical and rational approach is jostled by subtle energies. Jupiter and Saturn boost the sphere of work and health, and you will see improvement in these areas, last two decans. Moreover, the socio-professional destiny is subject to the powerful energy of Mars, who inspires you to confidently accompany the rapidity of events likely to happen during this month. After the 20th, a bucolic and sensual climate settles down for your sign, your concept of life evolves, your sometimes timid optimism becomes clearer. In the last week, build castles in the sky!

LOVE IN GENERAL:

Until the 20th, a destabilizing intensity for your intimate nature, could force you to review your emotional fundamentals and give you a moment of reflection and introspection concerning your way of loving. Mars wakes up your brain-based libido all month long, mischievousness and tenderness. From the 21st, you find your emotional serenity so dear to your heart, calm, charm and pleasure!

IN A RELATIONSHIP:

Neptune always increases your perception of your other half, your exchanges are based on intuition and sometimes dreams, especially the last decan. During the month, you express your love with ardor but also clumsiness until the 19th, a surprise for your partner! Then, you find the delicacy of your gestures and words.

SINGLE:

It is not obvious that you will meet that special someone during this month. However, Mars promotes your general destiny, a meeting based on sensuality is possible, will you be satisfied? Wait until the 20th for a more lasting romance, more in keeping with your sensitive emotional nature.

LIBRA – (Sept 22 – Oct 21)

Focus on your intimate relationships and your beautiful idealistic energy! Until the 20th, the energies of Aries shake up your conjugal or associative relationship sector, your partner or the others take on a lot of importance. Venus, your planet, sometimes in Aries until the 14th and then in Taurus from the 15th to the 30th, changes your way of being, conquering at first then more relaxed but no less sensual! Jupiter and Saturn in Aquarius, in beautiful aspect to your sign, open constructive and evolutionary emotional perspectives, last

two decans. Mars supports your socio-professional destiny until the 23rd, you are fighting and nothing scares you! A bit of tension in the home remains possible, last decan, as well as a little melancholy in your daily life, same decan. From the 20th, your sensuality skyrockets, your thoughts are deep, you embody the intensity!

LOVE IN GENERAL:

An important evolution in your way of loving continues its work in depth thanks to Jupiter and Saturn, your intimate nature opens more to perennial loves and becomes devoid of frivolity. Until the 20th, your partner is fundamental, your temperament brought to the union is seen here reinforced in its quest. You could live something beautiful, presently or in the future.

IN A RELATIONSHIP:

Your other half takes their place in front of you until the 20th. Your exchanges are very important, you listen to them and you expect them to do the same with you. The energies of Aries jostle a little your natural diplomacy, stay calm. From the 21st, passion consumes you two!

SINGLE:

Surprising opportunities until the 20th to meet someone who matches your most specific expectations, love at first sight thanks to the influx of Venus in Aries until the 19th! Unless during a trip, your heart does not budge. Bet on your legendary charisma after the 21st!

SCORPIO – (Oct 22 – Nov 20)

Daily life and relationship life are in the spotlight! The influx of Aries until the 19th warms up the sphere of work and the daily routine, your energy will be important. Relieve yourself from possible family or home conflicts, Jupiter and Saturn, square to your sign, shake up these areas, so choose to let go and forgive, last two decans. Mars in Gemini until the 23rd, endows you with a rich and imaginative libido, your monetary resources could also increase via your partner or others! From the 24th to the 30th, Mars invites you to travel and leave your everyday life. Your morale is good, thanks to Pluto. From the 20th, the energies of Taurus give pride to your intimate life, you could live marital love with all the intensity that characterizes you!

SCORPIO LOVE IN GENERAL:

Until the middle of the month, you express your love with warmth, in your daily life or at your work. Your sensuality is

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powerful with a touch of intellect allowing you to innovate in your intimate approaches. From the 20th, your ego must adapt to the other in order to share love in its most tender and carnal expression.

IN A RELATIONSHIP:

Throughout this month the universe promotes your married life, Venus sometimes in Aries sometimes in Taurus, animates your love life beautifully. You excel in emotional matters when it comes to proving your feelings, your panache combined with unparalleled intensity in the zodiac delights your partner and promotes your relationship.

SINGLE:

Your desires are important until the 23rd, you will not spare your efforts to make an emotional meeting that may represent a challenge to mobilize you! Focus your attention on the professional sphere or when traveling, love is hidden there. You are romantic, last decan, take advantage of a beautiful soul!

SAGITTARIUS – (Nov 21 – Dec 20)

The spotlight is on your loves and relationships! A beautiful cluster in Aries announces beneficial events for your sign concerning your love life and creativity for parents if you have children. Your morale is at the top from the 5th to the 19th, optimism and joie de vivre! Jupiter and Saturn in Aquarius, harmoniously connected to your Sun signal an evolution and a solid possibility to build long-term relationships in agreement with your true self, last two decans. Mars facing your sign until the 23rd, invites you to negotiate and accept the opinions of others in your private sphere under pain of living passionate but conflictual relationships. From the 20th, energies in Taurus boost your daily or professional life, open up, give the best of yourself!

LOVE IN GENERAL:

A beautiful month in perspective! Your emotional sector receives the promising beneficial energies of the Sun until the 19th, and Mercury from the 5th to the 19th and from Venus until the 14th. Your passionate, feisty, emotional nature will adore these impulses, and beautiful opportunities of happiness will be announced! Your desires will be strong, Mars facing you boosts your libido resolutely focused towards a beloved partner.

SAGITTARIUS IN A RELATIONSHIP:

If you are able to better manage your nature that is sometimes a little excessive until the 23rd, under the influxes of Mars in Gemini, then your married life announces itself filled with love and joy. Watch your verbal communication with your other half, leave them with their ideas and freedom to think. Until the 20th, it's happiness!

SINGLE:

Love is in the air! Jupiter and Saturn could provoke a meeting. The energies of Aries until the 20th, also favor love at first sight during a cultural or festive outing! After the 21st, keep an eye out for your work, in your everyday life, your chances run the whole month!

CAPRICORN – (Dec 21 – Jan 19)

A little tension in the home or family then love gets to you! The energies of Aries square to your sign until the 19th, announce some delicate moments in family or in your home. Adapt to the circumstances even if they do not always correspond to what you would have liked. Pluto always in your sign makes you stronger and deeper, last decan especially. Mars gives you a maximum of physical reactivity in your daily life or your work, act or react make your choice! From the 24th, your intimate sphere moves, stay tuned! From the 20th, the climate changes dramatically, the energies of Taurus pamper your love life and your relationship with your children if you have any, and boosts your morale!

LOVE IN GENERAL:

Until the 19th, you are busy or preoccupied with managing family or residential annoyances that prevent you from living serenely with love. After the 20th, it's quite the opposite, you are given powerful feelings, voluptuousness and pleasure of the senses. Your reserved or even slightly chilly emotional nature warms up suddenly for a successful flight. Enjoy it fully!

CAPRICORN IN A RELATIONSHIP:

Your mind is elsewhere or hardly available for your other half, which foreshadows some conjugal tensions for an unfavorable scenario, a contextual distance to live patiently. Uranus always promotes your emotional creativity, from the 20th, the atmosphere gives you a smile. Together, you are good, accomplices and lovers!

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CAPRICORN SINGLE:

You are dynamic in your daily life, this sector could reserve a pretty emotional surprise for you. However, the energies of Aries square to your constellation, require maximum adaptability in your relationships until the 19th. Beyond that your chances are real, go out, perfume yourself, a carnal encounter awaits you for the end of the month!

AQUARIUS – (Jan 20 – Feb 17)

Aquarius Horoscope for April 2021 :Quality exchanges and residential or family movements! The energies of Aries harmoniously connected to your sign until the 19th, favor all your contacts, your meetings, your morale and your movements. Your open nature to the world will love these three weeks of discovery in your relationships. Jupiter and Saturn, at home, boost your evolution, last two decans! Mars in Gemini in your emotional sector until the 23rd, accentuate your emotional desires, love opens your arms, what will you do with it? Last decan, Pluto acts in depth to reveal to you while Neptune invites you to monitor your financial affairs. From the 20th, a cluster in Taurus tumbles in your residential sector, stay calm if communication is escalating. Same thing in family, everyone has their vision of life, practice tolerance!

LOVE IN GENERAL:

Dynamism and conquest give your approach to love a beautiful communicative energy that will not leave your entourage indifferent. For you the emotional exchanges are underpinned by implicit promises, you are seductive! Mars increases your libido and your creative power. After the 20th, an influx square to your sign announces excess, stay zen!

IN A RELATIONSHIP:

A burning passion slips between you two until the 19th! Your feelings are revived, you fall in love reciprocally and it's very pleasant. Your sensuality is powerful based on sweet or naughty words, you choose! After the 20th, calm things down, the climate will be a bit delicate.

AQUARIUS SINGLE:

Mars energizes your spirit and could change your emotional status! Your chances of meeting someone are real, bet on cultural or festive outings, it's possible your soulmate hides there! The Sun, Venus and Mercury in Aries largely favor your emotional quest, act promptly before the 20th!

PISCES – (Feb 18 – March 18)

Financial affairs and a nice relationship! Until the 19th, the celestial energies of Aries highlight your assets, your gifts and your professional money, all that constitutes a capital is valued or put in motion: balance? Your gentle and quiet intimate nature is challenged by these energies! Neptune always accompanies you last decan, magic perception and lightning intuition while Pluto cleans up your friendly melting pot to keep only the quintessence. March in Gemini shakes up your family life, wait until the 24th. From the 20th, a planetary cluster in Taurus, in beautiful aspect to your sign, awakens for the best your relationship sector, your thoughts and your small movements. Pretty surprises are likely, thanks to Uranus, as well as a complicity with your collateral relatives. Stay pragmatic as much as possible!

LOVE IN GENERAL:

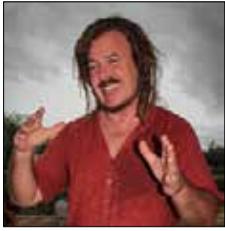
The sector of your loves does not receive any major influxes, you are free from any influence, it is up to you to make your emotional marks! Mars in Cancer as of the 24th, announces a beautiful sensual energy, before, you are cornered by your family or residential duties, release the pressure. Your feelings are explosive until the 19th, then soothed and soothing the rest of the month.

IN A RELATIONSHIP:

The month splits in two, up until the 19th and from the 20th to the 30th. First period, your relationship looks more at your common equity than at the love that unites you, then in the second period, the energies of Taurus favor your complicity even your conjugal osmosis. Good things come to those who wait!

SINGLE:

Before the 20th, the energies of heaven do not frankly favor an emotional encounter. Nevertheless, Uranus in Taurus can trigger love at first sight especially for the first decan. After the 20th, the universe leaves you free of your choices, the energies of Taurus, the Sun, Mercury and Venus offer great opportunities!



Jim Egan

HOW TO RECOGNIZE MAGICAL BEINGS

...continued from page 11

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

Verse 10: It is said that the most powerful and dangerous of witches dabble in the dark side of the magical world, but darkness itself is the realm of magick. What the ordinary mind can not see and dissect is where magick is most powerful because it is the ceaseless chatter of the mind that creates the veil that traps us in a self-delusional world. It is the ordinary world that is illusion, the very fabric of the real world is Magick! All great healing, art and creativity comes from a space of inner silence where the ordinary mind has let go and the spirit self is running the show.

Verse 9: Witches are most comfortable with one foot in the world of the spirit and the other foot just dangling their toes in the ordinary world. Prolonged exposure to worries about how to generate income in a world they could care less about usually triggers depressive episodes. Antidotes include immersion in deep forests, quiet time in dark candle lit rooms, engaging them in authentic ancient rites and mysterious rituals and one of the most powerful of ancient cures: chocolate. They do best when nurtured by their own kind especially the rare witch that doesn't spend half their day bitching about how awful the muggle world is.

Verse 8: Due to lack of mentoring by elder witches, most witches recoil from a powerful expression of their magic by hiding back in their meaningless role in the muggle world, until the stirring of their magic self reawakens their total dissatisfaction with anything their day to day world has to offer. Due to a confusion over how their powers work, they return to the frustrated state of both wanting to have their great powers available on a daily basis, and yet being unable to relinquish their tenuous hold on the ordinary world long enough to express them powerfully.

Verse 7: Hollywood got it wrong, their are no "good" witches and no "bad" witches. Witches run the gambit from slightly naughty to very very naughty! If a witch does not have a gleam of mischief in their eye then they are having a bad day.

Verse 6: Witches are born rebels, they are a message from the Creator that this world needs a good shaking up every once in a while! As a result, covens of Witches form and break up again on a regular basis, rarely can three witches agree on the ingredients for a particular potion never mind a common agenda. Most covens are composed of one or two Elder Witches surrounded by their apprentices. Very often upon coming into their own powers the apprentices leave the coven and start their own or begin a solitary magical path. A witch outside a coven is a lonely creature who finds it difficult to be understood and may keep others at a great distance for fear of being judged and having to respond by turning the offenders into toads. Some of the loneliest Witches are those with a non-magical partner. Having been starved for loyal affection they are drawn to it but they feel a great missing inside when in a relationship with a muggle who will never truly understand them.

Verse 5: Within every Witch is a connection to the spirit that they must learn to refine and focus. Unfocused it is useless, full of their own internal fantasies and neurosis, but when stripped of all the baggage of the mind, it is a link to infinity itself. A witch learns to powerfully focus their magick only due to great need in traumatic situations, or by profoundly relinquishing their connection to the ordinary world, putting both their feet in the realm of Magick.

Verse 4: Keep in mind that though their essence is pure spirit, it is closely akin to earth magick, rolling in wildflowers, covering themselves in mud and dancing naked before a fire are all instinctive witch behaviors that should not be discouraged. Most of all remember that your Witch is a powerful magical entity in a fragile container that they yearn to leave behind - Care must be taken to insure they do not leave it behind prematurely!

Verse 3: Witches are considered to be one of the most attractive but least understood of the magical beings on the planet. The secret to loving them is not to try to understand them, just make it clear that you accept them and love them just the way they are.



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Dr Joe Dispenza

4 PILLARS OF HEALING

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The thoughts that produce the chemicals in the brain allow your body to feel exactly the way you were just thinking. So every thought produces a chemical that is matched by a feeling in your body. Essentially, when you think happy, inspiring, or positive thoughts, your brain manufactures chemicals that make you feel joyful, inspired, or uplifted.

For example, when you anticipate an experience that is pleasurable, the brain immediately makes a chemical neurotransmitter called dopamine, which turns the brain and body on in anticipation of that experience and causes you to begin to feel excited. If you have hateful, angry, or self-deprecating thoughts, the brain also produces chemicals called neuropeptides that the body responds to in a comparable way. You feel hateful, angry, or unworthy. You see, your thoughts immediately do become matter.

When the body responds to a thought by having a feeling, this initiates a response in the brain. The brain, which constantly monitors and evaluates the status of the body, notices that the body is feeling a certain way. In response to that bodily feeling, the brain generates thoughts that produce corresponding chemical messengers; you begin to think the way you are feeling. Thinking creates feeling, and then feeling creates thinking, in a continuous cycle.

This loop eventually creates a particular state in the body that determines the general nature of how we feel and behave. We will call this a state of being.

For example, suppose a person lives much of her life in a repeating cycle of thoughts and feelings related to insecurity. The moment she has a thought about not being good enough or smart enough or enough of anything, her brain releases chemicals that produce a feeling of insecurity. Now she is feeling the way she was just thinking. Once she is feeling insecure, she then will begin to think the way she was just feeling.

In other words, her body is now causing her to think. This thought leads to more feelings of insecurity, and so the cycle perpetuates itself. If this person's thoughts and feelings continue, year after year, to generate the same biological feedback loop between her brain and her body, she will exist in a state of being that is called "insecure."

The more we think the same thoughts, which then produce the same chemicals, which cause the body to have the same feelings, the more we physically become modified by our thoughts. In this way, depending on what we are thinking and feeling, we create our state of being. What we think about and the energy or intensity of these thoughts directly influences our health, the choices we make, and, ultimately, our quality of life.

Applying this reasoning to their own lives, many interviewees understood that many of their thoughts not only did not serve their health, but also might be the reason their unhappy or unhealthy conditions developed in the first place. Many of them had spent nearly every day for decades in internal states of anxiety, worry, sadness, jealousy, anger, or some other form of emotional pain. Thinking and feeling, feeling and thinking like that for so long, they said, is what had manifested their conditions.

Here's an example: Developing one digestive ailment after another and living with constant pain in his spine finally prompted Tom to examine his life. Upon self-reflection, he realized that he had been suppressing feelings of desperation caused by the stress of staying in a job that made him miserable.

He had spent two decades being angry and frustrated with his employer, coworkers, and family. Other people often experienced Tom's short temper, but for all that time, his secret thoughts had revolved around self-pity and victimization.

Repeatedly experiencing these rigid patterns of thinking, believing, feeling, and living amounted to toxic attitudes that Tom's body just "couldn't stomach." His healing began, Tom told me, when he recognized that his unconscious attitudes were the basis for his state of being-for the person he had become. Most of those whose case histories I studied reached conclusions similar to Tom's.

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To begin changing their attitudes, these individuals began to pay constant attention to their thoughts. In particular, they made a conscious effort to observe their automatic thought processes, especially the harmful ones. To their surprise, they found that most of their persistent, negative inner statements were not true. In other words, **just because we have a thought does not necessarily mean that we have to believe it is true.** As a matter of fact, most thoughts are ideas that we make up and then come to believe. Believing merely becomes a habit.

For example, **Sheila**, with all her digestive disorders, noticed how often she thought of herself as a victim without the capacity to change her life. She saw that these thoughts had triggered feelings of helplessness. Questioning this belief enabled her to admit that her hardworking mother had done nothing to prevent or dissuade Sheila from going after her dreams.

Some of my subjects likened their repetitive thoughts to computer programs running all day, every day, in the background of their lives. Since these people were the ones operating these programs, they could elect to change or even delete them.

This was a crucial insight. **At some point, all those I interviewed had to fight against the notion that one's thoughts are uncontrollable. Instead, they had to choose to be free and to take control of their thinking.** Everyone had resolved to interrupt habitual negative thought processes before they could produce painful chemical reactions in their body. These individuals were determined to manage their thoughts and eliminate ways of thinking that did not serve them.

Conscious thoughts, repeated often enough, become unconscious thinking. In a common example of this, we must consciously think about our every action while we are learning to drive. After much practice, we can drive 100 miles from point A to point B and not remember any part of the trip, because our subconscious mind is typically at the wheel.

We've all experienced being in an unaware state during a routine drive, only to feel our conscious mind reengaging in response to an unusual engine sound or the rhythmic thump of a flat tire. So if we continually entertain the same thoughts, they'll start off as conscious ones, but they'll ultimately become unconscious, automatic thought programs. There is a sound explanation in neuroscience for how this happens. You'll understand how this happens from a scientific standpoint by the time you finish reading this.

These unconscious ways of thinking become our unconscious ways of being. And they directly affect our lives just as conscious thoughts do. Just as all thoughts set off biochemical reactions that lead to behavior, our repetitive, unconscious thoughts produce automatic, acquired patterns of behavior that are almost involuntary. These behavioral patterns are habits and most surely, they become neurologically hardwired in the brain.

It takes awareness and effort to break the cycle of a thinking process that has become unconscious. First, we need to step out of our routines so we can look at our lives. Through contemplation and self-reflection, we can become aware of our unconscious scripts. Then, we must observe these thoughts without responding to them, so that they no longer initiate the automatic chemical responses that produce habitual behavior. Within all of us, we possess a level of self-awareness that can observe our thinking. We must learn how to be separate from these programs and when we do, we can willfully have dominion over them. Ultimately, we can exercise control over our thoughts. In doing so, we are neurologically breaking apart thoughts that have become hardwired in our brain.

Since we know from neuroscience that thoughts produce chemical reactions in the brain, it would make sense, then, that our thoughts would have some effect on our physical body by changing our internal state. Not only do our thoughts matter in how we live out our life, but our thoughts become matter right within our own body. Thoughts . . . matter.

Out of their belief that thoughts are real, and that the way people think directly impacts their health and their lives, these individuals saw that their own thinking processes were what had gotten them into trouble. They began to examine their life analytically. When they became inspired and diligent about changing their thinking, they were able to revitalize their health. A new attitude can become a new habit.

COINCIDENCE #3: WE CAN REINVENT OURSELVES

Motivated as they were by serious illnesses both physical and mental, the people I interviewed realized that in thinking new thoughts, they had to go all the way. To become a changed person, they would have to rethink themselves into a new life. All of those who restored their health to normal did so after making a conscious decision to reinvent themselves.

Breaking away often from daily routines, they spent time alone, thinking and contemplating, examining and speculating about what kind of people they wanted to become. They asked questions that challenged their most deeply held assumptions about who they were.

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“What if” questions were vital to this process: What if I stop being an unhappy, self-centered, suffering person, and how can I change? What if I no longer worry or feel guilty or hold grudges? What if I begin to tell the truth to myself and to others?

Those “what ifs” led them to other questions: Which people do I know who are usually happy, and how do they behave? Which historical figures do I admire as noble and unique? How could I be like them? What would I have to say, do, think, and act like in order to present myself differently to the world? What do I want to change about myself?

Gathering information was another important step on the path to reinvention. Those I interviewed had to take what they knew about themselves, and then reformat their thinking to develop new ideas of who they wanted to become. Everyone started with ideas from their own life experiences.

They also delved into books and movies about people they respected. Piecing together some of the merits and viewpoints of these figures, along with other qualities they were contemplating, they used all this as raw material to start building a new representation of how they wanted to express themselves.

As these individuals explored possibilities for a better way of being, they also learned new modes of thinking. **They interrupted the flow of repetitive thoughts that had occupied most of their waking moments. Letting go of these familiar, comfortable habits of thought, they assembled a more evolved concept of whom they could become, replacing an old idea of themselves with a new, greater ideal.**

They took time daily to mentally rehearse what this new person would be like. As discussed in chapter 1, mental rehearsal stimulates the brain to grow new neural circuits and changes the way the brain and mind work.

In 1995, in the *Journal of Neurophysiology*, an article was published demonstrating the effects that mental rehearsal alone had on developing neural networks in the brain.⁶ Neural networks are individual clusters of neurons (or nerve cells) that work together and independently in a functioning brain. Neural nets, as we will affectionately call them, are the latest model in neuroscience to explain how we learn and how we remember. They can also be used to explain how the brain changes with each new experience, how different types of memories are formed, how skills develop, how conscious and unconscious actions and behaviors are demonstrated, and even how all forms of sensory information are processed.

Neural networks are the current understanding in neuroscience that explains how we change on a cellular level. In this particular research, four groups of individuals were asked to participate in a five-day study that involved practicing the piano, in order to measure the changes that might take place in the brain.

The first group of volunteers learned and memorized a specific one-handed, five-finger sequence that they physically practiced every day for two hours during that five-day period.

The second group of individuals was asked to play the piano without any instruction or knowledge of any specific sequence. They played randomly for two hours every day for five days without learning any sequence of notes.

The third group of people never even touched the piano, but were given the opportunity to observe what was taught to the first group until they knew it by memory in their minds. Then they mentally rehearsed their exercises by imagining themselves in the experience for the same length of time per day as the participants in the first group.

The fourth group was the control group; they did nothing at all. They never learned or practiced anything in this particular experiment. They never even showed up.

At the end of the five-day study, the experimenters used a technique called transcranial magnetic stimulation along with a few other sophisticated gadgets, in order to measure any changes that took place in the brain. **To their surprise, the group that only rehearsed mentally showed almost the same changes, involving expansion and development of neural networks in the same specific area of their brain, as the participants who physically practiced the sequences on the piano.**

The second group, which learned no piano sequences at all, showed very little change in their brain, since they did not play the same series of exercises over and over each day. The randomness of their activity never stimulated the same neural circuits on a repetitive basis, and thus did not strengthen any additional nerve cell connections. The control group, the ones who never showed up, evidenced no change at all.

How did the third group produce the same brain changes as the first group without ever touching the keyboard? Through mental focusing, the third group of participants repeatedly fired specific neural networks in particular areas of their brain. As a result, they wired those nerve cells together in greater measure. This concept in neuroscience is called Hebbian learning. (7) The idea is simple: Nerve cells that fire together, wire together. Therefore, when gangs of neurons are repeatedly stimulated, they will build stronger, more enriched connections between each other.

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According to the functional brain scans in this particular experiment, the subjects that were mentally rehearsing were activating their brain in the same way as if they were actually performing the endeavor. The repetitive firing of the neurons shaped and developed a cluster of neurons in a specific part of the brain, which now supported the pattern of conscious intent.

At will, their thoughts became mapped and plotted in the brain. Interestingly, the circuits strengthened and developed in the absolute same area of the brain as the group that physically practiced. They grew and changed their brain just by thinking. With the proper mental effort, the brain does not know the difference between mental or physical effort.

Sheila's experience of curing her digestive illness illustrates this process of reinvention. Sheila had resolved that she would no longer revisit memories of her past and the associated attitudes that had defined her as a victim. Having identified the habitual thought processes she wanted to release, she cultivated a level of awareness where she had enough control to interrupt her unconscious thoughts. She therefore no longer fired the same associated neural networks on a daily basis.

Once Sheila gained dominion over those old thought patterns and no longer fired those neurological habits of thinking, her brain began pruning away those unused circuits. This is another, related aspect of Hebbian learning that we can sum up as follows: **Nerve cells that no longer fire together, no longer wire together. This is the universal law of "use it or lose it" in action**, and it can work wonders in changing old paradigms of thought about ourselves. Over time, Sheila shed the burden of old, limited thoughts that had been coloring her life.

Now it became easier for Sheila to imagine the person she wanted to be. She explored possibilities that she had never considered before. For weeks on end, she focused on how she would think and act as this new, unknown person. She constantly reviewed these new ideas about herself so that she could remember who she was going to be that day.

Eventually, she turned herself into a person who was healthy, happy, and enthusiastic about her future. She grew new brain circuits, just like the piano players have done. It is interesting to note here that most people I interviewed never felt like they had to discipline themselves to do this. Instead, they loved mentally practicing who they wanted to become.

Like Sheila, all the people who shared their case histories with me succeeded in reinventing themselves. They persisted in attending to their new ideal until it became their familiar way of being. They became someone else, and that new person had new habits. They broke the habit of being themselves. How they accomplished this brings us to the fourth credo shared by those who experienced physical healings.

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COINCIDENCE #4: WE ARE CAPABLE OF PAYING ATTENTION SO WELL THAT WE CAN LOSE TRACK OF RELATIVE SPACE AND TIME

The people I interviewed knew that others before them had cured their own diseases, so they believed that healing was possible for them too. But they did not leave their healing up to chance. Hoping and wishing would not do the trick. Merely knowing what they had to do was not enough. **Healing required these rare individuals to change their mind permanently and intentionally create the outcomes they desired.** Each person had to reach a state of absolute decision, utter will, inner passion, and complete focus. As Dean put it, "You just have to make up your mind!"

This approach requires great effort. The first step for all of them was the decision to make this process the most important thing in their life. That meant breaking away from their customary schedules, social activities, television viewing habits, and so on. **Had they continued to follow their habitual routines, they would have continued being the same person who had manifested illness.** To change, to cease being the person they had been, they could no longer do the things they had typically done.

Instead, these mavericks sat down every day and began to reinvent themselves. They made this more important than doing anything else, devoting every moment of their spare time to this effort. Everyone practiced becoming an objective observer of his or her old familiar thoughts. **They refused to allow anything but their intentions to occupy their mind.** You may be thinking, "That's pretty easy to do when faced with a serious health crisis. After all, my own life is in my hands. "Well, aren't most of us suffering from some affliction-physical, emotional, or spiritual-that affects the quality of our life? Don't those ailments deserve the same kind of focused attention?"

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Certainly, these folks had to wrestle with limiting beliefs, self-doubt, and fears. They had to deny both their familiar internal voices and the external voices of other people, especially when these voices urged them to worry and to focus on the predicted clinical outcome of their condition.

Nearly everyone commented that this level of mind is not easy to attain. They had never realized how much chatter occupies the untrained mind. At first they wondered what would happen if they began to fall into habitual thought patterns. Would they have the strength to stop themselves from going back to their old ways? Could they maintain awareness of their thoughts throughout their day?

But with experience, they found that whenever they reverted to being their former self, they could detect this and interrupt that program. The more they practiced paying attention to their thoughts, the easier this process became, and the better they felt about their future. Feeling peaceful and calm, soothed by a sense of clarity, a new self-emerged.

Interestingly, all the subjects reported experiencing a phenomenon that became part of their new life. During extended periods of introspection on reinventing themselves, they became so involved in focusing on the present moment and on their intent that something remarkable happened. They completely lost track of their body, time, and space. Nothing was real to them except their thoughts.

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Let me put this in perspective. Our everyday, conscious awareness is typically involved with three things:

First, we are aware of being in a body. Our brain receives feedback on what is happening within the body and what stimuli it is receiving from our environment, and we describe what the body feels in terms of physical sensations

Second, we are aware of our environment. The space around us is our connection to external reality; we pay attention to the things, objects, people, and places in our surroundings.

Third, we have a sense of time passing; we structure our life within the concept of time.

However, when people inwardly focus through serious self-reflective contemplation, when they are mentally rehearsing new possibilities of who they could become, they are capable of becoming so immersed in what they are thinking about that, at times, their attention is completely detached from their body and their environment; these seem to fade away or disappear. Even the concept of time vanishes.

Not that they are thinking about time, but after such periods, when they open their eyes, they expect to find that just a minute or two has elapsed, only to discover that hours have gone by. At these moments, we don't worry about problems, nor do we feel pain. We disassociate from the sensations of our body and the associations to everything in our environment. We can get so involved in the creative process that we forget about ourselves.

When this phenomenon occurs, these individuals are aware of nothing but their thoughts. In other words, the only thing that is real to them is the awareness of what they are thinking.

Nearly all have expressed this in similar words. "I would go to this other place in my mind," one subject said, "where there were no distractions, there was no time, I had no body, there was no thing-nothing" except my thoughts." In effect, they became a no-body, a no-thing, in no-time. They left their present association with being a somebody, the "you," or "self," and they became a nobody.

In this state, as I was to learn, these individuals could begin to become exactly what they were imagining. The human brain, through the frontal lobe, has the ability to lower the volume to, or even shut out, the stimuli from the body and the environment, as well as the awareness of time. The latest research in functional brain scan technology has proven that when people are truly focused and concentrating, the brain circuits associated with time, space and the feelings/ movements/sensory perceptions of the body literally quiet down.

As human beings, we have the privilege to make our thoughts more real than anything else, and when we do, the brain records those impressions in the deep folds of its tissues. Mastering this skill is what allows us to begin to rewire our brains and change our lives.

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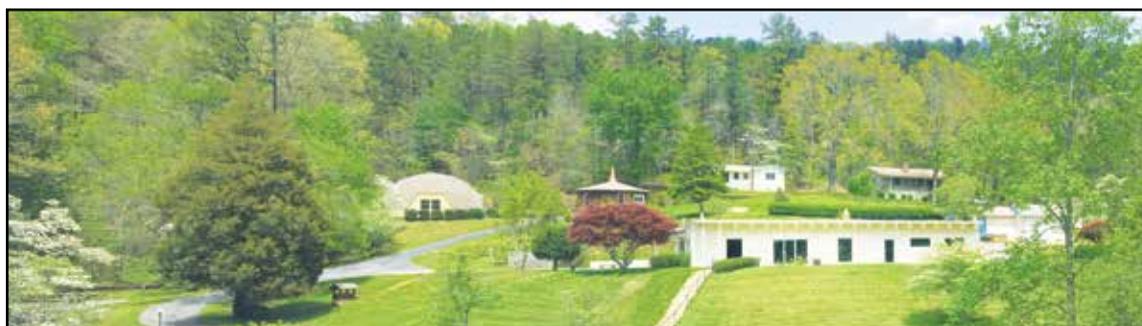


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it's really only your thoughts that
you're dealing with. And you
have the power to change those.

Louise Hay

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world has unlimited
resources, our world
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Ma Yoga Shakti



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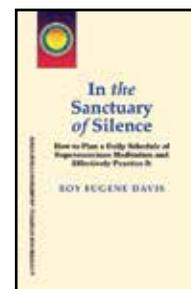
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