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April 18-22 Kriya Yoga & Ayurveda workshops

April 25-29 Kriya Yoga retreat

May 16-20 Kriya Yoga & Bhagavad Gita workshop

May 23-27 Kriya Yoga retreat

ayurveda *ayur* life, *veda* knowledge. A natural system
for health and actualization of spiritual potential.

panchakarma *pancha* five, *karma* action. The five
major procedures and therapies for purifying and
rejuvenating the body.

See website calendar for more information.

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CSA founder, Roy Eugene Davis (1931 – 2019),
a direct disciple of Paramahansa Yogananda,
taught spiritual growth methods for sixty-eight
years in North and South America, Japan, Africa,
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**12 STEPS OF
SPIRITUAL FREEDOM**

By Rev. Tom Sannar <https://new-thought.org/>
Email dr.tomsannar@gmail.com

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

- 1. Recognition - God** Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all my questions and has the ability and the willingness to fulfill all of my desires.
- 2. Unification.** I unify my consciousness with the consciousness of **God**. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
- 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.

**The greatest
optical illusion
is separation**

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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.

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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."*

HELLO, WELCOME TO THE APRIL 2022 HORIZONS MAGAZINE.

I've been playing a little on TikTok, was excited to find [valeriss](#), a teen from Ukraine who posted vids of what it was like living in a bomb shelter (Google her) then her journey of immigrating to Italy via Poland, standing for 10 hours on a train for the first part of the journey. She's now living with a host family while her parents are still in a bomb shelter in Ukraine. Always fun and uplifting, I look forward to following her journey and seeing her be reunited with her family.

And yes, the Russian Ukraine war is a horrible thing so - to keep myself from worrying unnecessarily about it -- I remind myself that unless I can DO something to help, it's best to pray for them and place my focus on the places I CAN help, and focus on the things going well right in front of me,

I like TikTok now that I've figured out how to manage what I see. I notice the more time I spend watching particular vids, the algorithm shows me more, even if I didn't LIKE them. It shows me more of what I click LIKE on. When I realized that, I became more mindful of what I was watching for how long and what I clicked LIKE on.

Just life in Life itself, you get more of what you focus on. If you want to DRAW something to you, if you want to ATTRACT something to you, you need to focus on it.

WHAT IF IT'S NOT THERE? THEN YOU SPEND TIME PRETENDING AND IMAGINING THAT IT IS THERE. THAT'S WHAT CREATIVE VISUALIZATION IS ALL ABOUT

A not-into-the-woo-woo-stuff pal was listening to a guided visualization for the first time, one from YouTube wherein she asked her Higher Self to make itself

known to her. She kinda eyerolled at the recording, shrugged it off but did it anyway. She asked her "higher self" to name its fave color, number, bird, animal, insect, which was "yellow butterflies." Later, meditating on her own, she was surprised to find yellow butterflies on her arms and hands for the first time ever. *It made her ponder what was "in there" communicating with her when she meditated and asked.*

Meditation unlocks that subconscious part of the brain where all the magic lies: the guidance, the behavior and emotional controls, the focus and discipline. On the first page of my blog <http://horizonsmagazine.com/blog/> is a link to my **Meditation and Creative Visualization processes and links**. They all give step by step instruction, no cost, no ads, no pop ups, nothing to sign up for. EVEN 10 MINUTES A DAY WILL GIVE YOU RESULTS.

So I've begun posting short meditation and creative visualization posts on TikTok, as well as the mag each month. Those are two skills I feel are crucial to peace of mind and managing to keep a grip on it all.

IS IT OK TO GIVE SOMEONE AN UNSOLICITED READING, OR IS THAT SIMPLY EGO?

Early on, I felt it was my duty to pass along info when I got it. In time, I learned when the impression would come unsolicited, I could internally ASK FOR MORE INFO about that person or situation. More info would come, which would then be FILTERED thru my own expectations and beliefs. I'd tell friends and even a few strangers where I was dining -- *who wouldn't want to know to be careful bc a mishap or a diagnosis was on its way?* When I grew up and needed less attention, I finally got that IF THEY'RE NOT ASKING FOR IT, keep it to myself.

A WORD TO THE WISE FOR THOSE WHO READ OR CHANNEL: WHEN YOU SEE SOMETHING UNPLEASANT OR SCARY, ASK TO SEE PAST IT. ASK TO SEE HOW IT'S RESOLVED, ASK TO SEE THE NEXT GOOD THING

A FBF asked for a reading about family over the holidays. I saw a lot of infighting and a brother injured in a car accident. DID I SAY THAT? NO. I shared it'd be the typical Thanksgiving she was used to, with everyone being open about their opinions but as usual everyone would get over it before Christmas.

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ABRAHAM-HICKS



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

ABRAHAM ON LIVING WITH THE CHAOS OF CHILDREN:

GUEST: (expressing frustration with her young children) I cannot stand in chaos and say, "Oh, this is just fine, and I don't care that you've messed your room constantly and --"

Abraham: Then why do you call it "your room?" Why don't you call it "my room that I let you use?" [audience laughter]

GUEST: Well, you know, I say things like "as long as you live in my house" -- you know --

Abraham: My house?

GUEST: Our house... [laughing]

Abraham: My house? Where do THEY live? In your house...? That's harsh. That's like saying, "I brought you into this world, but you have no place yet. There's no place for you. You live in my place. You live by my rules." How many of you -- your parents say that to you? "As long as you're in MY house, you live by MY rules," and your children are saying, "I'm leaving here as quickly as possible. I'm leaving here as quickly as possible."

sible." Because innately they know that there must be some place that they get to be free, you see....

Now think about this emotional meter, and think about the feeling of not being free and apply it to yourself. Think about the way you behave or the way you would behave or have behaved or might behave when you don't feel free. Don't you just set out to prove how free you are?

GUEST: Yes, I always have --

Abraham: And wouldn't they be the same? So, as you say, "This is my house," that doesn't make them feel free. As you say, "This is OUR house, and this is your room, and you get to keep your room however you want to keep your room. It's your room." Can you see how that soothes their sense of freedom? And it is our promise to you that if you really mean that, and you help them to understand that, that then you will begin to see -- from their place of feeling free and thus from their place of connection-- you'll begin to see them inspired to things that you've not seen from their place of not feeling it is theirs to keep.

Everyone wants to feel good. It is our promise to you. And everyone wants to know that the world is supporting them, and anything you do that makes them feel a combination of their freedom and their independence will give them that feeling of support. It's such an interesting thing.

The only place that freedom exists -- THE ONLY PLACE THAT FREEDOM EXISTS -- is in that place of connection with Source Energy.

So it's a little confusing, we know, because in some ways it sounds like feathering their nests so that they

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HOW TO TEND TO YOUR MIND GARDEN

PLANT THE SEEDS FOR THE LIFE YOU DESIRE

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. www.drjoedispenza.com

Besides its meaning in Tibetan, to meditate in Sanskrit means “to cultivate self.” I especially like this definition because of the metaphorical possibilities it offers—for example, gardening or agriculture. When you cultivate the soil, you take the packed-down earth that has been lying fallow for a while and you churn it up with a spade or other implement. You expose “new” dirt and nutrients, making it easier for seeds to germinate and for tender shoots to take root. Cultivation may also require you to remove plants from the previous season, attend to weeds that went unnoticed, and remove any rocks that rose to the surface by natural sifting.

ARE YOU ROOTED IN YOUR PAST?

Last season’s plants might represent your past creations derived from the thoughts, actions, and emotions that define the old, familiar you. Weeds could signify long-standing attitudes, beliefs, or perceptions about yourself that are subconsciously undermining your efforts, which you hadn’t noticed because you were too distracted by other things. And the rocks can symbolize your many layers of personal blocks and limitations (which naturally rise to the surface over time and block your growth).

All these need tending to so you can make room to plant a new garden in your mind. Otherwise, if you planted a new garden or crop without proper preparation, it would yield little fruit.

My hope is that you will come to understand that it is impossible to create any new future when you are rooted in your past. You have to clear away the old vestiges of the garden (of the mind) before you can cultivate a new self by planting the seeds of new thoughts, behaviors, and emotions that create a new life.

CULTIVATE YOUR INTERESTS

The other key thing is to ensure that this doesn’t happen haphazardly: we’re not talking about plants in the wild, which scatter seeds roughshod over the ground, with some tiny percentage of them eventually coming to fruition.

Instead, to cultivate requires making conscious decisions—when to till the soil, when to plant, what to plant, how each of the items planted will work in harmony with the others, how much water and food to mix

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THE WACKY TALE OF QUANTUM PHYSICS AND ANGEL CARDS and How It All Means Absolutely Nothing and Everything

So you’re at a dinner party, and a really handsome guy is sitting across from you. He’s charming, smart, and super cute. You’ve been digging deep in your *How to Get That Hot Guy in Bed Handbook*, and you’ve used just about everything it’s got and still nothing. Suddenly you remember—because you learned it in this book—that when all else fails, if you use your sexiest voice (pull out your reading glasses if you have them or borrow someone’s if you don’t) and lay some of your cerebrally sexy quantum physics jargon on him, he’ll quiver to attention like a well-strummed string theory. Chances are, he knows just about as much about it as you do, and that basically amounts to nothing. And I don’t mean that ironically (mostly) in the sense that quantum physics basically tells us that matter is made up of basically nothing. I mean that you don’t actually know anything about it. Who does, really? The point is that it’s scientifically proven that guys like a sexy librarian.*

The only people who really understand the weird world of quantum physics are probably physicists, and even they will tell you they don’t really understand much. This is not surprising. Quantum physics in action shows that reality—the world, the universe, and everything in it (or seemingly not in it)—is a very wacky place, filled with everything and nothing.

It’s a place where electrons can be in two of different places simultaneously (the quantum superposition principle goes one step further and theorizes that an electron can be all the possibilities of its self all at once), where an electron that bumped into another electron a billion years ago instantly knows what that other electron is doing even if it’s a zillion light years away (entanglement). *What quantum physics is, is science attempting to explain the nature of reality.* What quantum physics is not is a religion, life philosophy, or a reason to stop taking your meds.

Before we continue, let us review—quantum physics explained à la Betsy. Quantum physics is basically all about how the tiniest particles, so small that mitochondria have to use a microscope to see them, act upon and shape reality. The generally accepted take is that reality (material reality, the universe, everything and anything, the quantum foam† if you will), in terms of what quantum physics says about it, is an ever-shifting field of energy that is constantly reacting to “input.” Input can mean anything from changing physical conditions in the universe to our individual thoughts and actions impacting the quantum field.

As it turns out, even scientific measurement during experiments affects particles, determining their action (some like to say that is us affecting the measurement; some scientists don’t like that assertion at all!). But if you’re in the “*we are doing it!*” club, then basically quantum physics says that the stuff that makes up all of the stuff in the universe collapses into a finite particle when we pay attention to it or observe it. Until then, it’s just a wave of possibility. I am still trying to make this happen with my hips when I “observe” them in the mirror and attempt to invoke the force to reduce them in size, but for whatever reason, my hips don’t seem to want to play the quantum mash-up game. They are clearly only interested in reacting to another kind of input (chocolate, no doubt).

The take away, which is a doozy, is that our thoughts actually shape reality, at least a little bit. Of course, I don’t know one person who has been able to shift reality from, say, a Honda to a Porsche without doing some serious heavy lifting of material stuff. Never mind that quantum physics says you’re not actually touching material stuff, just energy. Oh, quantum physics,

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HERB CORNER

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

GREEN TEA (CAMELLIA SINENSIS)

Green tea is one of the oldest known forms of tea. It is created by picking the fresh leaves of the plant and steaming them to lock in their bright green color and to help hold in their flavor. *Camellia sinensis* is the Latin name of the **Green Tea plant**, it is also the same plant as **Black tea**, **White tea**, **Oolong and Assam**; the only difference in those teas is how the leaves are processed after they are picked.

Its health benefits come from its many constituents; including over 20 different **polyphenols** thought to be useful for disease prevention and anti-aging properties, they are useful for neutralizing free radicals and for fighting inflammation.

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In the Nervous System, studies found **Green Tea** can boost the activity of the brain. These studies found **EGCG** can cross the blood-brain barrier; this can help the aging mind with memory enhancement in a process called neurogenesis where the brain creates new neurons.

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THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

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

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

THE RULES

The Man with the Ladder loved parks. Why this was so, he wasn't exactly sure. Perhaps it was because a park was a place where privacy was both ferociously grasped, and at the same time casually surrendered. Perhaps because a park was any spot in the city in which people behaved in the midst of strangers as they did when they were alone. It was an ideal place for people to hold private parties in public, with themselves as the only guest. He had also noticed that in a park --any park-- there was always some tattooed mystery slinking around disguised as a non event, wearing glasses and a wig, smoking a pipe and humming. Just as it occurred to him that none of these were likely the real reason he loved parks, it also occurred to him that if he persevered in his inquiry he would probably discover that the real reason was so ordinary and trite that he would be embarrassed every time he thought of it. So he stopped thinking about it.

He had arrived at this nonconclusion sitting on his ladder in the park watching two men he had never seen before, playing a game that he had never seen the likes of. He watched politely and cautiously from a distance, moving closer gradually until he took a kibitzer's position to the side of the two men who were entirely absorbed by the play.

Up close, he could see what he had felt from a distance; it was a very strange game. Each player took a turn arranging objects on the cement table in some pattern that was pleasing to him. Any object, it appeared, could be put down on the table, scraps of paper, a leaf, a cigarette butt, match covers, pebbles, anything at all. They did not seem to stand for discernable pieces like a Queen or a Knight in chess nor did their arrangement take any recognizable form at all.

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

FEELINGS VS. FACTS

Feelings are more important than facts.

Feelings are twice as important as facts - no, ten times as important. No, probably thousands of times more important than facts.

It doesn't matter what the current facts of my life may be - relationship turbulence, financial reverse, a serious health issue, or other unsettling situations.

And it doesn't matter how long they've been going on.

If I can find a way to consistently think happier thoughts and thus feel better emotionally, things must improve.

For when I shift my thoughts and feelings, I shift my vibration - the invisible but all-important signal that holds my circumstances to me like glue.

I can take a breather from physical effort and mental analysis and know that my true work is to find ways to feel better about my problem and about life in general.

This requires being deliberate: more happy remembering, more pleasant fantasies, more shrugging-off, more chilling-out, more chuckles.

But this is the way to freedom. And if I ever find another way, I'll notify the world immediately.

Angels-Oasis.com  *Awaken-Institute.com*



Morgana Starr

Owner and founder of **Angels Oasis**, esteemed Psychic Medium and Spiritual Counselor **Morgana Starr** has been doing spiritual work for over 30 years. Considered a New Thought Leader, she is fulfilling a lifelong mission and passion to help guide and shape lightworkers from around the globe.

With the Great Economic re-set the world is going through, many of us feel as if we're going through some kind of reset of our own. We may actually know this, or we may feel differently and are not quite sure why. We may be confused and not sure where things are headed, or we may feel some type of calling and not sure what that means.

More than ever, now is the time to tune in to what that calling may be.

Morgana has re-imagined and expanded her business, school and process so that many more people can be reached and helped in their Spiritual Journey. **Angels Oasis** is a place to experience the amazing energy of the Angels, touch and experience different crystals and how they make you feel. For a deeper experience, you can meet some of the teachers who are at the school, experience a reading and learn more about the **amazing online Spiritual School, Awaken Institute**. Here you can tap into and awaken your soul, find and develop your gifts and abilities in a safe and guided way. You have a coach, a guide to assist you in your Journey so that you are not alone. You can learn more at www.awaken-institute.com where you can get an overview and start with an introductory class. For those who are more experienced, maybe it's time for you to Master class and become an Empowered Empath! You decide. **The Angels Oasis is your Oasis too!!**



Destini is a psychic focusing on inner child work and empowerment.



Alexandra provides spiritual growth through many ancient traditional shamanic practices, Sacred Peruvian practices, Munay-Ki, and Nusta Karpay Rites.



Marcella is a psychic/medium & Reiki Master/Teacher certified by Awaken Institute and Psychic/Medium Lisa Williams. Sessions with her will connect you with your innate inner power.



Shannon is a psychic/medium, sound therapy practitioner and keeper of Jericho, the crystal skull. Her sessions bring empowerment and give direction.



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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

ON HEALTH AND BEING IN THE PRESENT:

The way toward health is simplicity itself. It is the natural, easiest way to behave, yet this natural mental behavior is often quite difficult for the intellect to understand, since the intellect is apt to enjoy playing with complications and solving problems. Therefore, to the intellect it often seems ludicrous to imagine that the answer to a question lies within the question itself...

It is perfectly fine to make plans for the future, yet each individual should live day by day, without worrying about the outcome of those plans. The physical body can only react in the present moment. Worrying about future events, or dwelling upon past unfavorable situations, only confuses the body's mechanisms, and undermines their precise activity in the present moment.

MAKING USE OF PSYCHOLOGICAL TIME:

Seth..."A proper use of psychological time will not only lead you into the inner world, but will also prevent you from being rushed in the physical world".

This is going to be a rather brief session comparatively. One note I wanted to make: As I have said, psychological time is a natural connective to the inner world. Though you experience days or hours within the framework of psychological time during the dream state, and yet do not age for a comparable amount of physical time, so as you develop in your use of psychological time you will be able to rest and be refreshed within the framework of psychological time while you are consciously awake.

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This will aid your mental and physical state to an amazing degree, and you will discover added vitality on the one hand, and a somewhat decreased need to sleep on the other. Within any given five minutes of clock time, for example, you may find an hour of resting which is independent of clock time. I wanted to make this point earlier. Ruburt's forgotten-till-now experience with music was legitimate. Actually it reoccurred many times, I believe, and was always discarded by the conscious mind. Again, this involves feeling sound. That is all I will say for the moment, but it is a valuable foretaste.

When you grow tired or exhausted, one of the reasons for this is your inability to use even the simple psychological time to your own advantage. Remember this. I wish you good luck with your new thingamajig. If it is going to record my voice, then I wish it luck. Perhaps I shall play tricks on it. Perhaps I shall play tricks on you.

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ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle White dove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends. See www.MichelleWhitedove.com

Dear Whitedove, Does Spirit know what we're thinking when we're here in the physical world?

That's correct, every single thought, Great Spirit knows before we give it life. This is a grand plan for our spiritual growth because our thoughts create our future. That's why it is so important to monitor your thoughts. Delete negative self-talk!

Spiritually speaking when times are rough and the world looks bleak, it's the time to be strong in your convictions and even work harder to create a better way of life. Especially now monitor your thoughts. Fear and negative thoughts are not what you need as your driving force.

Now is the time to put your blinders on and keep moving forward with your positive goals. YOU are more powerful than you know! Use your mind, your positive thoughts, your actions and your prayers to create your future. It's very important because once you create positive scenarios for yourself then that positivity radiates out like ripples in a pond. You affect everything - so dwell in the Positive.

Dear Michelle, I feel like some of my prayers go unanswered. Do you have tips for effective prayer?

Great Spirit and our angels hear all of our prayers. It's much more powerful and effective to pray out loud because you're invoking those words into matter.

When praying remember - never make the mistake of telling God how to do God's job because God's solutions are greater than we might imagine for ourselves.

Also know that you pray in *your* time, but God answers in *his* time - it's called Divine timing. Some people literally think that, "Okay, I'm praying now and I'm going to get the answer right now. Little do they know there are certain steps that we can do set the answers in motion.

Prayer is talking to God or Great Spirit. This is a time to give thanks, show gratitude and share your problems. Instead of a request, I give thanks as if my issue is already solved. Such as *"Thank you great Spirit for giving me a solution as to where I need to move. Or thank you Spirit for helping me to resolve my issues with my Aunt. "*

Meditation is also key, and it's really simple. It's just about relaxing, deep breathing and listening to what Spirit has to say after prayer, which by the way raises our vibration and then we can receive unbelievable answers and insights.

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ESSENTIAL LIFESTYLE HACKS



Ma Mokshapriya Shakti is successor to H. H. Ma Yoga Shakti Saraswati, founder of Yogashakti Missions worldwide that teach the essence of yoga, meditation, and spirituality. Mokshapriya is an agent of change who teaches self-empowerment—inspiring people to make big changes through her down-to-earth interpretation of complex philosophy. She inspires and guides at the Yogashakti Ashram in Queens, New York. Her direct, approachable, and incredibly loving nature help her students to illuminate their own personal paths with ease and grace. Visit www.yogashakti.org Email yogashaktiny@gmail.com Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYn0b6QhPw>

MINDFULNESS

Mindfulness is defined as “paying attention.” But that is not exactly what a mindfulness practice is. Mindfulness is awareness by paying attention in a particular manner, on purpose, in the present moment without other thoughts like judgement, likes and dislikes.

So, what is being in the present moment, or in the now moment? That means we are experiencing this moment without comparison to any experience, nor expectations for future moments. This is not so easy. We say I am studying and reading this material, I am in the present moment. But whatever we are reading or studying, we begin to compare to things that we already know. So, what we are studying is seen through the lens of previous knowledge and might not be what is intended to be conveyed.

Our mind is very quick. While studying we may also judge the material or allow our mind to go to memories. Other things that affect the moment without our knowledge are our mood, how the body feels (happy/sad), our likes and dislikes, our tensions, our emotional needs, cultural norms, and so on. Our thoughts are not really in the moment.

Many of the activities of our daily lives are done mindlessly or on autopilot. During that time the mind falls into previous thought patterns of the past or rehearsing the future and reinforcing those neuropathways without conscious attention. The mind never stops even though you might not be aware of it. Whatever pathways we have crated it will flow into those. The more times it travels the same pathway, the deeper the groove, or more pronounced the neuropathways.

The mind waves loop until forcefully distracted. Autopilot reinforces previous impressions. If we practice mindfulness we will not flow into previous impressions and the mind does not go into autopilot.

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When we love something, or when we are creative, we begin to use the mind constantly in that endeavor. The mind gravitates to what it loves. The mind never stops. To prevent the mind to go into old grooves, we need to be engaged in creative endeavors.

Let us take a moment and become aware of our mind and what it is doing, what it is thinking, without trying to create a thought. Just watch. No judgement, no thought, just watch.....

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NOTES FROM THE UNIVERSE

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

PERSISTENCE, PERSISTENCE, PERSISTENCE

On the surface it might just seem like physical flailing, but spiritually, you're speaking directly to me and this is what I hear, "Please hear me: There's simply no way I'm doing without. I refuse to accept 'maybe,' 'sort of,' or 'not yet.' I have the power, I feel the glory, and I am the way. My words quicken the ether, my actions fulfill their prophecy, and thy Kingdom shall come on earth, as it is in heaven..."

And when confronted with such clarity... I'm like putty in your hands.

Rock on,
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, Karmageddon, an award winning documentary, and Grounded Spirituality. Visit www.Soulshaping.com and www.Soulshapinginstitute.com

Fatemates: Those individuals who are fated to encounter each other in this lifetime. Members of the same soulpod, their meeting was pre-destined, encoded in their sacred blueprint, fundamental to their expansion in this lifetime.

Although they were fated to connect, the deeper challenge is clarifying the reasons why. Contrary to the popular myth that fatemates are meant to spend their lives happily together, the opposite is often true.

Some are destined to travel together through time; others are destined to share the briefest of encounters before moving onto the next pop-up on the path.

Some are meant to expand together joyfully; others to polish the rough diamond of the soul by triggering and challenging each other.

The serendipity that brings them together is often easy to spot- interpreting is the real art form. We all have a date with fate- the question is what direction it will take us...

CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE OCEAN JASPER

Photo by Karim Wolf



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

As I write this, the sun is shining brightly outside my window and the rains of last week have encouraged the flowers to put forth a wealth of sweetly scented blooms. This provides me with a burst of joy and delight that gives me hope to find the strength to cope with the challenges to come. Spring is the time of new beginnings as the leaves burst into vibrant green canopies overhead and seeds rocket their shoots of growth from under the ground. The energies of life move swiftly during this time - all the elements are in motion.

Sometimes it can be good to pause and look within to find the signs of new growth within ourselves as we appreciate the beauty this month brings. We will all need the strength we are gathering for the times to come.

The stone I want to share with you that I have found to be very helpful in bringing out the strength we often hide from ourselves is **ocean jasper**. This stone is found only in **Madagascar** and it is a variety of orbicular jasper that spectacularly beautiful. All the colors of the rainbow can be found in **ocean jasper** - greens, reds, yellows, blues, purples and peachy orange. The orbs scattered in great profusion throughout the stone resonate with our inner eye.



Ocean jasper sphere, Madagascar

Because jasper has a connection with the power of the earth, it is considered to be both grounding and pro-

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AN UNFORGETTABLE EVENING WITH RABBI SHLOMO CARLEBACH

Mitch Ditkoff is a human being, currently living in Woodstock, NY. Most recently, he has launched "The Year of Living Creatively" -- an online course for anyone committed to following their heart's desire and manifesting a creative expression of who they are and how they want to serve. Visit www.mitchditkoff.com

I am Jewish. My parents were Jewish. My grandparents were Jewish and all their parents and grandparents were Jewish. My father's father's name was "Abraham." His brother's name was "Moses." I was circumcised, went to Hebrew School, was bar mitzva-hed, and ate more than my share of bagels, lox, and matzoh balls. Like any good Jew, I celebrated the High Holidays.

Wait... hold on a minute... I don't think "celebrate" is actually the right word. Make that "endure" -- me, as a young boy, being far more devoted to baseball and playing with my dog than fiddling around with that silky, red prayer book marker separating one section of indecipherable Old Testament text from another.

My Rabbi, the very forthright, wise, benevolent, Rabbi Alvin D. Rubin, always seemed, at least from my perspective, to be wondering if he had, somehow, life-times ago, taken a wrong turn out of the Sinai desert, finding himself, as he was, these days, shepherding a flock of polyester-wearing suburbanites way more interested in their golf game than the unpronounceable name of God.

These were my roots -- not the grey roots my canasta-playing mother religiously turned blond the day before each family visit to the temple -- but roots, nonetheless. The hand I was dealt. My karma. The surreal, slightly salty smorgasbord of my not-yet-enlightened life.

Please don't get me wrong. I am not complaining. My introduction to Judaism was not a bad experience. On the contrary, it was good -- full of warmth, comfort, and the safety that comes from hanging out with "one's own kind". But the older I got, the more it dawned on me that it wasn't religion I was looking for, but whatever it was it was that inspired religion to come into being in the first place -- not the Ten Commandments, but the feeling of amazement that preceded them being inscribed on stone tablets.

And so, on the day I went off to college, I decided to take a break from Judaism. Though I still found the word Deuteronomy quite intriguing and knew, in my

heart of hearts, I would miss the *rugala* after each irregularly attended Sabbath service, it was time for new adventures.

Fast forward seven semesters to my senior year of college.

As I crossed the threshold into my parent's house for Christmas vacation (notice I didn't mention "*Hannukah*"), my mother greeted me with three words I will never forget: "THE RABBI CALLED" -- a phrase that could only mean one thing: I had done something terribly wrong.

"He wants to see you," she continued. "Tomorrow morning."

While not quite a burning bush moment, I was definitely feeling the heat, as the echoes of my mother's words fanned out into the vast suburban horizon: "*The Rabbi wants to see you... The Rabbi wants to see you... The Rabbi wants to see you*".

Though I hadn't been to Temple in five years, I still remembered where it was and made my way there, dutifully, the next morning.

Nervous? Yes. But more than that, curious.

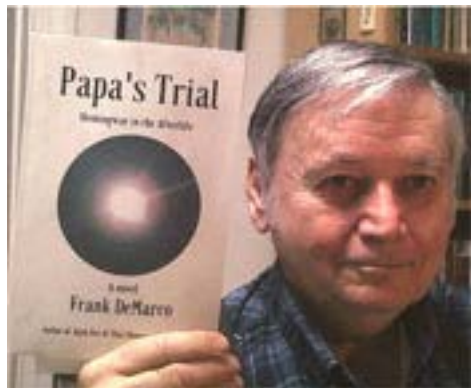
The Rabbi was sitting behind his desk, smiling. Behind him were shelves of many books.

"Mitchell", he began. "Welcome. I'm going to cut to the chase. We've been following your progress for years and... well... you see... there is shortage of Reform Rabbis and I want you to seriously consider entering the Rabbinate."

The rest of our conversation was a blur -- me half Dustin Hoffman in *The Graduate* and half Lenny Bruce on speed. The Rabbi mentioned something about me not having to pay taxes on my future house and I mentioned something about a motorcycle.

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FRANK DEMARCO: MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)



SPIRIT AND SOUL: CONTRADICTIONS

Frank DeMarco, co-founder of Hampton Roads Publishing Company, is author of 4 novels (recent: *Papa's Trial: Hemingway in the Afterlife*) and 13 non-fiction books including *The Cosmic Internet*, *It's All One World*, and *Awakening from the 3D World: How We Enter the Next Life*. His books are rooted in more than 25 years of psychic exploration. Since 2005, Frank has been actively engaged in an on-going series of conversations with various non-physical beings, including historical individuals, "past lives," aspects of personal guidance and a generalized group he calls "*the guys upstairs*." This column is an excerpt of these conversations. Contact him with questions. www.ofmyownknowledge.com. On Facebook he is [Frank.DeMarco.10](https://www.facebook.com/Frank.DeMarco.10).

Tuesday, August 10, 202 2:20 a.m.

DeMARCO: "The changed perspectives of spirit and soul within the world you now live in" - that is, after death.

TGU: To continue our attempt at clarifying your position, we need to show you 2 contradictory pictures. Each is true in its own context. For both to be true together, tho, you have to be able to see with binocular vision.

DeMARCO: I may still be too tired to do this.

TGU: You may be suffering from oxygen deficiency. Try several enthusiastic breaths.

DeMARCO: Interesting. First effect was to make the wheezing seem worse because of course I was no longer accepting the restriction. But with the aid of an inhaler I was able to take those deeper breaths, and I think maybe oxygen deprivation describes my former condition very well. That doesn't mean the wheezing has gone away, but I do feel more awake. So let's try again.

TGU: The other thing that is going on is that you have one idea of where we should go and we have another. Let it rest for a while. Take the day off, maybe.

DeMARCO: 6:15 a.m. You're on. I thought we were going to continue with yesterday's theme, maybe not?

TGU: When you are free from 3D constrictions and their immediate effects on you, a couple of different things happen. Or, let's put it this way: What happens appears to be more than one thing. It is hard to understand in 3D terms, which is one reason why so many first-hand reports of life beyond 3D are so garbled and contradictory, and often so simple-minded and derivative of the person's mental and cultural background.

• On the one hand, everything is now the living-present moment, with a clarity and intensity and undistracted focus you could never experience in 3D.

• On the other hand, your awareness of the long life you just emerged from (not to mention all the connections, both within that life and in connection with "past" lives) may overwhelm you with memory, with past-ness, with whatever emotions suggest themselves, as you review the life you just led.

• Thus at one and the same time, you are experiencing yourself as limitless energy in an entirely fluid and potential-filled situation, and are experiencing yourself as a veteran - as a survivor, you might almost say - of an intricate mesh of relationships, emotions, debts, credits, that still enmesh you.

Contradictory situations, yes? How can they both be true?

DeMARCO: Context, I imagine. One is true in one context, another is true in another context.

TGU: Yes, but how can you - free of the 3D's limitations - not be aware of all contexts? That is, how would you be unable to realize any facet of the reality you exist in?

DeMARCO: Is it really an "either/or" situation, outside of 3D time?

TGU: Very good. No, it isn't. And, as we say, it can be difficult for 3D awareness to figure out how mutually contradictory situations can both be true, hence so many translation errors.

DeMARCO: I get that you want me to try to think this out, if only to raise objections that might also occur to others.

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS

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



WELCOME TO APRIL 2022

We often use the phrase “Once in a Blue Moon.” I wonder why we never say “Once in a Black Moon?” They are both rare occasions. A black moon refers to the second new moon in a calendar month. Usually, we have only one new moon and one full moon each lunar cycle, which lasts approximately one month. So, it’s rare to have two new moons in the same calendar month.

Astrologically, this anomaly means that a black moon can bring second chances or double brand-new beginnings. April’s Black Moon occurs on April 30th this year, with a partial solar eclipse that will be best seen from Argentina with 53% coverage.

Earth Day will be observed on April 22nd, 2022. Earth Day celebrations can include public picnics, educational events and tree plantings. It can also be observed quietly at home by making a commitment to reducing your carbon footprint. Remember, it’s more than just the waste going to the landfill. Keep in mind the energy and resources that were spent to produce the item destined to go there.



If you decide to plant trees on this day, choose a native variety or plant native plants that attract pollinators. Native plants also thrive with very little maintenance and keep our eco system strong.

April 1: New Moon in Aries

April 2: Hindi New Year - Hindu

April 3: Ramadan begins - Islam

April 14: Baisakhi - celebrates the founding of the Sikh community

April 15: Passover begins - Judaism

April 16: Full Moon Pink Moon in Libra

April 17: Easter Sunday - Christian

April 22: Earth Day

April 30: New Moon (Black Moon) in Taurus /partial solar eclipse

Have a Blessed April!

Trees of Avalon Gathering presents April 7-10, 2022 19300 SE 3rd St, Silver Springs, FL 34488



Headliner Christopher Penczak
Detailed info on page 31
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GARDENING THE MEDICINE WAY

GARDENING, BEEKEEPING



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

Many gardeners and lovers of honey have day-dreamed about keeping honey bees. Since ancient times, humans have not only gathered honey, but we soon learned that the honey bee is an interesting and exciting social insect. Honey bees pollinate plants and assure the survival of that plant species. Without the honey bee, our agricultural food crops would surely collapse. Honey bees have been in crisis since 2006, when beekeepers first reported the sudden disappearances of entire colonies. A phenomenon is known as colony collapse disorder.

The use of agricultural chemicals, such as pesticides, make bees vulnerable to poisoning and death. Keeping a beehive will help increase our honey bee population and will ensure better pollination of flowering plants. This means more food for ourselves and wildlife.

Hundreds of thousands of people from all walks of life have become enthusiastic beekeepers.



The best starting point for the curious future beekeeper is to find a local bee club or contact the agricultural extension in your area. Don’t be discouraged because you may not have a place to keep your own bees. Many bee clubs keep a community bee yard where you can learn and care for your bees.

Small suburban backyards can be fine for keeping bees, check with your local municipality regarding rules and regulations. The biggest bash on backyard beekeepers is that their bees will become a stinging nuisance next door. Properly managed bee hives are home to docile European honeybees, which have better things to do than seek out a sting target. Backyard hives are best placed 10 feet or more away from property line, with the entrance facing a high fence or shrubbery. Talk with your neighbors about their concerns and the promise of a future gift of sweet honey as an icebreaker.

Now that Spring has arrived, my neighborhood web pages have posts about bee swarms discovered in trees, eaves of roofs or in water meters. A large ball of bees generally means a colony has moved from their former home and is at rest while the scout bees seek a new home.

It is best just to stand back and observe, as when honey bees are swarming, they are not nearly as defensive as they are around their hive because they are not protecting brood (developing young bees) or honey stores. Although the swarm may be alarming, especially to people who are allergic to bee stings, please do not spray the swarm with an insecticide or attempt to destroy it. This actually may agitate the bees and increase the likelihood of being stung.

More importantly, honey bees face many perils and have suffered significant declines in recent years. An array of pests, diseases, and environmental stresses have caused significant losses for beekeepers; therefore, bee swarms should be protected rather than destroyed.

As you are busy in your garden this spring, take the time to thank the bees that are busy with your flowers. Honey is not the only reason to save the bees!

Happy gardening and Blessed Be!



ABRAHAM HICKS

...continued from page 7

Esther Hicks

feel better, but we're not encouraging you to clean up their mess! We're encouraging you to find something else to think about while you allow them to find their own freedom. And it is our promise to you that you can do it.

ABRAHAM ON THAT POSITIVE PLACE:

We would like you to reach the place where you're not willing to listen to people criticize one another... where you take no satisfaction from somebody being wrong... where it matters to you so much that you feel good, that you are only willing to think positive things about people... you are only willing to look for positive aspects; you are only willing to look for solutions, and you are not willing to beat the drum of all the problems of the world.

ABRAHAM: TROUBLE AS TREASURE?

Q: There are a lot of questions about thoughts - we have our own thoughts, we have others' thoughts...

ABRAHAM: Don't try to sort them out because it's like there are ingredients, and just let **Law of Attraction** gather them up and you just be the receiver of them. The less you try to control and guide them, the more powerful the thoughts you receive will be. And you have to understand, you've done the asking and now you want to listen - don't try to ask and listen at the same time, that's what's tripping you up. Your active mind gets in the way of your reception - not always, but sometimes. That's what your questions are about here.

For **Esther**, she had a great advantage with **Jerry** because he had his questions saved up for a very long time, and **Esther** was not interested in knowing anything more. She was just living happily ever after, and we're not kidding. And so, she didn't have questions that were in the way of the answers that **Jerry** was attracting. So he was doing **Step 1** and we were doing **Step 2** and **Esther** was doing **Step 3**, and so it worked out very nicely until she began to really trust in that process.

And so she always knew that **Jerry** was queued up for the next *what he wanted to know*, and she came to trust that we were always there and available. And then she began to (right from the get-go, really) receive clearly, and she had the advantage of **Jerry**, who recognized wonderful conversation when he heard it. And so, that process was easy for **Esther**.

Now, when you are asking and receiving, you want to put some time between your question and your answer. So just be clear about what it is you want to know, sort of in the same way that you would prepare to come to have a dialogue with us through **Esther**, and then at another time sit with the intent of listening.

Q: And so I have done for a lot of years - about five years - experimented and experienced fossiling, and it seems to be the way that I get to fine tune things.

ABRAHAM: Describe it.

Q: So, I will get a feeling, usually in my chest, of my heart beating fast, and then I will get thoughts of where I need to go, and I may drive or walk, and then I go right directly to the place. And I might go to the river, and even though I can't see to the bottom, I might reach down and up comes a vertebrae, or I might walk along the shore and see a small something, and then dig and then wash it off, and it's a big crystallized petrified wood. And I have thousands of pounds of this stuff that I've carried back, and it always comes with thoughts. And so, at first I thought, is it rewards for certain thoughts?

ABRAHAM: It's evidence of your Guidance.

Q: Yes.

ABRAHAM: But you don't need to drag it around with you.

Q: I get pretty excited when I find it. So to me, that has been a tremendous training ground, and...

ABRAHAM: It's time for you to trust it. If you remain in training...in other words, it's time for you to trust it.

Q: It's time.

ABRAHAM: Yeah.

Q: OK. You said nothing is off limits, so, I went through a relationship that showed me tremendous contrast, and at the time, for the four years it was very tumultuous and on and off, I was introduced to the

...continued on page 23...



ABRAHAM HICKS

...continued from page 22

Esther Hicks

concept of **Twin Flames**, **Twin Souls** and all kinds of karmic past that...

ABRAHAM: Don't you really like how that relationship caused you to reach down and dig up interesting stuff? In other words, you find those nuggets in relationships, you find them out in the lake, you find them on the trail - life is full of them. And when you follow the impulse, you find them. But feel the difference in the two conversations that you're offering here: In the first one that you offered, you feel guided, you feel like you're on the right path, you feel tuned-in, tapped-in, turned-on, so you follow the impulse because it's just you and there's nobody in the way, and you find the treasure. *But in the relationship, sometimes you're being guided just the same way, but when you find it, you don't look at it as a treasure when it often is. Trouble from others is a treasure.*

Q: And it's so big of a treasure, because what's...

ABRAHAM: Well, with those people, you come in clusters, and sometimes the stronger the Nonphysical intention, the more trouble they are, because none of you said *"Let's go forth and just give each other no reason to have any expansion."* What you say is *"Bring it on. Let's go stir some stuff up."* And so?

Q: So, the contrast that that provided - and I encountered you just at the end of this tumultuous time in June...

ABRAHAM: Tumultuous or ripe with possibilities?

Q: Uh, it didn't feel like that at the time (Fun), it felt like my spin...

ABRAHAM: Well, we know, but that was your vantage point - you weren't on a treasure hunt, you were on a problem hunt, you were on a looking for reasons to not do what I feel like doing hunt.

Q: Indeed. And I had such resistance about the end of it, and when I encountered you, immediately that day I booked...

ABRAHAM: You dug us up?

Q: I dug you up, and...

ABRAHAM: Did we feel like a treasure?

Q: Oh yeah, so much. And I began to share it with other people that also saw it as treasures. And I booked a cruise that day, and even though it was all booked, I got a call from **Tony** saying "Let's get you on." And so the other things that have come out of that mass of contrast are so...it was like now, when I look at that, I was starving, and now I'm just being fed delicious food all the time. And so, when you talked about the fingers and that we usually see, that the best sense is to see, but you were talking about the fingers and I just had fingers all across my body, and the current relationship that I have is a photographer that he sees things and he can trace the contours of my body and move it and say *"See how that forms a shadow, and how beautiful that is."* And he's teaching me all these things about myself that I've never experienced.

ABRAHAM: And?

Q: I don't want it to end.

ABRAHAM: *Then stop talking about the one that did.* Look for different things. And in time, you'll feel the appreciation of that and what it called forth in you and where it left you. There's nothing like a juicy relationship to stir up all kinds of desire that lead to wonderful things. And eventually you look back on all of it for a moment and feel only appreciation, because you're not really looking back at what caused it, you're looking forward at the result of it all, because there's only now, right?

Q: Right.

ABRAHAM: Yeah. It's all good, yes?

Q: It's beautiful.

ABRAHAM: Enough?

Q: Oh, yes. Thank you.

ABRAHAM: Really good.

...continued to page 30

HERB CORNER

...continued from page 10

GREEN TEA (CAMELLIA SINENSIS)

EGCG also helps protect the brain from oxidative stress that can lead to cognitive decline; this is important when working with Alzheimer’s, dementia, and Parkinson’s. It was also found in these studies that drinking Green Tea daily helps fight against nerve damage from diabetes.

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SETH SPEAKS

...continued from page 13

Incidentally again, hypnosis also helps you to use psychological time to a true advantage. The boundaries of clock time melt when psychological time is utilized. You can look through psychological time at clock time, and even use clock time to your advantage; but without the initial recognition of psychological time, then clock time is somewhat of a prison.

Your physical time of seasons and tides, and night and day, is to me one of your most delightful camouflages, and if Ruburt will excuse my clumsy attempt at being poetical, I will say that physical time is like a delightful flowing gown that clothes psychological time with many different colors and materials and designs. It is a most faithful reproduction of psychological time, and one of your truest camouflages.

This is why psychological time seems to flow so easily when physical time is pursued and watched by a quiet “I”. The one leads to the other and the camouflage is loose enough to let the inner form shine through.

A proper use of psychological time will not only lead you into the inner world, but will also prevent you from being rushed in the physical world. Within it, that is within the framework of psychological time, you will discover a quiet and cool peacefulness. I tell you both this for your benefit, because both of you will gain much in the utilization of these added benefits.

Psychological time adds duration. You will find something else here. From the framework of psychological time you will see that clock time is as dreamlike and fleeting as you once thought inner time was. And you will discover that inner time is as much a reality as you once thought outer time was.

You will discover your whole selves in other worlds, peeping inward and outward at the same time, and finding that all time is one time, and that all divisions are illusion.

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Jim Egan

STORIES THAT BEND REALITY

...continued from page 11

When the player whose turn it was had completed his move and everything was laid out to his satisfaction, the other player had a chance to make a counter move, which consisted of shifting or removing or adding any thing he wanted to the display. When this play and response was done they would talk for a while and the cycle would begin again.

The game was being played by two men who looked familiar but he couldn't quite place. One was balding with a thin mouth. He wore a plaid jacket. The other was slight with a bent nose, crooked sunglasses and a mop of stringy blond hair.

"I've never seen this particular game played," the **Man with the Ladder** said, when he felt he had been a bystander long enough to claim the role of kibitzer. "What is its name?"

A shrug was the only reply.

"What are the rules?"

"No rules," said the balding man who was watching his opponent slide and shift objects around furiously.

"That's right, no rules at all," said bent nose, whose hair had fallen over his sunglasses from the exertion of the move.

"Every game has some rules," said the **Man with the Ladder**, "that's what makes a game a game. How can you play the game if there are no rules."

"It's not an easy game," the balding man acknowledged, not without some pride. "It's not for everyone."

"If there are no rules it would mean you could do anything." "Yes," said Mop head. "Your move," he said to his companion who was still intently examining the position he had been left, as if the ring of a beer can was harboring a trap of cosmic proportions.

"You could do this," the **Man with the Ladder** said, reaching down and cautiously moving half of a lottery ticket across the top of the table.

"You could, but it would be very foolish and not very tasteful," the balding man said looking up at him.

"Very foolish," his companion echoed.

A breeze came up and blew the piece back to its original position.

"If there are no rules how can you learn to play?" asked the **Man with the Ladder**, "In case," he added, "you wanted to learn to play."

"The only way is to remember having played before." Bent Nose said cryptically.

"And take advice," his companion added.

"How do you win?" asked the **Man with the Ladder**.

"Can't win," said bent nose, appearing surprised that the issue of winning had come up.

"Can't lose either," said his companion, turning his attention back to the game and quickly coming to a decision about his next move.

The balding man was using his turn to construct a delicate but intricate pattern of odd shaped pieces of paper on the board. He reached into his pocket and produced a collection of cut up pieces of rice paper that were entirely covered with black paint. They made the top of the table look as if it was covered with deep, bottomless holes. Out of the corner of his eye the **Man with the Ladder** thought he saw the bald man drop a pebble into one of these pits.

"Actually there are rules," the bald man confessed, as if he had rethought an issue the **Man with the Ladder** had raised previously.

"There are rules but only the rules you make up. Making up the rules is a move in the game. It's the way the game is played by experts. It's one of the hardest moves to make."

"If you need rules," bent nose affirmed, "you make them up, and then you discover that they are the rules you were playing with all along."

"Sometimes," said the first man.

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Jim Egan

STORIES THAT BEND REALITY

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"And sometimes people forget the rules conveniently."

"They certainly do," repeated his partner.

The **Man with the Ladder** watched the pattern emerge under the bald man's fingers. When he put the last piece in place the three of them sat watching the pieces carefully. They sat so still a squirrel climbed up on the table and took a peanut, which had been used as a piece, and scampered away with it.

"That comes very close to cheating," bent nose cautioned, ``But it was a very clever move for a squirrel,"

"Can squirrels play?" asked the **Man with the Ladder**.

"That one can," baldie replied.

The **Man with the Ladder** watched them playing for a while. Although he couldn't say why, the game was interesting to look at. Although he couldn't say how, the game began making sense to him. In fact, there was something familiar about it though he wasn't sure what it was. When the balding man took his next turn and had nearly finished constructing a set of figures on the board, the **Man with the Ladder** leaned over and whispered, "that's a very poor move I think," pointing to the butt of a cigar resting on a matchbook.

The balding man looked up at him and then down on the board. "You know, he said, "I think you're right."

"First the squirrel then him," said mop-of-hair. "Who is playing? If you going to get advice and help, I'm entitled too," he whined and looked around for an ally. Not finding anyone he got up. "I'm going to get some more pieces. I'll be back," he said and left quickly.

"Why did he have to go get more pieces?" asked the **Man with the Ladder**, "There are plenty of pieces here." he pointed to mounds of rocks and twigs and pieces of paper.

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ASK PSYCHIC MICHELLE WHITEDOVE

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Maybe you're having a problem one day and you go into meditation and you think of a solution to your problem. *"Wow, this is a new idea and I feel compelled to do this,"* and you do it, you take action.

It becomes the very thing that saves you. But as you go back over your thoughts, it was not your ego or intellect that gave you that brilliant idea; *it just popped into your mind.*

We each have "hotline to Spirit" a true connection and that is where solutions are revealed. **God** has always talked to his children, although many have simply forgotten how to listen

Dear Whitedove, when we pass away is it okay to be cremated?

Well yes, I'm all about cremating my body, thank you. Yeah, ashes to ashes, dust to dust. But that's a very personal choice, to each their own. Whatever you want to do is fine.

I realize that some religions teach that you need your body later for resurrection day. But no, it isn't anything you need to worry about. Once your spirit disconnects from the physical body, you no longer need a bag of flesh and bone. In fact, you drop the body much like unwanted clothing without any affection for it.

When we depart this realm you are your soul, your essence, and you will see that you have a spirit body that looks like a radiant transparent version of your youthful self. The heavy dense physical body was only a vehicle to contain your soul; it has no other spiritual purpose as you move on to the next chapter of your soul's eternal journey. You'll say good riddance.



ABRAHAM HICKS

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Esther Hicks

MUSICIAN WANTS A LARGER AUDIENCE

Q: Hi. We are very happy - with my wife, we came from **Argentina**, and this is incredible. Thanks. I am a musician, I love to create music. I create healing music and music to inspire, and when I am in a concert, I have the wonderful experience, the most beautiful feeling of my heart opening, and I channel music for the moment. Sometimes there are 20 people attending and sometimes nobody, and I have this strong desire to do this for thousands of people around the world. Which is the best way to do this?

ABRAHAM: The thing that slows big creations down is feeling the smallness of where you are. If you can feel the bigness of where you are, bigness expands. If you feel the smallness of where you are, smallness becomes smaller. It's just the way the **Law of Attraction** works.

What works best is something that you're already doing, and that is, taking such pure pleasure in the process, because when you do that and you're right about that, when you tune into that and it just flows through you, your Inner Being is calling you, and then you will call the others.

And nothing can stop it or slow it down other than taking score too soon.

That's the thing that we usually talk about all day every day when we are together with those like you, that in this business of thoughts turning to things, in your human form you keep wanting them to turn to things faster, or you want thoughts to turn to bigger things, or you find dissatisfaction in what the current state of the thought-turning-to-the-thing is.

And so, that's the only thing that ever slows anything down - your desire is pure.

We started to talk about this a little while ago today, and you bring it round to the perfect timing for this conversation, so just relax and let's have this Leading Edge conversation about how now reality gets in the way of what's becoming.

There has to be the continuity between the now and the more, and yet the now keeps slowing down the more. So there has to be continuity between the now and the more, but the now keeps slowing down the more. But there has to be continuity between the now and the more, but the now keeps slowing down the more. Well, what do you think could possibly be the reason? It's because you're so physical, you're so human - and we don't mean that in a bad way (oh, a little). (Fun) You're so taking score of what-is that you don't let what is in the **Vortex** become the true reality.

So we're asking you to ask yourself all day every day "**What's really going on here? Am I just regurgitating what I'm observing in the already manifested, or am I in that satisfied place where I'm encouraging the more to fill in?**" That's that feeling. And you know when you are in the mode of receiving the music - it all feels fresh and new. And often it is not even something that you've practiced - it's not something that you memorized and rehearsed - it's just flowing, it's new, it's inspired in the moment, it's you going to the more. But, have you noticed how you have to let loose of the what-is-manifested in order to find the other?

And so, if you could just isolate (and you can) what it feels like when you're in that mode, and then just apply it to the greater picture of this creative endeavor, you'd have it.

Q: Yes, I can. And I have another question - sometimes when I create the music, I have the feeling that I've known it before. What is this?

ABRAHAM: Oh, that's a lovely thing. That's because you know how we've been talking about how life causes you to, through the process of contrast, to send rockets of desire forward into your Vortex, so your life has created the music incrementally, and your **Inner Being** and **Law of Attraction** and other Nonphysical musicians are all over it, and sometimes you catch a glimpse of it in its vibrational form. It's what humans want to call *deja vu*. What it is, it's an advanced awareness of the vibration before the vibration turned to a thing. But when you have an advanced awareness of a vibration, then you will recognize the thing as it becomes - yes?

Q: Yes.

ABRAHAM: Oh, the humans want to hurry the thing along instead of enjoy the vibration of it. You have an advantage being a musician because you're turning impulses into notes all the time, into combinations. Helpful?

Q: Yes, thank you.

CRYSTALS, ROCKS OCEAN JASPER



Photo by Karin Wolf

Sharron Britton

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pective. This can be invaluable when we are looking deep within to find that which we have hidden from ourselves since sometimes things can be revealed that are uncomfortable. **Ocean jasper** provides comfort and reassurance as we delve into the deeper parts of our subconscious.

The mines where **ocean jasper** was first discovered could only be accessed during low tide as they are located next to the sea. Life here on earth emerged from the oceans at the dawn of time as we know it and this connection is a good ally in helping us remember the things we already know that have been long dormant.

For many years there has been no new discovery of **ocean jasper**. It became very hard to find good ocean jasper on the market. Recently there has been a new

find called the **eighth vein** which has been producing some of the most beautiful **ocean jasper** I have ever seen. **Ocean jasper** is found in big chunks rather than terminated crystals so it most often appears in shops as polished spheres, freeforms, towers and palmstones.



Ocean jasper sphere, Madagascar

Because **ocean jasper** is so popular and it can be difficult to source the genuine material, I have noticed orbicular jaspers from other countries as well as some colorful jasper from areas close to the **ocean jasper** mines with minimal orbs being marketed as **ocean jasper**. These jaspers are all perfectly fine in their own right but they are not **ocean jasper**. Any good rock shop should be able to show you the real thing. True **ocean jasper** tends to be expensive these days although you can find palmstones that are both beautiful and affordable. The sphere you see in the picture is covered in blue orbs - one of the rarer colors - and feels very peaceful to me. It assists us in finding the peace that passes all understanding. May we find peace within ourselves and manifest it forward into a world that greatly needs it.

Trees of Avalon Gathering presents



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Headliner is Christopher Penczak! Other headliners and amazing performers include **Brian Henke** IPMA Best Male artist of the year 2019 **DruAnn Welch** and her Singing Bowls, **Eddie Presley** teaching automatic writing, **Murv Sellars** the International Thriller writer, **Ginger Ackley** with her alluring tones, **Christine Ashworth** author and writer, **Treblehawk** bringing his unique vocals, **Byron Ballard** bringing her "hillfolk hoodoo," a form of Appalachian folk magic, **Lord Alexian** his soulful music style, and our very own **Meren King**. Our Main Ritual will feature **The Guardians of the Community!**

We are a family-friendly festival with children's workshops and parental supervised play, teen activities, and workshops, concerts and laughter for adults of all ages. We've got phenomenal drummers, fire tenders, dancers, Sacred Fire and Drum Tribe. We'll feature vendors specializing in some of the Pagan community's greatest arts, music, crafts, crystals, clothing, and so much more. Readers are also available for a private consultation. If there are any questions please email us at tagstaff@tagmeet.org **Visit <https://tagmeet.org/>**



TIPPING SACRED COWS

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how you love to complicate things. And who needs any more complications in their life?

When I asked my favorite quantum physicist, **Amit Goswami, PhD**,[‡] why I should care about understanding quantum physics, he promptly said, “*The truth is, you probably shouldn’t.*”

I took that to mean that knowing and caring about quantumisms is not going to get me anywhere near the reality of my life and the stuff that is important in it, like, you know, happiness— unless, of course, that guy across the table has a soft spot for a nerdy chick who can eloquently explain the distinction between the **Heisenberg Uncertainty Principle** and **Schrödinger’s Wave Equation** (just for the record, I can, and for the record it hasn’t gotten me laid, but I say, try and try again—even if it’s a trick question).

After years of hanging out with some pretty cool scientists as they tried to figure out the reality of our reality, it has become obvious to me that once we think we know something about anything quantum and come up with an awesome theory about it, the fucker is apt to change and shift. Next thing you know, a new understanding is riding in on a wave like we should have been expecting it all along. As a result, the one take away I have from understanding anything from quantum physics, which I will now share with you because I am kind and loving, dammit, is this: **being willing to live in the mystery is something to really strive for. The blurrily known mystery can help you find the happiness you seek, grasshopper.**

For the last decade or so, quantum physics has been all the **New Age** rage, and to be fair, I am guilty of perpetuating that tale—that super cute story of how **Quantum** met **Perception**, but then **Attraction** came on the scene and made an awkward love triangle, because **Quantum** could never stay true to either one for very long. That is to say, I made a film about how understanding the wacky world of quantum was the answer to all our woes. And suddenly it became a religion, to some at least.

The movie **What The Bleep!?** spread the message, spawning an entire industry of quantum this and quantum that. I often imagine the infomercial dude—you know, the loud one, standing in front of the rows of people sitting with that awesome deer-in-headlights look as he presents the problem, only distorting the reality a tiny, big bit: did you know that if you truly understood the magnitude of the implications of quantum physics on reality, you would simply vanish off the face of the earth? It’s that wacky! But don’t worry, folks (phew—audience wipes collective brow)! Understanding quantum reality also means that you will ascend immediately into the realms of the gods! You will be able to hang out with **Fred Alan Wolfe** (also known as **Dr. Quantum**) and party like a **Higgs** boson, out of sight, but totally there to make your quantum ride the best it can be!

“Everything we call real is made of things that cannot be regarded as real. If quantum mechanics hasn’t profoundly shocked you, you haven’t understood it yet.” So says **Niels Bohr**.[§]

So, **Niels**, what I’d really like to know is, what exactly am I supposed to do with that? Hmm, no answer. I mean it’s cool, really cool, but this is a book about finding happiness, not the **Higgs** boson. And sometimes I worry that we get caught up in “knowing” cool stuff for the sake of knowing it, and we lose what really matters.

Okay, I’m here to cause some quantum discord. This isn’t going to be a place where I regale in the mystical magical world of quantum physics, turning old **Niels** into a quantum God; this is where I’m going to nucleate that myth like a good old can of **Coke** and **Mentos** explosion. Well, sort of (okay, just for clarification, the term quantum discord doesn’t really mean discord; it actually means finding a correlation between two nonclassical [entangled/joined] subsystems—so in fact, it’s actually correlated, not uncorrelated, but only in the nonclassical sense. Now go look that up and let me get to my point). It sounded good so I went with it, and I bet if I hadn’t said anything you would have simply nodded your head and laughed. That’s what I usually do, so just go with me here. My point is, understanding quantum physics is essentially not going to really do anything for you.

It has absolutely no bearing on whether or not you’re going to be happy or enlightened. It’s not going to win you the lottery or get you laid. Your ability to describe the nature of reality in terms of bosons, electrons, and particles is not going to help you when your kid has just

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Betsy Chasse

TIPPING SACRED COWS

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eaten a **Sharpie** and you’re trying to figure out if his lips look cute in neon blue or if you should call poison control.

Understanding the **Planck scale** is not going to bring you inner peace and is more likely to exhaust you as you surf the ever-cresting waves of possibilities. And I know you’ve read **In Search of Schrödinger’s Cat: Quantum Physics and Reality**,¹ and maybe it blew your mind, but are you finally happy and fulfilled and able to die knowing you’ve learned everything you’ve come here to learn about quantum physics? I’m going to bet no. You want to know where knowing about this stuff will really help with your life? If you are at a party going for the hot guy doing the sexy librarian thing, then understanding these things might help you get, erm, enlightened in a different way. Knowing about the ins and outs of quantum stuff will also help you greatly in your life if you are, in fact, a physicist.

And, okay, I admit it, it is fun to explore the idea that we are forever riding a wave of possibility until we believe (observe) and that possibility becomes a reality (a particle). Plus, I enjoy whipping out my quantum chatter at a party when someone has me pegged for the dumb blonde. But, after mumble-mumble years of riding that wave, the truth is, it wasn’t what brought me peace.

Why? Because ultimately, knowing about science isn’t what brings peace and happiness. Okay, maybe it does if you’re a scientist, or a science enthusiast, and it’s your soul’s desire to know science, but often it isn’t the answer you’re looking for. We like to use science to ground us, because we like proof. We like to be able to say, “Because science says so.” It’s sort of like saying “Because I said so” to your kids.

We really do like a good metaphor, and some of quantum physics can be used as a good metaphor for life. One of my favorites is the quantum leap. **Quantum leaps** may be across distances, but one example commonly spoken of in quantum physics occurs when an electron makes a jump from one energy level to another and does so without traveling through any of the

points in between. No time passes in the leap and there is no gradual ramping up of the energy. Just presto, an electron goes from one quantum state to another!

When we hear that someone has made a **quantum leap** in life, we usually think that person has made some huge, seemingly instantaneous life change. We might even think of the old television show **Quantum Leap** and picture someone diving through a wormhole and instantly coming out the other side in a whole new reality replete with a new house, car, and wife. But while we use these words and images as metaphors to describe big changes, in physics a quantum leap is in fact a very, very, very small leap.

Here’s another metaphor: Physics says that everything is mostly empty space, which could be taken to mean that nothing is really solid. It’s cool to know that not because you can use that information to walk through the bathroom wall to get away from a really bad date, but to understand that appearances can be deceiving. What we see isn’t always what we think we see (because usually we’re thinking from our lazy brain and not our conscious one). So instead of trying to shape-shift in order to get away from that bad date, you should probably be asking yourself what you saw in that guy in the first place. My point is, even if science doesn’t bring peace and happiness, it can be helpful to understand that some things we understand to be true scientifically can be used metaphorically.

To be fair to all us quantum enthusiasts, it appears that quantum physics is showing us that most things you think you know about yourself probably aren’t true. You’re more amazing than you could even imagine, and reality is probably far more mind boggling than you realize. More mind boggling than I can explain here. The universe is a truly an amazing thing (if it is a thing, which would assume that it’s real—but I’m going stop right there and neatly sidestep that rabbit hole).

The reality is, and I hate to burst your particle, but it’s highly unlikely you’re going to be able to change anything in your reality with just a thought. In my humble opinion, the concept is simply mental masturbation. Yep, I just said that. It is a rabbit hole; it’s not a religion or a life philosophy. While it may be fun to fall down the quantum wormhole for a mind-bending session with friends over dinner, and while it is useful in helping explain the nature of reality, it is not really great at solving our big, macro life problems.

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MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

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TGU: If you would.

DeMARCO: Well, okay, what is the importance to spirit of soul's process of development via 3D experiences?

TGU: You will need to focus more.

DeMARCO: I may be too tired.

TGU: Later will do. If you can get rest, by all means do so.

DeMARCO: 8:10 a.m. Continuing.

TGU: Your question might be better framed, "What is the relation between 3D and non-3D realities?"

DeMARCO: You mean, I think, "Why does a non-3D being want to (Have to? Get to?) experience 3D lifetimes?"

TGU: Yes, it comes to the same thing. If spirit animates but is not changed by 3D experience and soul experiences, and is shaped and reshaped by that experience - or, more precisely, by its reactions to that experience - and if the two are two aspects of one thing rather than two different things interacting, and if the 3D per se is a part of the larger non-3D, and if all of it is projected from another layer of being, rather than existing in any WYSIWYG (what you see is what you get) way - what does it amount to?

DeMARCO: Well, yes. Why? What's going on?

TGU: Let's keep this to the practical, remember. No tossed-off phrases like "walking each other home," or "God amusing himself by pretending to be separate," etc.

DeMARCO: All such formulations always drove me crazy.

TGU: The relevant question is always, "What does this mean for me? What are my responsibilities or opportunities? Why am I alive now, and how will I be alive afterward?"

DeMARCO: Unexceptionable questions. What of the answers?

TGU: We remind you, you are on all sides of everything. You are actor and audience, fragment and underlying unity. But have you thought of the implications?

• The actor lives his part, or the part doesn't come alive.

• The audience allows itself to be transported by the performance, or everybody is wasting their time.

• The fragment may know its own little piece of the puzzle very well (or, of course, maybe it doesn't; depends on the fragment and its function), but it does not and can not and, one might almost say, should not comprehend the whole.

• The unity that is the glue that holds everything together: Can it take sides? Can it prefer actor to audience, or, in other words, this fragment to that fragment?

DeMARCO: I don't think this is your way of saying, "None of your business; this is above your pay grade." So what are you saying?

TGU: Separation - division of function - specialization, if you will - is the nature of reality below the level of "all is one." To say "All is one" is useful in recognizing that there are no absolute barriers in the world (in reality, in all-that-is), but not too useful beyond that. That's like telling an auto mechanic that your car is all one thing (which it is) and refusing to let him look in detail at the interaction of the components, lest he forget that it's all one car.

Well, that holds true at every level you can bring to mind. As above, so below. Everything is a unit in its own terms, and is an assembly of components, and is a component in some larger system. Is that so hard to envision? Well then, do that envisioning in thinking about soul and spirit.

DeMARCO: That came through with the implication that it was going to be a big "aha," but I don't get the excitement.

TGU: • You know that 3D and non-3D are part of each other, and that life may be described as nesting communities of lower communities.

• You know that although the 3D may be "only somewhat real," it feels plenty real while you're in it. You know that it shapes your mind, and that the process works backward as well as forward.

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SESSIONS WITH TGU

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• You know that the entire 3D environment is mind-stuff rather than some independent entity, and that the composition is part of you as you are part of it - and, in both cases, only part.

• That is, what you experience as a separate consciousness is somewhat removed from the total consciousness, and of course this is by design. It is temporary, useful, and remarkably productive of complication.

DeMARCO: I'm getting something like, our soul experiences do somehow affect our spirit, differentiating it from all other spirit to that extent.

TGU: Yes if you will remember that it is also true that spirit is not affected by circumstance or events.

DeMARCO: I thought, "That's a contradiction," then thought maybe you mean, "Spirit is affected only by changes experienced in soul, but it is not affected by the experiences themselves, only by being mated with a soul that has been changed."

TGU: That is probably still not very understandable, but good work letting in the thought. Given your difficulties, this is enough for the moment.

DeMARCO: A drama in three acts. Thanks as always. A title for this?

TGU: "Spirit and soul: contradictions," perhaps.

DeMARCO: Okay. Till next time.



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

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This is where we discover how much we criticize and judge ourselves or worry. If we understand that every thought even if it is just mental chatter, creates a vibration which requires a reaction and attracts similar vibrations we will begin to monitor our thoughts. Similar vibrations keep the mind in a constant loop of the same thought pattern.

Mindfulness requires that we are aware of mindfulness. We are aware that we are in the present moment, we are aware of all the influences that color the present moment, as discussed above. We have about 50,000 thoughts a day most of it is mental chatter. When we wake up in the morning, we go to the bathroom and the mind will mumble away, going on and on. That is the nature of the mind. Since the mind must think, we need to be aware of it and direct its thinking. Otherwise, it goes into preexisting neuro pathways of chatter. Instead of being lost in chatter, imagine going to the bathroom and washing the face while noticing the water touching the skin, brushing the teeth with a mindful focus on each tooth etc. This will begin the day with more calmness and clarity.

Watching the mind and becoming aware of the chatter is part of mindfulness. If we are aware of the thoughts then we begin to discern which thoughts are important, and which are chatter, which are positive and which disturb our peace of mind. Do not judge the chatter, it is normal, just become aware. Awareness is the key to finding calm and peace in the mind. Awareness is necessary in daily life. We cannot see our reptiles, as St. Theresa of Avila calls them, unless we practice awareness or mindfulness. John Kabat-Zinn lists qualities that are necessary for mindfulness, he calls them "attitudinal foundations of mindfulness". They are acceptance, nonjudging, non-striving, letting go/letting be, patience, trust, beginners mind, and gratitude. Mindfulness requires us to see what we usually do not see. To feel what we usually do not feel. It requires a mind that wishes to explore the unknown. In the ordinary we can find the extraordinary. How is my footstep different now that I am walking on the grass rather than cement?

When we practice mindfulness, we are being fully present in the moment, without the need to change it. Without an agenda. If we are practicing mindfulness to feel better and calmer, that is an agenda. Let go and let it happen, observe. This practice allows us to look at the present situation and understanding that this is the way it is right now. Any kind of judgement and aversion just creates tension and stress. We cannot force change. First, we must accept and then we need to examine how to change a situation. This will create a mindset that can make changes without fighting against the situation through a struggle and eventually lead to peace of mind.

"You can't stop the waves, but you can learn to surf." Jon Kabat-Zinn

HOROSCOPES APRIL 2022



ARIES – (March 19 – April 18)

ARIES: MOOD FOR APRIL 2022

The heavens are lifting you up from the ground starting next month. Take advantage of this necessary period of reflection to channel your energies into a new beginning (from May 10). Rather enterprising and confident in your abilities, you start the month in negotiations. You do not lack arguments to defend your positions. You benefit from an inspiring sky that contributes to your success but doesn't upset anyone by being overconfident.

ARIES: LOVE FOR APRIL 2022

There is no question of launching a project without examining it, without weighing the pros and cons. Whether in love or elsewhere, remain cautious. Soon, Jupiter will open the ball of opportunities. In the meantime, think about establishing a link between your thirst to expose your potentials and what you feel. You spend a lot of energy to overcome certain slowness or resistance. Rely on your intuition to inspire yourself, unless you have the support of someone who can point you in the right direction and contribute to your emotional growth.

ARIES: MONEY FOR APRIL 2022

In the preparation phase, you are more concerned with anticipating what will happen than collecting money unless your project concerns your finances. If you argue, you will be granted what you covet: more room to maneuver or money (or both). Even if your projects seem to be hampered by a frustrating conjecture, you will regain the fluidity that you were missing. Contribute actively to your fulfillment and possible enrichment by simply going with the flow.

Hobbies

ARIES: WORK FOR APRIL 2022

Take it easy, don't rush into a new project that still needs to be reviewed and corrected or whose consequences you need to evaluate. From May 10, Jupiter is pushing you energetically into the deep end, but take the time to nurture your accomplishments by showering them with positive emotions to show new potential. Whatever your professional goals are, they benefit from a sharpened intuition, a listening ear, and information



that allow you to put your destiny on the right track. You also receive wise counsel from people who quietly support your interests.

TAURUS – (April 19 – May 19)

TAURUS: MOOD FOR APRIL 2022

You are charming, and then your initiatives take a more offensive turn. This alternation helps you to make an impression. Whatever the case, you get your messages across, and they are received loud and clear. You surf with pleasure on waves that accompany your journey! You have the opportunity to free yourself from the past, from what was preventing you from expressing yourself. Everything is going well, and you are energized by the opportunities opening up to you. Count on a good situation to launch a new expansion cycle in full possession of your means.

TAURUS: LOVE FOR APRIL 2022

You are projecting yourself into the future in ways that appeal to you, and you are using your charm to rally support for your tender plans. From the 20th onwards, it is time to take a step forward, to take on new challenges. You take the time to reflect on acting with full knowledge of the facts. You aspire to renew your world, to emancipate yourself from old ways of functioning. Aspirations whose realization seems to be favored and an ideal are within reach, and within your heart, everything becomes possible. Especially the best.

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HOROSCOPES APRIL 2022



TAURUS: MONEY FOR APRIL 2022

If your plans concern the future of your finances, you will use convincing arguments to get things done. More than material benefits, it is your ability to express yourself freely that counts. To enrich yourself, this perspective proves compatible with your thirst to emancipate yourself from everything and everyone. What matters to you is to open up the future according to plans that inspire you. You mobilize yourself to reach your objectives which concern an ideal of life to achieve rather than a treasure to constitute. Even if one does not prevent the other.

TAURUS: WORK FOR APRIL 2022

If new opportunities for professional growth have arisen, you will wait until the 20th to take action. Mars reinforces your will to change things and to convince your interlocutors. Take advantage of the energies of April to express your expectations differently. You are heard, and your wishes are fulfilled. You are delighted with these prospects, as they broaden your horizons in a significant way. If the month begins on a slow note, you will take the reins and make a dream come true.

GEMINI – (May 20 – June 19)

GEMINI: MOOD FOR APRIL 2022

Charming but determined to progress socially, to defend your interests, you mix firmness and softness. This alchemy allows you to take center stage. From the 20th onwards, you will withdraw from the game and reflect on the consequences of your actions. Venus adorns you with a glamorous aura, you attract attention, and you make yourself appreciated by all. The sky is favorable for your personal development, social success, and the expression of your most hidden desires. Carried along by events and the elements, you will soar but keep your feet on the ground, do not deny yourself pleasure, and do not be afraid to spread your wings.

GEMINI: LOVE FOR APRIL 2022

Venus exalts your desire to extend your influence over those you love and to seduce those around you, whether professional or private. This aura allows you to shine. From the 20th onwards, you will be more discreet, obliged to look back on the past to draw valuable lessons. You have precious assets at your disposal to get your messages across, which concern your desire to emancipate yourself from ways of functioning that end up weighing you down. You assert your ambitions, you carry an ideal (love, social, professional), and you

benefit from celestial relays to express your dearest wishes. The end of the month promises to be favorable to your fulfillment.

GEMINI: MONEY FOR APRIL 2022

It is your place in society and in business that mobilizes your energy. If it's a question of earning more, of getting a raise, you put pressure on your hierarchy to achieve your goals. If the energy and the power of seduction that you deploy effectively promote your ascension, you reveal little by little your true nature, even if it disturbs you. However, you are more interested in fulfilling a dream than in hitting the jackpot.

GEMINI: WORK FOR APRIL 2022

You are determined to get what you want and to consolidate your position. From the 20th, you will be fine-tuning your plans before taking action in May. A project requires extensive discussions and close exchanges with your colleagues, superior, or business partners. Rely on your radiance to seduce whoever you want, deploy your strategies, and make your difference. To serve a cause that exceeds you, fulfill a mission that inspires you, the time is now. The sky is opening up a gap in your life that you'd better jump into because it promises to bring you accomplishments by the end of the month.

CANCER – (June 20 – July 21)

CANCER: MOOD FOR APRIL 2022

Dynamic, enterprising, and conquering, you have the energy and determination to achieve what you set your heart on. Take advantage of these positive flows to boost your self-confidence and your potential. Bold, adventurous, and determined to shape your future differently. Count on a sky that is supportive of your ambitions, giving you the desire to push back the boundaries of what is possible. If you look upwards, you are not disconnected from reality, and your dreams are taking shape. A breath of fresh air and a door that opens wide.

CANCER: LOVE FOR APRIL 2022

Venus makes you want to change your lazy habits and raise your standards. Count on the delicious planet to exalt your ambitions in love. From the 20th onwards,

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specific projects will occupy your mind, and Venus will put you back in touch with the vertigo of love. To break a certain monotony, this is the moment. Suppose the beginning of the month seems a bit laborious and invites you to work hard to change things. In that case, you will benefit from a conjuncture that will allow you to pursue a spiritual, emotional, or social quest that will lead to success. If you dream of love, expect the best at the end of the month, the realization of an ideal.

CANCER: MONEY FOR APRIL 2022

If your ambitions are financial, you have no trouble defending your interests. No one can resist your powerful arguments and your thirst for more. But your objective is not to accumulate goods. Even if one does not prevent the other, you aspire to change your life and orientation to free yourself from the past. Your aspirations go far beyond strictly financial interests, which result from a progression, an ascent towards a long-coveted ideal.

CANCER: WORK FOR APRIL 2022

You will invest yourself in your activities to make an impression. Mars endows you with the will to progress and the strength to surpass yourself. Exchanges mobilize you on the professional front. You intend to make yourself heard. You have been aspiring to broaden your perspectives, even if it means embarking on a project that involves risks. This challenge does not frighten you! You are relaunching stagnating negotiations to finally find an agreement that satisfies everyone. Count on this inspiring situation to pursue an idea and rally the votes around your quest.

LEO – (July 22 – August 21)

LEO: MOOD FOR APRIL 2022

You are focused on financial negotiations and are determined to make the most of your situation. Rely on your sense of strategy and your implacable will to conduct your business affairs smoothly. Take control while using your great charm. You'll break down barriers, assert your need to free yourself from the past, and effectively plead your case. You can let yourself be carried along by events that could bring about significant changes in your life, which will make you happy and put a smile on your face.

LEO: LOVE FOR APRIL 2022

Count on your seduction between the 5th and the 14th to give you and your partner moments of extraordinary sensuality. Your radiance will affect those who look at you with lust. You use your devastating charm to attract whoever you please. Venus endows you with irresistible magnetism. Use your potential to put some fantasy into your love life. You deploy powerful energy, even offensive, to relaunch a dialogue that has come to a standstill but then count on a favorable conjuncture for the evolution of your relationships and exchanges. Rely on your power of seduction to rekindle the flame or live a passionate romance.

LEO: MONEY FOR APRIL 2022

You are looking for financial support or negotiating a business partnership to conclude an arrangement. You can count on an unquestionable authority to lead the discussions. You are looking for financial aid, for agreements and commitments to be honored, and you are steering the negotiations in the right direction. You can count on a favorable situation for a positive evolution of your finances. If you were waiting for a loan, an inheritance, or a return on investment, get ready to replenish your coffers.

LEO: WORK FOR APRIL 2022

You want to accelerate change and put pressure on your business partners. If you seek financial assistance (loan, credit) or expect a return on investment, use your relentless energy to convince but avoid coercion. You are not lacking in arguments to relay your ambitions and show that it is in your interest to be trusted. Use your charm to influence those around you to your advantage and gently pull yourself up by your bootstraps. Count on an inspiring astral conjuncture to open the way to an ideal taking shape and becoming more apparent. Success is expected at the end of the month.

VIRGO – (Aug 22 – Sept 21)

VIRGO: MOOD FOR APRIL 2022

It is the desire to exchange with those around you that drives you. You express yourself, but you consider the other person's answers until the 15th when Mars gives

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you a more offensive approach. You refuse to be bored, whether in love or business, and you push back the limitations. Rely on your ability to seduce, surprise, to win people over. If it's still difficult at the beginning of the month, expect to shift into higher gear afterward. Opportunities to unite, to associate are to be marked with a white stone.

VIRGO: LOVE FOR APRIL 2022

Venus favors your exchanges, no more question of going it alone, but instead of putting yourself and staying in tune with those you love. From the 20th onwards, you will raise the level of debate to live a story that lives up to your expectations. If you are immersed in discussions that don't concern your emotional life. In that case, you catch up when Venus puts you in tune with the other person, around the 18th, when you can convince the other person to access a more exciting version of the relationship. You will mobilize yourself to overcome the brakes that limit your activity. You will then benefit from an almost telepathic communication with the other. A conducive climate, osmosis of mind and heart, this is a month infinitely favorable to emotional commitments.

VIRGO: MONEY FOR APRIL 2022

You will find the correct arguments to convince your collaborators to accede to your desires to increase your income. Even if you are more thirsty for love than for recognition. Your willingness to change things and give meaning to your existence takes precedence over everything else. And if you manage to increase your income, you consider this advantage a bonus. Whatever connections you make are beneficial. And if they have nothing to do with your material world, they fulfill you.

VIRGO: WORK FOR APRIL 2022

You are defending a spirit of sharing and collaboration, which affects your colleagues, your hierarchy, and your interlocutors in general. You go on the offensive from the 15th onwards, but do not pressure anyone. Suppose you want to change your work and your methods. In that case, you can count on the current situation to lead your hierarchy and your collaborators. They appreciate your audacity and your original approach. If the beginning of the month is still laborious. In that case, Mars will help you relaunch more actively to associate yourself, sign a contract, or validate a promising collaboration.

LIBRA – (Sept 22 – Oct 21)

LIBRA: MOOD FOR APRIL 2022

Rather generous and attentive until the 15th, you adopt a more authoritarian attitude after that. Mars sharpens your thirst to accomplish what needs to be done without delay. But don't rush anyone in your path. Concerned about the community's well-being, you do not neglect to work on your own behalf. You refuse to be subjected to others or to a heavy authority. Uranus shows you the way to metamorphosis. Even though freedom is expensive, you struggle to express your desires and feelings openly. You have an opportunity to improve your daily life. As a result, you are tempted to trust and surrender, and you are right.

LIBRA: LOVE FOR APRIL 2022

You are full of good intentions towards your loved ones; you make your parents, children, or partners happy. You show unflinching dedication to beautify your daily life and manage it smoothly. The tone changes from the 15th onwards, and you adopt more offensive methods. You exchange a lot with others, and you respond with a dedication to the expectations of your loved ones. This goodwill does not exclude a desire to develop your relationships, to free them from habits you no longer want. You benefit from intuitions and insights that help you reorient your life in the right direction. The end of the month confirms the improvement and the manifestation of positive changes.

LIBRA: MONEY FOR APRIL 2022

You are more mobilized by the community's interests than your personal ambitions. Around the 20th, you start thinking about profit again. You have been concerned for some time with negotiations related to a breach of contract (professional or private) or procedures (divorces, inheritances) that increase your need to emancipate yourself from burdensome financial guardianship. You are reorienting your destiny, and your current evolution may be accompanied by economic advantages.

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LIBRA: WORK FOR APRIL 2022

You are aware that you are being counted on to get things done. You know that you are part of a team. You fulfill your duties with concern for the common good until the 14th and strength and firmness between the 15th and 28th. If the beginning of the month favors exchanges and discussions, you make changes in your daily life in the second half of the month. You are transforming what needs to be altered so that your activity is closer to your aspirations. If you want to change your job or even your direction, rely on your intuition which shows you the path to fulfill yourself in your work. At the end of the month, you embark on a process that will satisfy you.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: MOOD FOR APRIL 2022

Greedy, eager for pleasure and recognition, you multiply your charm and seduction offensives. From the 15th onwards, Mars will harden your tone just enough to reinforce your initiatives and bring them to fruition. You will insist on being let off the hook in love or business, and you will no longer tolerate being dictated to or having anything imposed upon you. You express your expectations, and you return to grace and bliss. Take full advantage of the currents that carry you through April and end it on a happy note.

SCORPIO: LOVE FOR APRIL 2022

Venus exalts your power of seduction. It's an excellent time to express your feelings and search for your soul mate. From the 15th, Mars takes over, and to keep your love affair on track, don't try to control the other person. If you are mobilized by exchanges concerning daily life management, count on Venus to put some fantasy in your love affairs. Use your charms to unblock a family situation, then use your aura to seduce with all the chances of bewitching your partner or attracting whoever you want.

SCORPIO: MONEY FOR APRIL 2022

Money is not one of your methods for getting love this month. But if your talents bring you money, you won't complain. Above all, you are eager to develop yourself as you see fit without being constantly under someone's tutelage. Your bank account is not your primary

motivation for action. Still, your rise to power has earned you well-deserved recognition. Suppose this gratitude is accompanied by a financial reward. In that case, you will not spoil your pleasure, but your main objective remains to shine, not necessarily prosper financially.

SCORPIO: WORK FOR APRIL 2022

Take advantage of your newfound creativity to seduce your contacts and turn them into fervent admirers. You're putting yourself on display and have the necessary assets to impress. From the 15th onwards, you will be more directive than charming, and you will impose yourself on the front of the stage. Jupiter has strengthened your creativity, and Venus has made your talents explode. It's up to you to negotiate them to the best of your ability by demanding that you be left free to move and make your own choices. You will then give the best of yourself. You will take advantage of your assets, and you will rally the votes around your initiatives, works, and projects that will delight your partners and interlocutors.

SAGITTARIUS – (Nov 21 – Dec 20)

SAGITTARIUS: MOOD FOR APRIL 2022

Concerned about the well-being of those you love, you show tenderness to your loved ones. From the 15th onwards, you are more likely to take concrete action to improve your living conditions and those of those around you. Listening to your loved ones, you rally their support around perspectives that cut through a well-established routine but which weighs on you. You explain your plans to them and make them want to follow you. The barometer will be in good shape all month long. Jupiter favors your fulfillment. Your initiatives fulfill your desire to live following a long pursued ideal.

SAGITTARIUS: LOVE FOR APRIL 2022

You have taken advantage of a favorable situation to settle down, find a home, or enlarge it. Count on Venus to consolidate your progress. From the 15th onwards, Mars will encourage you to take the lead but leave the floor to others. You attract attention and make a mark on people's minds and hearts, but you still desire to change things in your family and improve daily life. You will have

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the opportunity to do so if you mobilize yourself and relaunch debates that have come to a standstill. You devote your energy to embodying an ideal of family and private life. At the end of the month, you will make a plan come true, your dreams will come true.

SAGITTARIUS: MONEY FOR APRIL 2022

You need funds to beautify your home and, whatever your situation, you are inclined to spend on yourself and yours. You are expanding your horizons with your family through a change of life, a move, you know how to convince your loved ones that your investments are worthwhile. Count on Jupiter to open the floodgates and facilitate your access to well-deserved happiness.

SAGITTARIUS: WORK FOR APRIL 2022

Suppose you seem to be mobilized by specific family and personal demands. In that case, you do not lack creativity and the desire to collaborate. Your commitment is total from the 20th. You serve the interests of the community as much as your own. You participate in the joint effort. Uranus exalts your desire to change your work, your orientation, even your life. You do not want to be bored in your activity. You break with outdated habits but consult your entourage involved in your projects. You use your potential to build and improve your life at home, not to support your professional ambitions, even if one does not prevent the other.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: MOOD FOR APRIL 2022

You get things done. Sometimes seductive, sometimes willful, you get your message across. You have the talent and power to convince. Rather fanciful, daring, and a bit provocative, your attitude seems to offend no one. Rely on your desire to overthrow the codes to surprise and seduce, on your offensive energy to make things happen. Then count on your irresistible charm to convince and bewitch anyone you want.

CAPRICORN: LOVE FOR APRIL 2022

You are the unanimous choice of those close to you who appreciate that you do not pressure them. If Venus predisposes you to remain amicable between the 5th and the 14th, be careful from the 15th onwards as Mars encourages you to raise your voice. From the 20th onwards,

count on your charisma to seduce anyone you want. Your attention is focused on your family, who are under your spell. Play on your radiance to surprise in love and seduce. Your vision of the world expands, and your life takes another direction. Your contacts with those around you are enriched and turn into almost telepathic communication. The atmosphere is conducive to the fusion of souls and hearts confirmed at the end of the month.

CAPRICORN: MONEY FOR APRIL 2022

Suppose you have to negotiate, defend your interests. In that case, your stamina and determination will work wonders in dealings with those who hold power and money. You are more searching for recognition (of your talents, of your power of seduction) than eager for cash. You spend most of your time getting noticed rather than making a fortune. You will be fighting hard to restart a stalled process at the beginning of the month. This is the time to mobilize to assert your rights and claim the reward for your talents and merits.

CAPRICORN: WORK FOR APRIL 2022

A diplomatic communication allows you to mark between the 5th and the 14th. Then count on Mars to convince your interlocutors, not to coerce them. From the 20th onwards, a creative surge allows you to get noticed. You show your desire to renew your methods and express your originality. Your interlocutors will become your admirers. At the beginning of the month, you will take the lead in defending your interests and reviving business deals or negotiations that have been dragging on. Rely on inspired communication to influence your audience and get everyone to agree.

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: MOOD FOR APRIL 2022

You don't want limits this month, and you do what you like. There are choices to be made and decisions that involve breaking with the past. If you feel stressed, you can count on a bright sky to help you hold on and find a smile and faith. You will regain confidence in yourself and your destiny, and you will not hesitate to spend a lot of money to please yourself.

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AQUARIUS: LOVE FOR APRIL 2022

Desires are multiplying. You have no desire to restrict yourself. From the 20th onwards, your family is asking for you, and you turn your attention to your personal needs to meet the expectations of your loved ones. You are in a good mood at the beginning of the month, communicating with your loved ones and making yourself understood. You will use your money wisely, even a possible increase in your income, to improve your living conditions. You find the energy to overcome recurring fatigue, and you count on Jupiter to dissolve financial limitations, the opportunity to contribute to the happiness of each and every one.

AQUARIUS: MONEY FOR APRIL 2022

Jupiter has increased your assets between the end of December and mid-February. It's enough to spend without counting the cost or almost. This ease does not prevent you from asking for more to invest in improving your environment. You may be tempted to spend your money buying a house or improving your own. Jupiter favors positive openings in this area and even promises to land you a windfall. Take advantage of this opportunity to pamper yourself, to spend money to improve your well-being, but reasonably.

AQUARIUS: WORK FOR APRIL 2022

If Venus exacerbates your thirst for gratification between the 5th and the 14th, count on Mars from the 15th to defend your interests and demand the reward of your talents and merits. Don't give up until your wishes are granted. You will use your negotiating skills to influence your interlocutors to your advantage. In the second half of the month, you will obtain or release the necessary funds to realize a project, a professional or private change. You will explore your potential and express your under-exploited talents. Take advantage of your exalted creativity to ask for a promotion and raise, with every chance your requests will succeed.

PISCES – (Feb 18 – March 18)

PISCES: MOOD FOR APRIL 2022

Relatively confident in yourself and your powers, you demonstrate them. A spirit of conquest helps you progress. From the 20th onwards, rely on your communica-

tion skills to expand your horizons. You feel yourself growing wings, and your self-esteem level soars. You will express your thoughts openly, even if it means crossing some established boundaries. The sky is the limit when it comes to what you can do, and you'll be able to smile instantly.

PISCES: LOVE FOR APRIL 2022

Between the 5th and the 14th, Venus will adorn you with a glamorous aura, which will enchant your partner. From the 20th onwards, you will get your message across. You have a great launching pad to communicate. You enjoy ideal cosmic conditions to make a good impression on the world. Take advantage of this to set hearts aflame in a new universe opening up before you. You are throwing yourself into a story that will give your love life a boost, a dream will come true at the end of the month, and happiness seems to be on the cards.

PISCES: MONEY FOR APRIL 2022

In April, your best weapon is seduction coupled with a determination to get what you want. This is the subject that you will debate ardently. You do not lack arguments or charisma to influence whoever you wish. You succeed in pulling your weight. You aim to realize a project's inadequacy with an ideal that motivates you. Nothing forbids it from being profitable and it allows you to make a fortune.

PISCES: WORK FOR APRIL 2022

You will take action; Mars is driving you with a determination and a strength of strike that cannot be defeated. Take advantage of your increased energy to launch initiatives and impose yourself, but do not abuse your authority, which would be less constructive. Suppose you wish to be considered for your originality and will not remain in the shadows. In that case, you have compelling arguments to plead your case with efficiency and attract attention to you. If you have a dream to realize, rely on April to embody your aspirations. Some opportunities to broaden your horizons appear, and the end of the month looks infinitely promising and fulfilling.



Dr. Joe Dispenza

HOW TO TEND TO YOUR MIND GARDEN PLANT THE SEEDS FOR THE LIFE YOU DESIRE

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in, and so forth. Planning and preparation are essential to the success of the endeavor. This requires our daily "mindful attention."


Similarly, when we talk about someone cultivating an interest in a particular subject, we mean that he has thoughtfully researched that area of interest. Also, a cultivated person is someone who has carefully chosen what to expose herself to and who has amassed a breadth of knowledge and experience. Again, none of this is done on a whim, and little is left to chance.

When you cultivate anything, you are seeking to be in control. And that's what is required when you change any part of your self.

Instead of allowing things to develop "naturally," you intervene and consciously take steps to reduce the likelihood of failure.

The purpose behind all of this effort is to reap a harvest. When you cultivate a new personality in meditation, the abundant yield you seek to create is a new reality.

Creating a new mind is like cultivating a garden. The manifestations you produce from the garden of your mind will be just like crops from the earth's soil. Tend well.



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Mitch Ditkoff

AN UNFORGETTABLE EVENING WITH RABBI SHLOMO CARLEBACH

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Later that night, my father, whose belief in God seemed be escalating exponentially the closer I got to losing my Vietnam-phobic college deferment, wanted to talk.

"How'd it go?" he asked. "What did the Rabbi have to say?"

"Umm..." I replied, stalling for time. "It was... interesting. The Rabbi wants me to become a Rabbi."

"That's great," my father blurted. "You'll make a great Rabbi."

"But Dad," I protested. "I don't believe in God."

My father looked up.

"That's really not important," he said. "You like PEOPLE, right? You like to READ, right? You'll make a great Rabbi."

"Dad... I don't think that's how this stuff works."

Five years passed. I went to **Graduate School** (in poetry, not medicine). I married a **Shiksa** (not a **Jew**). I took **LSD** (not the law boards). And I, blissfully, became the student of a 13-year old Guru from **India**. My parent's response? A kind of dark night of the upper middle class **Jewish** soul punctuated with words like "**tsuris**", "**mishuggahah**," and a ton of other **Yiddish** words they used whenever they didn't want my sister and I to know what they were talking about -- which was often.

But then a funny thing happened. The plot twisted. My good friend, **Steven Ornstein** -- also **Jewish** and also a student of the same young, teacher from **India** -- invited me to an "**Evening with Shlomo Carlebach**", a **Jewish Rabbi**, who was one of the leading lights of the "**Baal Teshuva movement**" -- a movement I knew nothing about -- one that was apparently designed to attract secular **Jewish** youth back into the fold. **Shlomo**, **Steven** assured me, was the real deal -- not your run of the mill **Rabbi**, but a true "**keeper of the Jewish flame**."

So I went. What else was I going to do? Eat a salami sandwich?

The first few minutes of **Shlomo's** presentation are unremarkable. What I see is a disheveled man with a beard and a guitar mumbling a few words of introduction to a very conservative audience wearing their well-pressed **Sabbath** clothes. First he starts strumming. Then he starts singing. Then he starts smiling as if the **Red Sea** is about to part.

"OK, fine," I say to myself. "We're in for a **Yiddish Hootenanny** with a non-traditional **Rabbi** just back from **Israel**. Cool".

But the next thing I know, **Shlomo** is jumping up and down. Not just a little. A lot. This is not shtick. This is not some **Borscht Belt Vegas** act. This is a man plugged in, on fire, and all of us can feel the heat.

With each deeply moving song he sings, **Shlomo** gets more animated, more out there, but the "out there" he gets isn't out there at all. It's **IN THERE**. Something is going on inside this man and we can all feel it. His own private **Idaho**? His own promised land? It's hard to tell, but what isn't hard to tell is how much he's enjoying himself and, even more than that, how much he wants the rest of us to join in.

It's clear now, that **Reb Shlomo Carlebach**, wide-eyed, soulful leader of the still forming **Jewish renewal movement**, is polarizing the room. Half of the congregation is with him. The other half is squirming in their seats, planning their escape. But **Shlomo** doesn't seem to mind. Like some kind of crazed bar mitzvah band leader in an alternative universe, he makes a few gestures and gets everyone standing, holding hands, and moving in unison up on stage and then down again -- a curious mix of hora and suburban conga line.

I have never seen anything like this before in a temple. Never. We aren't praying, we are **PLAYING** -- and the play is sparking the experience that prayer is supposed to take us to. Freedom. Joy. And gratitude. The last time I had been on a stage in a temple I was reciting my **Haft Torah** -- 14 lines I had painstakingly memorized for months so I could "become a man." Now it's all improv. Nothing is rehearsed. Nothing is memorized. The only thing happening is joy.

Shlomo walks to the ark, takes out the **Torah**, and hands it to a smiling, young man who immediately starts dancing with it. Dancing with the **Torah**! Yes! Yet another phenomenon I have never witnessed before.

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Mitch Ditkoff

AN UNFORGETTABLE EVENING WITH RABBI SHLOMO CARLEBACH

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"**My Holy Brother**", he calls to the young man to my left. "**My Holy Brother**", it is so good BE with you. "**My Holy Sister**", he intones to the woman to my right. "Do you know what a blessing you are on this **Earth**?"

And the amazing thing? Just by saying these words it becomes instantly true. Whoever he hugs, whoever he directs his spontaneous declarations of love to suddenly **FEELS** holy, suddenly **FEELS** blessed, suddenly **FEELS** totally alive -- touched as they've been by the kind of "Lo, I say unto you" energy that has the power to instantly turn words into reality.

And then, with no absolutely warning, he turns to me. "**Oh my Holy Brother**", he exclaims, tapping his mic three times, "go find the **Rabbi** and tell him I need more power! Go!"

Man on a mission, I descend the stage and begin my search for the **Rabbi**. It doesn't take long. I find him in the kitchen, with his wife, rapidly putting on his overcoat. If this was the Wild West, the **Rabbi** is, most definitely in his "get out of Dodge" mode.

"**Rabbi**", I ask, with as much respect as I can muster. "**Shlomo** needs more power".

The **Rabbi** says nothing. He just stands there, looking at me, shaking his head. The next thing I know, he is out the door, his wife trailing behind.

I return to the main room. "**Shlomo**!" I exclaim, "the **Rabbi** has left the building. He wasn't willing to give you any more power".

"**Fine, my Holy Brother**", he says. "I have my own power!"

And with that, he unplugs the mic and begins singing even louder than before, his jumping up and down some kind of unhinged call to prayer to anyone in the general vicinity.

Five minutes pass. Many people leave. Those of us who stay are all on stage now, spinning in circles, laugh-

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ing, singing, arms outstretched, or simply gazing into a distance that is becoming increasingly closer.

"**Shlomo**!" calls a bearded young man in front of me, his shirt untucked. "**Let's take this to my apartment! I live only two miles away**".

And so, in a few minutes, the evening's caravan of love continues out the door, into cars, down a road, up some stairs, and into a book-lined, dimly lit abode of a local Hassid now kvelling, beyond belief, that **Shlomo** -- **Reb Shlomo Carlebach** -- charismatic, rule-breaking, wide-eyed leader of the still forming Jewish renewal movement, not having slept in **God** knows how long, is going to be holding forth (and fifth and sixth, no doubt) in just a few minutes, without a break and without a single complaint -- a motley crew of **Hassids**, hippies, and holy fools by his side.

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Mitch Ditkoff

AN UNFORGETTABLE EVENING WITH RABBI SHLOMO CARLEBACH

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Standing next to my Holy Brother, Steven, in the middle of what no one has a name for, I have no clue what the protocols are -- or if any exist... or if it matters... or why I am even thinking at all. Shlomo certainly isn't. He is just taking his seat, the one he is offered, surveying the room and sensing, once again, that this -- this HOLY MOMENT -- is the perfect time for a STORY. And so he begins.

I remember nothing of the story he told that night, not the plot, not the setting, not the characters. All I remember is the feeling -- the feeling of wonder, the feeling of awe, the feeling of being absolutely in the right place at the right time and being so utterly glad to be alive.

And when he is done (which, by the way, is something he never is), a great laughter fills the room, followed by a flood of Talmudic references I have no clue about, and the voice of someone, from the back, calling out, "That reminds me of a story".

And so another one begins... and then another.. and then another, waves of spoken love and wisdom bubbling up from a buoyant ocean we are all swimming in.

But even ecstatic Rabbis get tired, and Shlomo certainly is, his nodding no longer a sign of his unabashed appreciation of life, but a prelude to sleep, which is precisely when Steven and I, trusting our instincts, approach and ask if he would like a ride back to his hotel.

Wired as this man was to the experience that everything is coming to him directly from God, he nods, stands and, as he exits the room with us by his side, embraces as many people as he can get his hands on, saying something kind to everyone -- then continues with us, out the door, to the street below.

Thirty minutes later, we are in his hotel room, Shlomo making a beeline to a small bag of tangerines he had just brought back from Tel Aviv.

"These, my Holy Brothers, are sweet. You must have one. You must."

And with that, he begins peeling -- one for Steven and one for me.

The three of us, now sitting on his rumpled bed, are enacting a Jewish ritual that transcends space and time -- noshing. Sweet. The tangerines are sweet.

Then Steven speaks.

"Reb Shlomo," he begins. "A few years ago, my friend Mitchell and I, met a young Indian Master and received a very powerful inner experience called Knowledge. We are wondering if this experience is referred to in any of the Jewish holy books".

Shlomo's ears perk up, his eyebrows arch -- a signal to Steven to elaborate.

"Oh yes, YES!" Shlomo says, "absolutely", quoting from the Talmud, Kaballah, and God knows how many other sacred texts.

Steven and I keep looking at each other. We cannot believe our good fortune. I mean, here we are, completely out of the blue, having a private audience with Rabbi Shlomo Carlebach, wise man, sage, holy fool, storyteller supreme -- when we notice that the room has become suddenly quiet. Curious, we both glance at Shlomo. He is asleep, fast asleep, sprawled out sideways on the bed like some kind of beached Biblical whale, snoring lightly, shoes still on.

Steven, on a roll, leans closer and whispers into Shlomo's ear the news that his good friend, Mitchell, was going to be getting married in three weeks.

Shlomo, from a deep sleep, sits bolt upright and looks right through me. "I'll perform the ceremony," he says. "Me! I'll marry you!"

If I had been Saul on a horse, I would have been knocked off by now, but I wasn't. It was just me, sitting on a bed with Shlomo and Steven in a mid-priced, mid-town Boston hotel room, 5,504 miles from Jerusalem.

"Um... Shlomo," I say. "We already have a Rabbi".

Shlomo's eyes open wider. "Is he straight?"

"Well... a lot straighter than you, Shlomo."

And with that, Shlomo smiles, closes his eyes, falls back, and goes to sleep. Steven and I stand, turn out the lights, and continue on our way.



Jim Egan

STORIES THAT BEND REALITY

...continued from page 29

"Change of strategy. He's looking for a piece of a comic book cover I expect," confided the balding gentleman. "Sometimes his moves are so predictable. It may take him a while. He will only buy it if he's convinced he can't find it free anywhere. He's very stubborn. He's probably gone to Brooklyn."

The two of them sat motionless trying not to stare at one another across the table.

"You know there's a solitaire version," the man said after a while. "It takes a little longer to play and it's not as much fun."

"Teach me."

"You seem to know it already. We've been playing the solitaire version."

"How can it be a solitaire version if two people are playing it?"

"It doesn't matter how many people are playing it. Its the way its being played that makes it the solitaire version. My friend and I don't see eye to eye on many things," confessed the balding man, examining his missing companion's incomplete position. "Our moves don't compliment each other so we prefer to take turns. You can have a turn if you'd like."

"Are you sure he" --indicating the absent head of hair-- "won't mind."

"Of course not. I don't think so anyway. Besides," he said, "it's not a position worth saving."

"Well," the Man with the Ladder said, clearing most of the scraps of flotsam and jetsam off of the table carefully, "I'm not sure I really know how to play but I did see something interesting there." He pointed to half of a flower.

The man looked startled as he examined the move. He looked up directly into the Man with the Ladder's eyes for a moment.

"You're not a hustler, are you?"

"Of course not-- why was that a good move?"

The man looked at him suspiciously, then started to make his move when Sally, the bag lady, came by. She was pulling 3 carts loaded to overflowing with shopping bags from Dean and Delucca's and Bloomingdales. The carts, which were from Grand Union, were strung together into a wagon train by pieces of chain and cord. The load was oppressive. She rested as she went by and relaxed by yelling at them.

"That's all you guys got to do all day is lay around and play games. I don't understand you people. You got no initiative, that's your problem. What are you kids or something. Lazy bums," she cried, heaving the cords attached to the wagon to her shoulder and pulling off.

"Take my advice," she yelled, turning her face towards them, "find something useful to do with your time," and she set out on her rounds.

"Never play with her." the balding man commented when she was well out of sight. "She's treacherous. I think she learned from her mother."

After they played three rounds, the balding man threw a bottle top onto the table. "I'm bushed," he said. "I guess my friend isn't coming back. Expect he couldn't find his comic book."

The Man with the Ladder was disappointed. The game was fun. "Maybe we can play again tomorrow or next week?"

"Probably not," said his companion. "My friend and I are traveling men. There's always another park," he added, "Although this one has the look of a place a person could settle into." He pulled a hat out of his pocket. "You're welcome to the game, if you like it. Teach it to anyone."

"I'll forget it."

The balding man reached over and picked up a piece of paper from the table.

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Jim Egan

STORIES THAT BEND REALITY

...continued from page 47

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

"Here," he said, handing it to the **Man with the Ladder**. "All of the rules are here. It's been fun playing with you," he said, and he walked off.

The **Man with the Ladder** glanced down at the piece of paper. Both sides were painted black. Just as he chuckled to himself for being so gullible as to think there might be rules after all, the street lights blinked on and cast a different light on the paper. He could just barely distinguish some writing that had been painted over. It read:

Rule No. 1 - You are better off not knowing the rules.

The second line was unclear. It looked as if it said, ``**Rule No. 2 - The reason you like parks so much is because...**''

The third line was completely illegible.

As he fumbled with the piece of paper, trying to catch the light from the street lamp at just the right angle, it slipped from his fingers and landed on the table on precisely the spot it had been. He stood next to the table for what seemed like a long while. His caution finally decided that Rule No. 1 might just know what it was talking about and turned and started to walk away.

His curiosity stayed at the table hooting and whispering vague innuendoes until each step he took became a little shorter and less confident than the one before. He stopped and turned to look at the table now some hundred feet away. It looked as if his caution would win out once again until a warm gust of wind slipped by him heading for the table. Without thinking he rushed towards the table but its surface and the immediate area around it was clear of even the smallest of scraps.

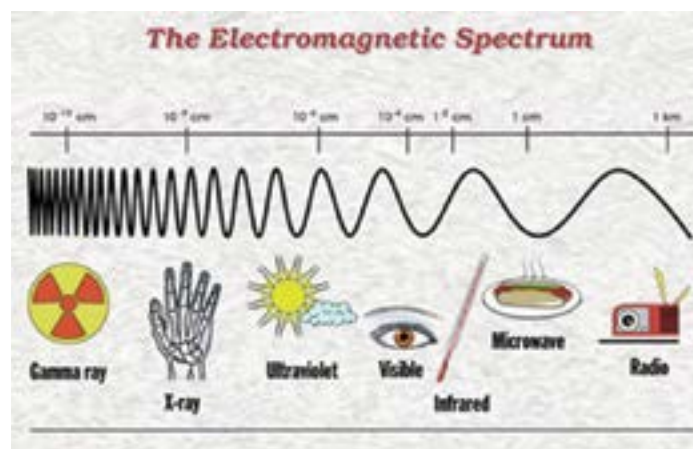
Afterwards he found himself sitting next to that table whenever he visited that park which would have been more often if the homeless woman--the two men had warned him not to play with--didn't insist on winking at him and holding the dark and tattered contents of her shopping bag up to the light at just the right angle.

BEFORE YOU JUDGE OTHERS OR CLAIM ANY ABSOLUTE TRUTH... Consider that you can see less than 1% of the electromagnetic spectrum and hear less than 1% of the acoustic spectrum. The existence of the rainbow depends on the conical photo-receptors in your eyes; to animals without cones, the rainbow does not exist. So you don't just look at a rainbow, you create it. This is pretty amazing, especially considering that all the beautiful colors you see represent less than 1% of the electromagnetic spectrum.

When you try to have a serious discussion about your relationship and they blow it off continually, don't take it personally. They can't hear what you're saying because you're on 2 different wavelengths.

No one is right. No one is wrong. If you continually tell them your emotional needs are not being met and they continually blow it off, stop looking to them for emotional support. Don't blame anyone for not meeting your expectation.

Xrays can see what we can't. Dogs can hear what we can't. **DON'T FAULT SOMEONE IF YOU'RE SIMPLY OUT OF RANGE.**



HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



Betsy Chasse

TIPPING SACRED COWS

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This is one of my biggest sacred cows: the difference between talking about it and being it, philosophy (or intellectual mumbo jumbo) versus practical application. We humans love our cows whether they're in the form of quantum physics, crystals, aura readings, or (insert any of your favorite **New Age** fetishes or spiritual rituals here). We have a habit of making these things our dogma, our religion. Instead of being open to all the possibilities of our own amazing abilities, we use things like **quantum physics** as a way to avoid looking at ourselves and the reality we're sitting in, right here and right now. In my opinion, the talismans we wear have simply become a way to escape from doing the real work on the big talismans we were born with—our intuition and our ability to reason things out and get beyond our emotional responses.

We have become so desperate for the quick fix that we believe our talismans are really going to save our asses when the red and blue lights flash behind us, so we speed along in life, not actually realizing that we should probably just drive the speed limit. You and the cop may be one, but you're still going to get a ticket, and that shit is real and expensive. We expect that having an understanding of the workings of the universe will somehow give us the power to control it, but just like expecting the universe to divvy up the spoils (as in, asking the universe or **God** or anyone else for the stuff we want), once again we're giving our true power to anything but ourselves. It's time to take it back.

At the risk of alienating a lot of people who might "like" me on **Facebook**, none of that "stuff" really matters—not your birth sign, not the cycle of the moon, not the fact that **Mercury** is retrograde for like the thousandth time this year. It wasn't until someone told me about the whole **Mercury** issue that it actually began to fuck with me (hmm, think about that for a minute).

There are many interesting studies in which people are given a placebo (fake) pill, surgery, or test. In these studies, the people who take the placebo sometimes have just as much success as the people taking the real

deal. Sometimes they even have more, especially if the real deal isn't so great. The people who took the placebo didn't know that's what they were getting; they just believed it would have an effect. Sort of like when my computer and phone took a nosedive right after I heard from a friend how **Mercury** was messing with her life. Was it really **Mercury** wreaking havoc, or was it my own belief that it was **Mercury**—does it matter?

I believed, and that's all it took. I observed it to be true, and it was. But is this really the observer effect in action? Or am I just seeing what I want to see? I guess it just depends on what you believe.

So here we are back at belief again. Wow, that little word is so powerful. For the record, I am not suggesting you throw out your dream catcher or tear up your animal cards. Go ahead and have your aura photographed and read that book on quantum physics. It is possible that seeing that dark circle around you in your aura photograph will finally force you to deal with the true issues, like why you keep dating the wrong men or taking jobs that make you feel miserable, or why you need an aura picture to tell you what you probably already instinctively know. Because we do usually already know what we need to know; we just have a tendency to ignore such things until something finally pushes us over the edge. If it's the flipping of the angel card, so be it.

But just remember, my dear, you are part of the quantum foam. Your electrons are made of the same stuff that makes up the universe and that angel card. If we are truly connected to everything (entangled) as they say, then ultimately, everything comes from you and me and your friends and that hot guy across the dinner table. Not the aura picture, the animal cards, or the crystal around your neck. Because we are indeed the dream weavers. We are the creatives, and everything comes from us, not the other way around.

Be careful not to let your ego go crazy here. I don't mean this in some narcissistic "it's all about me" way, although you could run with that if you want. It simply means that when your psychic tells you that you will meet the man of your dreams on a beach as you tumble out of the water, chances are you're going to book the first flight to **Tahiti** and spend days, waterlogged and prune and with sand in places you didn't know existed, waiting for him. Because you believe with every ounce of your being everything your psychic tells you, it's probably going to happen, even if that guy ends

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Betsy Chasse

TIPPING SACRED COWS

...continued from page 51

up being a douche five years later. Why? Because you believed it and took action. Basically, unless you do something about it, that bunny foot isn't going to do it for you. You are the accelerant, you are the observer in your life, and everything starts and ends with you. So check in with yourself before you buy that ticket; ask yourself why you want that man and why it has to be Tahiti (although, if you're going to jump on a plane to meet a man, it might as well be in **Tahiti**).

One of the fun things **quantum physics** tells us is that there is a probability for everything. This is loosely based on the **Copenhagen interpretation**, which (in its boiled-down form) says that all of the possibilities available in the wave aspect of matter will immediately collapse into one "finite" particle-like event upon observation in an experiment. Hence the saying "collapsing into reality," which is very popular in the **New Age** community, mostly because it's nice to think we have the power to collapse reality. And in a way, we do, just probably not the way we'd like to think we do.

If you want to bring the micro out into the macro, go from possibility to reality, then see it like this: your life is the experiment, and you are the observer, but it's not going to happen unless there is action on your part. Someone's got to drop the first particle into the cylinder. The questions you should be asking are, **What action am I taking?** and **From what place within me am I taking that action?**

All of these talismans are tools you can use. If it makes you feel better to know you have your lucky rabbit's foot, then carry it. If you want to check your horoscope before you make that important call, do it. If you want to understand the inner workings of "reality," read that quantum physics book. But don't give away your true power. The power in knowing that, really, everything you seek you have, if you observe it as so. Maybe not the car, but the wisdom to know how to get the car. Maybe not the guy, but the wisdom to know you didn't want him anyway.

It's all stored neatly within the amazing quantum computer you carry around with you all the time: you—your brain, your body, consciousness (which is either inside or outside of you depending on whom you ask; it's that piece of you science has yet to explain). Take a moment to think about what your brain and your body are doing right now. It's pretty amazing, isn't it? And if they can do that, imagine what else they're capable of doing. Who or what is the part of you that knows the answers before you ask the question? Who or what is the part of you that sees you in the world? What is that you capable of doing? Rabbit's foot or no rabbit's foot. You are, in fact, the quantum accelerator.

And here is another reason **quantum physics** is cool. Quantum physics says we are inextricably connected to each other and to everything because all matter is made of energy and it all hangs out in the quantum field or, you might say, The Void. If you want to have some conscious choice about how those waves end up as particles, you have to have awareness (be conscious) of those waves of potential. You have to be aware that things are the way they are because you are perceiving (observing) them that way, and if you want to change your reality, you have to be willing to change the way you see your reality. You have to be willing to hang out with your other self.

In order to change the way you see your reality, it's important to know that other possibilities exist and then be willing to sit with the uncomfortableness of the unknown. We have to get quiet enough to hear the waves of possibilities, see the waves, feel the waves. We don't need anything else (shoot, and I just invested in a whole new set of angel cards), just the willingness to be; and once we've been for a while, we can make a choice to do. **Amit Goswami** calls it the "do be do be do."

You can pick any way you want to do this being—meditate on a cushion, listen to music, do yoga, or exercise. I find that hanging out in my back yard, listening to the birds while I spend time trimming the roses, helps me find my being space. Me and the flowers just being one together. But sometimes it takes sitting with the conflict instead of shoving it aside in favor of smelling the roses. Holding the idea that many outcomes are possible—that's a piece of quantum that is useful to you right now. We're quick to want to resolve and make up, but being in the space you are in and holding the juxtaposition creates the opportunity for the new thought to arrive.

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TIPPING SACRED COWS

...continued from page 51

Essentially, sometimes it's best to just hang out in the foam with all the other cool waves, patiently waiting until you see the one you really want to collapse. Without even realizing it, the answer to my contemplation floats on a wave into my consciousness; I observe it, and poof, it's a particle. But I caution you to be realistic in how you view your reality. There is nothing more embarrassing than leaving a store and telling the nice man carrying your heavy box to put it in the back of the **Porsche** while standing in front of a **Kia**, or attempting to create a grand exit and walking into a wall.

NOTES

* There is proof! Or at least a discussion about how sexy and librarian coexist, simultaneously in the same person. There is this thesis, written in 2005 as part of an MA requirement for the **University of Maryland, College Park**. The author, one **Christine Ann Lutz**, gave her thesis the rather awesome title of **From Old Maids to Action Heroes: Librarians and the Meanings of Librarian Stereotypes**. To learn about **Lipstick Librarians** and **Librarian Avengers** (who would have thought?) check it out at: <http://drum.lib.umd.edu/bitstream/1903/2670/1/umi-umd-2587.pdf>.

† Quantum foam is the term coined by **John Wheeler** as a way to get your head around the stuff that everything, all of the particles and fields and matter that are the universe, schmooze around in . . . the primordial ooze of the universe, if you would like a loose metaphor, in which everything does its thing, except instead of ooze you imagine it as foam. It is the roux of the universal stew, if you want another, even looser metaphor. Quantum foam can also be used as a way to say, "Time ain't smooth, it's a hot foamy mess." The concept is still a little frothy (har-har) as new experiments and data shed more light on how such a concept fully acts in and on space and time.

‡ If you don't have a favorite quantum physicist, I'm telling you, right here, that all the cool people have one—a favorite quantum physicist that is. I'm nerdy

enough to say that it is outright fun to have conversations with someone who creates mathematical stories that look like art using symbols that look like a mix of **Egyptian** and **Mayan** hieroglyphs, and who talks about things like *the God particle* (officially it's called the *Higgs boson*, but God particle sounds sexier). Inner geek says "squee!"

§ If you are just checking into the quantum universe, **Niels Bohr** is pretty much one of the godfathers of modern quantum mechanics. He won a Nobel Prize in physics and, most coolly, helped Jews during World War II. Then, after a daring escape from Denmark, was one of the team that developed the nuclear bomb; the coolness factor on that one is conflicted.

|| Here's the **Planck scale** as explained by me, nerdy layperson. Named for **Max Planck**, it theorizes that there is a point when there are enough quantum particles at the party to start actually acting on gravity, and it becomes comparable to all other fundamental forces.

An implication of that nifty idea is of great interest in that the quantum possibilities, since they are now acting on gravity, can theoretically be said to exist in the relative world, the world that we see in our daily lives set in time and space. And because the observer effect, not to be confused with the **Heisenberg Uncertainty Principle**, shows that we can change how quantum particles act when we pay attention to them, it means that if we are impacting particles at the quantum level, and at that level there is a point when the particles gather enough magic mojo to act in the relative universe, then we can, by force of consistent observation, actually shift the world around us on different levels.

The truth is (as I've been told by many a physicist—most recently **Dean Radin**) that it takes practice for an observer to really make anything bigger than a particle do anything worth measuring. In other words, I guess staring for hours at my **Kia** and attempting to will it into a **Porche** is not going to work.

If you were looking for a very dry but descriptive explanation of the connection between quantum physics and spirituality, you might read this. If you can get through it, call me and we'll hang out: <http://www.theistic.science.org/talks/qps1/>.

MORE next month. [Can't wait? Get a FREE Digital copy NOW of Tipping Sacred Cows by joining Betsy at www.betsy-chasse.net](#)



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

...continued from page 6

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

I saw a male family member going to the emergency room, he celebrated a birthday 2 month's previous. There might be some initial complications but he'd be fine. Someone was deciding whether to postpone a flight and miss an important meeting, but there'd be no need to.

It was helpful to see PAST the tragedy and know there'd be resolution on the way. If I saw the car accident and heart attack and she hadn't asked me for a reading? I wouldn't have shared it with her. It helps people to go thru what they have to go thru. It makes them stronger, like when the butterfly struggles to emerge from the cocoon. The struggle and pain grows the muscles needed to break free and move on to the next good thing.

I LOVE THAT I CAN LOOK UP ON YOUTUBE HOW TO FIX ALMOST ANYTHING

I seldom use my HP OfficeJet 5255 printer so wasn't real surprised when it wouldn't print black ink after a months' long hiatus. *Wait, is that a metaphor to use it or lose it, or for it doesn't matter what's stored up inside if it doesn't express out into the world when you need it to?* Anyway, cartridge almost full, I went thru the basic trouble shooting, let it clean the cartridges 4x, all the websites just ran me thru the basic TS, FINALLY found a **Youtube** vid that said I could remove the black cartridge altogether and the printer will go into SINGLE CARTRIDGE MODE. It worked! I love that I can look up anything that goes awry and find out to remedy it!

ONE OF MY FAVORITE THINGS ABOUT WORKING AT HOME IS THAT WHEN I AM AWAKE AT ODD HOURS, I CAN WORK THEN

I'm an early riser, often doing 5 hours by the time everyone else opens for business. It seems I'm always watching the clock for 9 am when I can begin making and returning calls. My first "smart" phone changed my life and became my new production assistant. I could respond to emails when they came in, even when gro-

cery shopping. Texting lets me ask and answer questions around the clock, which has lightened the load of phone calls. So much of my business is relaying info, someone asking me a question and me directing them to an answer. Many times that can be done right away without me having to research. BAM! Workload cut in half!

MAYBE YOU COME ACROSS ANNOYING ENCOUNTERS BECAUSE THE UNIVERSE KNOWS SOMEONE ELSE NEEDS YOUR LIGHT (EVEN IF THEY DON'T KNOW IT)

A friend is always coming across annoying encounters and doesn't know how she's attracting that. She'd gone to **Walmart** for the first time in months and wrote, "Tonight I got lost like it was a casino: no windows, harsh lighting, marketing every place you look, horrible chemical off-gassing smells, fake scents everywhere. It was intense, really affected me: my emotions, mood, energy level, ability to process clearly, kinda scary. On the way out I got stopped to check my receipt. A few purchases were not in bags. I'd had enough. I'm way not ok with being profiled as a potential shoplifter. I believe this is setting a strong precedent for desensitizing us to fewer personal rights. Do you experience this? How does it make you feel?"

ANDREA'S REPLY: I know it's their policy if it's not in a bag to check the receipt. I've been stopped. I don't care, they're just doing their job. I DON'T LET THINGS LIKE THAT BOTHER ME. I'd drive myself crazy if I did. If I'm going into a store, an environment like that, I just do what I have to do and go with the program until I'm out of there. I don't make things harder than they have to be. I don't complain about things that are just marginally annoying. It'll pass soon enough.

I'M NOT KNOCKING HOW IT MAKES ANYONE ELSE FEEL. She asked how does it make ME feel. *I've learned if I want things to go smoothly in my life, I had to start really choosing what I allowed to rile me up emotionally. BECAUSE WHATEVER RILES ME EMOTIONALLY EITHER ALLOWS OR DISALLOWS GOOD STUFF COMING TO ME.* Whatever I allow to tick me off is introducing resistance into every situation I have ongoing right now, family, love life, finances, job, vehicle. IT'S UP TO ME TO DECIDE WHAT PISSES ME OFF ENOUGH TO THROW A WRENCH INTO A HAPPY LIFE



Enjoy our offering this month.
Hari Om.

Andrea

HORIZONS MAGAZINE
575 Escarole Street S.E.
Palm Bay, FL 32909-4802



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

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



KRIYA YOGA at Center for Spiritual Awareness

Spring 2022 Online Seminars
With Ministers ordained by
Roy Eugene Davis (1931–2019)

May 7 Health and Wellness for
Yogis 10 a.m. to 1 p.m.

See the website Calendar for
complete daily schedule.
www.csa-davis.org

Meditation, Every Sunday
Morning Online: 11 a.m.
Eastern Time

Use Zoom to participate.

Visit: www.csaretreat.org
Code: 980 663 1368
Password: 957607

Note: If you don't have a smart phone
or computer, you can call with your
telephone: 1-669-900-6833
Enter Meeting ID: 980-663-1368 and
press #. When it asks for the partici-
pant ID, press # again.

Go to: csa-davis.org Retreats,
for Details and Schedules

Center for Spiritual Awareness
PO Box 7 Lakemont, Georgia 30552
706-782-4723 info@csa-davis.org

2022 Spring Retreat Schedule
In-Person at CSA Headquarters

April 18–22 Kriya Yoga & Ayurveda workshops

April 25–29 Kriya Yoga retreat

May 16–20 Kriya Yoga & Bhagavad Gita workshop

May 23–27 Kriya Yoga retreat

ayurveda *ayur* life, *veda* knowledge. A natural system
for health and actualization of spiritual potential.

panchakarma *pancha* five, *karma* action. The five
major procedures and therapies for purifying and
rejuvenating the body.

See website calendar for more information.

www.csa-davis.org



CSA founder, Roy Eugene Davis (1931 – 2019),
a direct disciple of Paramahansa Yogananda,
taught spiritual growth methods for sixty-eight
years in North and South America, Japan, Africa,
Europe, and India. His books are published in
eleven countries.