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Andrea de Michaelis presents

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*See Herb Corner article on page 10*

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**PM MANY PATHS TO GOD**  
**AND THE POWER OF PIL-**  
**GRIMAGE FACILITATOR:**  
**REV. ELIZABETH STAMPER,**  
**LMHC.**



The many paths to God in-  
vite humankind into both an  
inner journey and an outer  
one, and they entice us with  
the promise of a Peace “that  
passeth all understanding” and of limitless Love.

The inner journey includes all the contemplative  
practices that take one beyond concepts, dogma,  
and belief, and into a direct experience of the  
Divine. The outer journey is being and becoming a  
“pilgrim” on his or her way to Sacred Space.

In this workshop, we will focus on mystical  
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guided meditation and quiet.

## ONGOING EVENTS

First Sunday of the Month - Reiki Healing Service after both Services

Second Friday Night – Game Night 6:30pm

Third Sunday of the Month – mini service at WAVECREST 2:30pm

Noon Prayer Service Tuesdays and Thursdays

Tuesdays – Course In Miracles 7:00pm

Wednesdays – Meditation with Jenny 7:00pm

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Merritt  
Island  
Sunday Services  
10:00 am



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missing**

Rev. Mark  
Pasqualino



**The greatest  
optical illusion is  
separation**

# HORIZONS

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

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



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

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

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

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Calendar \$.50 per word. page 18  
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Back page	\$625	\$565	\$475	Unavailable
Inside back	\$525	\$1395	\$2400	
Inside front	\$550	\$1455	\$2550	
Page 3	\$550	\$1455	\$2550	
Page 4	\$450	\$1200	\$2100	
Front cover	\$900 (Restrictions apply)			

As of Feb 2016 all pages are color, so above prices have been adjusted to reflect color prices. Ad rates posted before Feb 2016 said "Add 25% for color" so no more math.

### \*You must prepay to get discount

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# 12 Steps of Spiritual Freedom

<http://oneheart-onemind.org> Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

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

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

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

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

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine





**Andrea de Michaelis**  
Publisher in 2016

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

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

**Welcome to the May 2017 Horizons.** I had a giant head and chest cold for 9 days last month. I've always heard a cold is 3 days coming, 3 days here and 3 days leaving, whether you treat it or not. The first 2 days were rough until I began taking **Alka Seltzer Plus** to dry the head, and generic **Mucinex** to thin the cough. I stopped eating and drank pineapple juice, which also helps thin chest congestion. I did the juice in shots as a chaser to **Cecelia Avitable's Herb Corner Immune Tincture** and **Sue Merrell's Applecillin fire cider**, both natural herbal antibiotics. Hearing about my cold, Sue graciously dropped a jar of her Applecillin at my door. Within a day I could feel it working! I love it when angels hand deliver to me!

Although the weather was in the 60's and 70's, I had to have the a/c on because the oak pollen in my yard was ankle deep,

adding to the congestion. I worked only an hour or two each day because I had zero energy. I made sure to tell everyone on Facebook all about it, every step of the way! Hehe So as I was lolling about playing on **Facebook**, I notice my good friend **Teri von Marbod-Schneider** has the flu. Aaaugh!!! That's far worse than what I had. She just moved clear across the state and knows very few people there. And she was stuck at home sick with no one to cater to her. She'd ordered some **Buried Treasure ACF Immune Formula** from Amazon but the post office kept delaying delivery. Nothing worse than being sick and nothing going right for you.

I called around town to see what health food store carried the **ACF**. One was very close to her and had it in stock! Next we needed to get it to her. I asked on my FB page who lived in her town. An angel named **Maria Hoffman** responded almost immediately! Synchronistically, **Maria** was going to be near the health food store in a couple of hours and could pick it up. She picked up a few other supplies and delivered them to Teri's door. Another angel to the rescue, and she wouldn't take a penny for doing it! Within days, **Teri**, too, was up and about. I was reminded of **Karen Drucker's** song, "*We are all angels, searching for each other and we cannot reach the sky (alone) because we need two wings to fly.*"

I learned two things through the ordeal. One, there are always people standing by, just waiting to help. And two, if I can take 9 days off for a cold without business grinding to a halt, I can take a vacation!

*...continued on page 29...*

**Love? Money? Travel? Learn what 2017 holds in store for you.**

# PSYCHIC FAIR

**SATURDAY & SUNDAY  
MAY 13 AND 14  
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**\$12 for a 10 minute mini-reading:**

**Behind McDonald's north of 520**

**Saturday Fair May 13 11am-4pm**

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**Kathryn Flanagan:** Intuitive Channel, Tarot, Psychic Medium

**Maria Torano:** Psychic, Medium, Cross-Over Readings

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**Carrie Raven Heart:** Native American Reader, Animal Spirit Reader

Tuning Fork Healings by **George Stankus** MA13729

**Leslie Marlar:** Astrology **Saturday ONLY**

**Kim Danbert:** Psychic-Medium Tarologist

**Sunday Fair May 14 11am- 4pm**

**Daena Croghan:** Psychic medium, Angel Readings

**Kathryn Flanagan:** Intuitive Channel, Tarot, Psychic Medium

**Maria Torano:** Psychic, Medium, Cross-Over Readings

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# FAIRIES 101

Doreen Virtue is a doctor of psychology who works with angelic, elemental, and ascended-master realms, author of 50+ books about angels and mind-body-spirit. [www.angeltherapy.com](http://www.angeltherapy.com) • [www.angeltherapy.com/blog](http://www.angeltherapy.com/blog)

The following excerpt was taken from *Fairies 101*, by Doreen Virtue, Ph.D. It is published by Hay House

## Houses, Careers, and Other Gifts from the Fairies

**To connect with the fairies, go outdoors. This is where they live.** The fairies love flowers, trees, shrubs, and bodies of water. They love gardens that grow freely, without tight manicuring or pesticides. As you'll read within these pages, the fairies can help you with your garden so that you don't need to use chemicals!

Once you're outside, tell the fairies that you'd like to meet them. You can do this silently, aloud, or by leaving an offering. The fairies hear your thoughts, and they love gifts. They're especially fond of candy (unwrapped, of course) and shiny objects like crystals.

The fairies will scan you to get a sense of how well you treat the environment and animals. If you pass this test, they'll give you an assignment that you'll receive as a thought or feeling. Usually, the fairies will ask you to gather and dispose of trash from the area you're standing in. If you do so, they will gladly help you with whatever you ask, as **Lisa Grubb** discovered:

Lisa was upset by the all the trash that littered her favorite campsite. She'd just arrived to enjoy a camping trip and was in the process of gathering firewood. Yet instead of finding wood, all she could see was rubbish covering the grounds.

So Lisa started cleaning up the mountainside. With each piece of trash she picked up, she blessed the land and forgave the people who'd littered. She gathered six large bags of rubbish, but still had no firewood for her campsite. There weren't even any burned-out logs in the camp fire pits.

Lisa decided to drive to a nearby facility to buy some wood. So she gathered her bags of rubbish and headed down the mountain. She put the rubbish in containers but found that no one was available to sell her some firewood.

She returned to her campsite and figured that she'd find wood later or just bundle up for the night. As she neared her campsite, Lisa was amazed to find a large stack of wood that was cut,

split, and neatly stacked. She'd only been gone for 15 minutes and no one else was around. Where could the wood have come from?

All throughout the week, no one came to claim the wood. That's when **Lisa** knew for sure that fairies had provided for her wonderful retreat that week, and rewarded her for her thoughtful conservation efforts.

I spoke with **Lisa** after she submitted this story to me, and discovered that she's been talking to the fairies since she was a little girl. She is very ecology conscious and does what she can to help the environment. She says that the fairies always help her in exchange for her kindness to nature.

Like Lisa, **Priscilla Palmer** was rewarded by the fairies for picking up trash. The fairies' gifts usually consist of items made from Mother Earth, like Lisa's firewood and Priscilla's crystal:

As **Priscilla** walked along the shores of Laguna Beach, California, she noticed a cove littered with empty water bottles, fast-food containers, cigarette butts, Styrofoam cups, and other plastic trash. She heard the fairies implore her to pick up the trash. Not having any bag to put the trash into, Priscilla promised to pick up the trash later.

As much as she wanted to keep her promise, the thought of picking up trash and touching someone else's germs disgusted her. The next day in meditation, she heard the fairies say, "You promised to pick up the trash at **Moss Cove**. Are you going to do it?" Before she had a chance to argue with herself or the fairies, she grabbed some trash bags and returned to the cove.

**Priscilla** picked up all the trash that was easily accessible. Then her eye was drawn to an empty water bottle up on the hillside. She had to balance herself precariously to reach it. Upon picking up the bottle, she found a beautiful natural quartz crystal beneath it! Here was a gift from the fairies for keeping her promise!

As **Priscilla** picked up the crystal, she could feel the healing ocean and earth energy within it. She held it to her heart and thanked the fairies for their kindness. She heard them say, "Thank you for your kindness!"

So fairies offer unsolicited gifts to show us their gratitude for taking care of **Mother Earth**. Yet, if you're regularly showing respect toward the environment and animals, the fairies will help you whenever you ask. You don't need to do environmental work immediately before you ask the fairies for a gift. They'll help whenever you ask, provided that you do something nice for the planet on a regular basis.

Fairies are brilliant manifestors, meaning that they know how to attract or create dreams and make them a reality. They remind us of the importance of staying true and positive about our desires.

*...continued on page 27*



# 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](http://www.abraham-hicks.com).

## HOW YOU BLOCK SOURCE ENERGY

**GUEST: What are the things that we do to deceive ourselves and to impede the goodness?**

**ABRAHAM:** Well, there are more than we could speak if we stayed a long, long time. But this is always true: Every time you're doing it, you feel the dissonance in your being.

Negative emotion is always present when you are in the act of deceiving yourself. And the big bullet points are:

*I'm not good.  
You're not good.  
I'm not right, I'm wrong.  
You're not right, you're wrong.  
Something is wrong with you.*

It's always when you are pushing against something unwanted. It's when you've activated the opposite of Who-You-Are and what you want... that's when the greatest deception comes. And the reason that we are willing to call it deception - that's a clever choice of words on your part - is because Law of Attraction will support anything that you give your attention to... which makes you feel like it's true, not deceitful.

But it is true in the physical disconnected sense, not in the Non-Physical, ALL IS WELL, you are PURE POSITIVE ENERGY sense. Did you get that? That matters a lot.

Esther argued with us, especially in the beginning - every day really - but especially in the beginning. She would say, "Abraham that's true, but that's true, that's true, that's a true thing... and I've been taught to be objective, and to weigh the pros and the cons and the pluses and the minuses, and to give everything equal time in my evaluation process... and that is a true thing."

**There are many things that are true that you do not want to live, so deactivate them from your experience**



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And we said, "There are many things that are true because anything that anybody gives their attention to for very long becomes a reality." Law of Attraction says it will. That's the free will that you all have. How are you gonna really know what you want if you don't really know what you don't want? That's part of the deciphering process.

But there are many things that are true that you do not want to live, and so deactivate them from your experience. Except that's a tricky word because you cannot deactivate something. "I'm not gonna think about that thing I'm thinking about..." and a lot of times when you think you're thinking about that thing you want, you're thinking about that thing you don't want... because every subject is wanted and unwanted.

*...continued on page 26...*

# Herb Corner

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

See Herb Corner events on inside front cover

## HOLY BASIL

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In a study from **Azad University** in India and **The Journal of Ethnopharmacology** **Holy Basil** was found to **help maintain healthy blood-sugar levels** reducing post-meal glucose by 17%.

**In the Urinary System** **Holy Basil** helps reduce the build-up of uric acid which is one of the main causes of kidney stones and gout. Plus, its mild diuretic actions help clear the kidneys by increasing the frequency of urination. Because it kills and destroys bacteria in the mouth it can be used to fight tooth decay, freshen breath and for ulcers and infections of the mouth.

Finally, the strong antioxidant, antibacterial, antifungal and germicidal properties of **Holy Basil** **boost the immune system** and can be used in the prevention of chronic ear infections, colds and flu and other maladies. There have been some reports of it being beneficial for **malaria and dengue fever**. Modern science has been doing more and more studies on this common garden plant and has found it to have many medicinal properties that support many areas of the body.

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# EVERYTHING THAT HAPPENS IS MEANT TO HAPPEN

Writer Sophia Quzi works as a welfare benefits specialist adviser and has been practicing Raj Yoga and teaching mindful meditation for the past 9 years. "In my job, I help people from all communities reduce suffering caused by having very little or no knowledge about their rights and entitlements in the UK. I've always held on to a quote by the poet Rabindranath Tagore: *"Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky. That always sounded like something I believed in. I just never knew how to put it into practice. The moment I introduced myself to meditation and spiritual knowledge, I knew I was on my way of achieving it."*

**Everything that happens is meant to happen. It is not a mistake.** When a person worries about an exam his worry of the questions that will be asked does not allow him to remember what he knows. Panic sets in. Action needs to be present but so does detachment from the concept of victory and defeat. It doesn't exist, as human victories only create bigger egos and pride is always followed by a fall. Win today lose tomorrow.

**The mind cannot recall its own wisdom when fear of an outcome or emotion is working.** Good days and bad days do not exist when you are aware that everything is repeating from the previous cycle as it is meant to. Nothing new. Stand on the rail of the life drama and be a detached observer and the universe will make You into an instrument and the best will happen. You will see success and failure in the same light. Bring the power of detachment into play. Embrace and include everything in this poised attention. Attachment benefits no one. They have mistaken it for something else.

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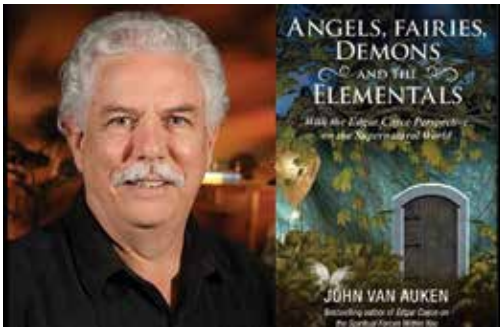
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John Van Auken has the Edgar Cayce perspective on the paranormal and the supernatural

# ANGELS, FAIRIES, DEMONS, AND THE ELEMENTALS

John Van Auken is a director at Edgar Cayce's A.R.E., and speaks on the body-mind-spirit topics found in the Edgar Cayce readings, on which he is an acknowledged expert. He is the author of several books including Angels, Fairies, Demons & the Elementals from which this article was excerpted. Visit [www.edgarcayce.org](http://www.edgarcayce.org) and search page for "John Van Auken."

## FAIRIES, SPRITES, ELVES AND MORE

**One of the most surprising readings Edgar Cayce gave was to an oilman seeking help finding a new oil field.** The man asked if he should seek the help of a person in New York City or another in London, to which Cayce replied, "Rather had the entity best listen to the voices from within, that present themselves as the activities about the entity-or brownies." **Edgar Cayce reading 1265-2**

**Brownies?** Yes, brownies! This had to be a shock to those listening to this instruction. In fact, they weren't sure if they understood him correctly, so they followed up with another reading the next day, asking: "What is meant by the term 'brownies' in the last answer of the Check Reading?"

The sleeping Cayce replied, "The manner in which those of the elementals-entities who have not entered into materiality- have manifested and do at times manifest themselves to the

entity. Apparently this man was being approached by brownies but was not listening to them! Cayce went on to explain, "**Brownies, pixies, fairies, gnomes** are not elementals, but elements that are as definite entities as man materialized, see?" **Edgar Cayce reading 1265-3**

Here we see Cayce parsing the details of elementals and entities, clarifying that fairies are of the elements but are in fact individuated entities like humans are as well.

To a young lady getting a reading, he said: "Don't be afraid to acknowledge that you see fairies as ye study, for you will nurture these experiences. Don't be afraid to say that you see the gnomes which would hinder peoples at times." **Edgar Cayce reading 5359-1**

To another person getting a past-life reading, he explained, "Before this [incarnation] the entity was in the **Scotch** land. The entity began its activity as a prodigy, as one already versed in its associations with the unseen-or the elemental forces; the fairies and those of every form that do not give expression in a material way and are only seen by those who are attuned to the infinite." **Edgar Cayce reading 2547-1**

A fascinating reading came when Cayce was asked how to put forth an argument to persuade a man to accept the deal that was being offered to him. Cayce explained that there were unseen forces preparing "proper connections and a proper set-up" that would ultimately affect the desired outcome, and if they were patient "the little **brownies** come along and tell him what to do!" **Edgar Cayce reading 257-87**

**Fairies, elves, and gnomes** are beings affecting the world but remain mostly unseen. **Brownies** are actually of the family of **fairies**. **Nymphs** are female elves. **Sprites** are fairies of a particularly pleasant appearance and disposition. **Pixies** are mischievous fairies. Folklore describes them all as magical beings of diminutive human form. **Gnomes** are usually described as shriveled little old men that inhabit the interior of the **Earth** and act as guardians of its treasures.

It would seem that the young people today are closely "attuned to the infinite," as Cayce put it, and are therefore interested in books and movies about the normally unseen fairies, elves, and gnomes. Let's keep our eyes open, or as **Jesus** might have put it, whoever has eyes to see, let them see!





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# FROM THE HEART



Alan Cohen is author of *Enough Already: The Power of Radical Contentment*. Join Alan in Hawaii this June 19-23 for a life-transforming retreat, *Power, Passion, and Purpose: a Training to Live Your Vision*. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).

## When Seekers become Finders

**Every morning after we walk our dogs, two of them chase each other around the living room coffee table.** It's quite entertaining to watch these exuberant spirits tease each other, bark, and run around in circles. The little one eggs the larger one on and keeps slightly ahead of him in the chase. Then she stops short and he catches up to her. The two stand there for a moment with a look on their faces like, "Now what do we do?" Then the little dog runs in the opposite direction and the other guy takes off in hot pursuit.

Watching them, it occurred to me that their fun is in the chase. Once the chase is over, the play is lost. Then, to keep the action alive, they must start the chase again. If this sounds familiar, it is. We humans are in many ways like those frisky canines. We thrive on striving, searching, seeking, and yearning. When we do get what we want, we are satisfied for a moment, but then we are on to the next chase. And the game goes on.

Some of us have been chasing for so long and hard that we have developed identities as seekers. We look for things more than we find them. You may even be proud to proclaim yourself a spiritual seeker. But have you ever thought about proclaiming yourself a spiritual finder? How would your world change if you started finding more than seeking?

In the clever and entertaining film *Princess Bride*, we meet **Inigo Montoya**, who is on a lifelong mission to avenge the death of his father, who was killed by an assassin many years ago. Inigo is constantly swirling his sword, practicing his

revenge statement: "*My name is Inigo Montoya. You killed my father. Prepare to die.*" Finally Inigo catches up with the assassin and does him in. Afterward his friend asks him, "*Inigo, now that you have avenged your father's death, what will you be doing?*" Inigo stops in his tracks, a blank look overtakes his face, and he replies, "*I have been in the revenge business for so long that I don't know what I would do without it.*"

That is precisely the predicament in which many of us find ourselves. We have been in the seeking business for so long that we would not know what to do if we found. We have entertained thoughts of lack so consistently that when abundance shows up we don't know how to accept it. We have felt stuck so often that we are uneasy with freedom when it is offered. We have been searching for a partner so ardently that we don't really believe one is out there, and if he or she showed up, we would doubt that person is real.

Such a position calls us to reexamine, challenge, and grow beyond the old beliefs that have kept us small. Lack, pain, and loneliness are arrows pointing us to discover untrue thoughts about ourselves and life that keep us from having what we want. Rather than simply continuing behaviors that don't work, we must be willing to see ourselves differently and receive what we have kept at a distance. Put simply, we are being called to let life love us.

The quickest and easiest way to get your needs met right now is to shift your vision. Cultivate your ability to find love, beauty, health, success, peace, and abundance right where you stand. Don't wait for conditions to change for you to have enough. Claim enough right here, and enough will expand unto surplus.

Many years ago I was having dinner with **Dr. Wayne Dyer** when the subject came around to money. Wayne nonchalantly said, "*I have enough money. I don't need any more.*" Hearing that, I jealously thought, "*Sure you do. You make twenty thousand dollars for a lecture.*" Then I realized a deeper teaching was being offered. **Wayne** had enough money because he decided that what he had was enough. You and I know people who have a lot more money than **Wayne Dyer**, and they never have enough. They are always worrying about protecting their assets and getting more. We also know other people who have very little, and they are soaring in contentment and joy. So it turns out that finding is less about getting and more about knowing.

A friend told me, "I used to think I was a perfectionist because I would find the tiniest flaws in everything I saw. Now I realize I am really an imperfectionist because I focus on imperfection. If I were a perfectionist I would find perfection everywhere I look, not imperfection."

This month I invite you to become a true perfectionist by finding perfection. Look for the beauty rather than the ugliness; love rather than alienation; the whole instead of the broken. You may be amazed to find that what you have been looking for has been here all along. Perhaps **James Allen** said it best: "Two men looked out through prison bars. One saw mud; the other, stars."

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# ASK WHITEDOVE



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Visit [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

## DEAR MICHELLE: DO TWIN FLAME SOULS RESEMBLE EACH OTHER OR ARE THEY OPPOSITES?

**DEAREST,** A twin flame is a soul that has divided its energy to incarnate into separate bodies, to have separate experiences. It has been said that Jesus and Mother Mary are Twin Flames. In this case they led similar lives, highly evolved spiritual beings, on a mission of enlightenment for the world, with Mary offering a supporting role to Jesus. I believe that they communicated telepathically and could empathically feel each other even when separated at great distances.

In other Twin Flame scenarios, a soul will divide to work on its karmic debts. These bodies are not meant to meet, the goal is to hurry up and complete their journey but twice as fast. Although if they do cross paths they will be magnetically drawn to each other because of their divine energy: like attracts like. In any case it's a fallacy to believe that Twin Souls are oppositional, when they are mirrored reflections of one another.

If you divide anything in half, it's all the same element. Twin souls offer supporting roles, they are the same energy although when looking in the mirror sometimes we see the worst aspects - so if one being is reflecting light and the other is mirroring the darkness of the soul, you might think that they are opposites. But in reality these beings are glimpsing the yin and the yang aspects that resides within the human soul.

**HI MICHELLE: I'M 11 YEARS OLD AND WANT TO KNOW ABOUT MY ANGEL FRIEND. MOM DOESN'T REALLY BELIEVE ME, BUT I'VE ALWAYS HAD A BEAUTIFUL ANGEL THAT STAYS WITH ME MOST OF EVERY DAY. I CALL HER SUNNY BECAUSE SHE IS SO BRIGHT AND SHE SMILES WHEN I CALL HER THAT. HOW CAN I MAKE MOM BELIEVE SINCE SHE CAN'T SEE SUNNY?**

**DEAREST,** Hold your ground, just because your parents don't believe in spiritual phenomena - does not mean that it's not real. I feel that your Mom is spiritual, so it might be best to just remind her that the bible talks about everyone having Guardian Angels. They are messengers, protectors and companions sent by God to assist us on our daily journey. Your

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Mom has one too, call upon her Angel and listen for messages to give to her. I have a feeling that very soon, Mom will believe. Keep talking to Sunny and listen to her guidance, she will never steer you wrong.

**DEAR WHITEDOVE: I'VE PRAYED, PRAYED AND PRAYED MY GUTS OUT, SO WHY WONT GOD ANSWER, I'M NOT ASKING FOR THAT MUCH. WHATS UP WITH THIS?**

**DEAREST,** Believe it or not, there is an art to prayer. First give thanks; always be humble and grateful for all of the blessing that you have been bestowed. Then pray with sincerity, for God knows our heart. When petitioning God or the Angels to intercede - never tell them how to do their job. Far too many times people pray and try to micromanage God like this: "Oh God Thank you for helping me to pay my big unexpected bill this month. Aunt Sally has the funds; please open her heart and her purse strings to give me what is needed. Amen" You can claim the outcome - but let God work the magic. Don't tell your heavenly support team how to manifest a miracle for you. Aunt Sally may not bend. But your Angels would have had a solution greater than you could imagine!

Here's something else to know. God hears all of our prayers. But sometimes our biggest blessing is an unanswered prayer. Too often we cling to the past, when there is an adventure just around the corner. God knows what is in our highest good. Sometimes the answer is a simple No! There is another plan in the works. God has the first and last say.

Remember God helps those that help themselves. So pray and get to work. Are you praying for a car? If you need a new car, start working and setting aside funds. Are you praying for improved health? Start researching and do what you can to improve your body. Look for signs, listen for solutions during meditation. Your faith in action is how we co-create our future with God. In this way, you will find things falling into alignment as the Law of Attraction commands.



# THE UNTETHERED SOUL: TWELVE-STEP GUIDE TO SPIRITUAL AWAKENING

Michael A. Singer is the author of *The Untethered Soul*, *The Search for Truth* and *Three Essays on Universal Law: Karma, Will and Love*. During his doctoral work at University of Florida, Singer had a deep inner awakening. In 1975 he founded Temple of the Universe. Singer has made major contributions in the areas of business, the arts, education, health care, and environmental protection. Visit [untetheredsoul.com](http://untetheredsoul.com)

**Spirituality is meant to bring about harmony and peace.** But the diversity of our philosophies, beliefs, concepts and views about spiritual matters often leads to confusion or even conflict. The fact is that the very act of seeking spiritual freedom causes notions of success and failure, and these notions serve only to bind us to our own self judgments: Am I growing? Have I done anything wrong? Am I meditating enough?

Truth is only complicated because we pass it through our habitual thought patterns. When we step back from ourselves, truth becomes simple. There are not many paths to freedom, there is only one. In the end, no matter what particular patterns of thought we have managed to build in our minds, freedom always means transcending these personal thought patterns.

But how does one go about transcending the personal self and awakening to spiritual freedom? What is needed for this journey are succinct steps that are so universal that they can echo through the halls of any religion as well as support intellectual understanding. The following is a universal road map to Self Realization.

**1. REALIZE THAT YOU ARE IN THERE.** You must first come to realize that you are in there. From deep inside, you are experiencing this world. You are experiencing your physical body, your thoughts, and your emotions. You are conscious and you are experiencing what it is like to be human.

**2. REALIZE THAT YOU ARE NOT OKAY IN THERE.** Look to see what's going on inside. If you want to understand why you've done everything you have ever done, if you want to see what's really going on, just observe your mind and emotions—just experience your inner state. If you objectively look, you will see that you are never completely at peace. You will see that you are not okay in there.

**3. REALIZE THAT YOU'RE ALWAYS TRYING TO BE OK.** At any point when you look at the state of your inner being, you will see that something is bothering you. You will then notice that this causes urges, drives, and impulses to do something about it. You will find yourself constantly trying to either get something or avoid something. All of this is done in an attempt to be okay.

**4. REALIZE THAT YOUR MIND HAS TAKEN ON THE JOB OF FIGURING OUT HOW EVERYTHING NEEDS TO BE FOR YOU TO BE OKAY.** If you watch, you will see that your mind is always telling you what you should and should not do, what others should and should not do, and how things should and should not be. All of this is the mind's attempt to first create a conceptual model of what would make you okay, and then try to get the outside world to match it.

**5. REALIZE THAT THE PROCESS OF DEFINING HOW THE OUTSIDE NEEDS TO BE IS NOT GOING TO MAKE YOU OKAY.** You must seriously look at this process of trying to be okay. You've been at it your entire life—you've just tried different things at different times. While it's true that sometimes you manage to make it better for short periods of time, you know that you've never even come close to reaching a state of permanent peace. Watch very closely how you react to the things your mind has preferences about. You will see that if your mind gets what it wants, you feel joy; if it doesn't get what it wants, you feel disturbance. Likewise, when your mind experiences what it doesn't want, you feel disturbance, and when it avoids what it doesn't want, you feel relief. You will never be okay playing this game because the world will never match the conceptual model your mind has made up. Eventually, you will come to see that struggling to be okay does not work. At some point, you will try to find a different way to be okay in there.

**6. LEARN TO NOT PARTICIPATE IN THE MIND'S STRUGGLE TO BE OKAY.** This step is about learning to sit in the witness, the part of you that notices the inner urges to be okay. You must become comfortable with sitting in there and not participating in the inner energies. You learn to relax in the midst of them. You come to see that there is a habitual process in which the moment you feel inner disturbance, you are drawn into doing something about it. You must learn to sit inside and not participate in this process. If you truly understand that going outside to try to be okay inside doesn't work, then you'll be willing to sit inside and simply allow the disturbance to pass through. It is not difficult. If you can do this, all disturbance will cease by itself.

**7. LEARN TO GO ABOUT YOUR LIFE JUST LIKE EVERYONE ELSE, EXCEPT THAT NOTHING YOU DO IS FOR THE PURPOSE OF TRYING TO BE OKAY.** If you aren't so preoccupied with trying to be okay, you will be free to sit inside and quietly love, serve, and honor whatever naturally unfolds in front of you. When you reach this point, you are no longer living for yourself. You are interacting with life, but not for the purpose of being okay.

*...continued on page 31...*



# ABRAHAM FUN



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

## Soulson #483 How Do I Find My Cure?

**To find a cure for any illness, I must first understand its cause.** The culprit is not viral, bacterial, genetic, or an unhealthy environment or lifestyle. Although any of these may be precipitating factors, they are not the cause.

**All illness is, at its core, unhappy thoughts that I've entertained long enough for them to gel or crystallize into physical symptoms.** No treatment or medicine - conventional or alternative, mundane or exotic - will bring long-lasting relief until I change the patterns of thought that invited my problems. The only path to health and vitality runs straight through my cranium.

I stop discussing and agonizing over my symptoms. I now understand how I got into this situation, and I thus know how to extricate myself.

I consistently envision myself doing all the things I want to do while feeling hale and hearty. I "see" myself going about my day feeling like "a million bucks."

Each time I notice myself thinking a thought of criticism, complaint, regret, guilt, resentment, fear, or doom-and-gloom, I stop myself, changing the subject in my own mind.

My body wants to be healthy. It knows how to be healthy. And when I stop poisoning it via my thoughts, I will thrive.

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# CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) or call 321-750-3375 with credit card info. No calendar listings taken by phone.

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

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

Wednesdays 7pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 303 Pine St 32796 321-543-3674

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

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

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)

April 16th - Floridan Aquifer & Geologic Time Scale - Shyama

April 23rd - Gita Chap 4 Discussion & Study Group - Dr. David Warren

April 30th - Explanation of Prayer for World Peace - Ma Moksha Priya Shakti

May 7th & 21st - Gita Discussion Group - Dr. David Warren

May 14th - Indigenous Wisdom of Peru - Learning from the 4 Directions - Sue Merrell

June 4th & 18th - Gita Discussion Group - Dr. David Warren

June 11 - Empowerment of the Soul - Yola Abdou

June 25 - The wisdom of Bees - Hari Shankar

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

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

Sunday MELBOURNE 10am Dharma Talk Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 [openmindzen.com](http://openmindzen.com)

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

Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast at 602 Brevard Ave 321.474.2030 [www.cslspacecoast.org](http://www.cslspacecoast.org)

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 1108 N. Dixie Highway (US 1) [dbcuuc.org](http://dbcuuc.org)

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

May 13, 14 Saturday and Sunday MERRITT ISLAND Psychic Fair \$12 for 10 minute mini reading, 950 N. Courtenay Pkwy, Merritt Island, FL 32952 321-453-2665 (see ad page 7.) visit [www.bookandbeadoutlet.com](http://www.bookandbeadoutlet.com) for coupon for day of fair.

May 17th-Wednesday MERRITT ISLAND 6:00 pm-8:00 pm Dream Interpretation- What are your Dreams telling you? This workshop helps one to understand one's personal symbolism, as one travels the illusive and esoteric journey of one's own dreams. Class materials provided. Tuition is \$30. Book & Bead Outlet, 950 N. Courtenay Pkwy, Merritt Island, FL 32952 (see ad page 7.) Call 321-453-2665 to enroll.

May 20 and 21 Saturday and Sunday MELBOURNE New You Holistic Expo at Azan Shrine Center, 1591 W. Eau Gallie Blvd, Melbourne, FL 32935. See coupon page 13. [www.NewYouHolisticExpo.com](http://www.NewYouHolisticExpo.com) Sat 10am-6pm Sun 10am-5pm \$5/day or \$8/weekend.

May 27-Saturday MERRITT ISLAND 11am-3:pm Breakthrough Readings. Kim Danbert offers individual sessions helping clients to learn the seeds of problem areas in one's life and windows to resolving them. These are in-depth Tarot sessions. Sessions are 45 minutes, fee \$45. Book & Bead Outlet, 950 N. Courtenay Pkwy, Merritt Island, FL 32952. To make your appointment, call 321-453-2665

June 3, 2017 Sunday MELBOURNE 10am -- 3pm Psychic Fair at Spiritualist Chapel of Melbourne (see ad page 11.) 1924 Melody Lane, Melbourne, FL 32901. This is behind the Melbourne Auditorium. Follow the Psychic Fair signs! \$20 includes one 15 minute reading and one ticket for door prize. On Facebook, search spiritualistchapel. 321-419-6262 Visit [www.spiritualistchapel.com](http://www.spiritualistchapel.com)

June 24th Saturday ORANGE PARK/JACKSONVILLE 12:30-4:30 British style evidential mediumship @ private residence. Contact Marcus 904-208-0979. Space limited

July 22 and 23 Saturday and Sunday MERRITT ISLAND Psychic Fair \$12 for 10 minute mini reading, 950 N. Courtenay Pkwy, Merritt Island, FL 32952 321-453-2665 (see ad page 7.) visit [www.bookandbeadoutlet.com](http://www.bookandbeadoutlet.com) for coupon for day of fair.





# SPIRITUAL GRAFFITI

Jeff Brown is author of Spiritual Graffiti, Ascending with Both Feet on the Ground, Love It Forward, An Uncommon Bond, Apologies to the Divine Feminine From a Warrior in Transition and Karmageddon, an award winning documentary about spirituality and emotional healing. Visit [www.Soulshaping.com](http://www.Soulshaping.com) and [www.Soulshapinginstitute.com](http://www.Soulshapinginstitute.com)

**Growing is all about leaps into the seeming unknown. Before you can find your way home, you must linger in the place of not knowing.**

Stay here until the next step organically arises. Sit until the questions that need to be lived show themselves.

By surrendering to the unknown, you create the space for a deeper knowing to emerge. Befriend your confusion. Don't be fooled by its chaotic appearance—this is good confusion. It's a sign that your soul is in transition. Welcome it as a friend that has come from far away to bring you home. Be open to it. Keep it close.



# NOTES from the Universe

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

**Did you know that whenever you feel love, you literally begin to glow? You probably did.**

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Margaret Ann Lembo is the author of Chakra Awakening; Essential Guide to Crystals, Minerals and Stones; the Essential Guide to Aromatherapy and Vibrational Healing; the Crystal Intentions Oracle; Masters, Mystics, Saints and Gemstone Guardians Cards and more. She is a spiritual entrepreneur, aromatherapist, and the owner of The Crystal Garden — a book store in southeast Florida. Visit [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com); [www.TheCrystalGarden.com](http://www.TheCrystalGarden.com); and [www.AcademyoftheSpiritualArts.com](http://www.AcademyoftheSpiritualArts.com) or email at [margaret@margaretannlembo.com](mailto:margaret@margaretannlembo.com)

## Celestite and Archangel Gabriel: Heavenly Information and Assistance

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**Archangel Gabriel** is a Divine Oracle and often brings information through visions and dreams. Place **celestite** on your nightstand or your desk as a constant reminder to yourself and the heavenly realm that you are open to communication and higher wisdom through dreams and other forms of inspiration. The first meeting **Gabriel** had on the earthly plane was with Daniel to announce the birth of the Messiah 200 years before his birth. **Gabriel is the Angel of the Annunciation**. Annunciation is the formal term for Holy and Ceremonial Messages.

In order to hear or become aware of messages, being present in each moment is necessary. Keep **celestite** nearby with the intention of calming the incessant chatter of the mind.

**Celestite** helps you to be truly present in your body while still being connected to the spiritual world.

Use this stone to help you synchronize with the highest realm. If you are in a visionary business like a New Age store, a metaphysical practitioner, visionary artist, or any other spiritual related business, keep this stone close by. It's also helpful if you are running a conscious business engaged in integrating spirituality and ethics into business practices. It helps you to still be prosperous while providing conscious or spiritual services.



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## 17 HABITS THAT HEAL

**Our habits seem to operate the way automatic pilots control airplanes.** This is the reason so many people are not even aware of their habits as habits and believe that the way they act is just the way they are or is just human nature. Unfortunately for all of us, both the people content to operate on automatic pilot and a surprising amount of those who have become aware of their habits also believe that changing a person's habits is unnatural, unnecessary, or difficult to the point of being impossible. These are the people who do not make any effort to deal with their bad habits and we all pay the consequences of their inaction, though not as dearly as they do.

Most people know the basics of what they should be doing to be safe, healthy, successful, and to accomplish their goals, and yet all of us experience going against what we know consciously is best for us. It is as if a separate part of us deep inside our brain operates us the way it wants to, no matter what we have said is the way we want to act. It can be a relatively mild habit or a full-blown compulsion, but either one shows us our unconscious mind at work and it is often the result of the habits that we have absorbed unconsciously or created as self-protective reactions to stressful or unpleasant situations.

If, as children, behaving a certain way made us feel secure, important, or otherwise got us what we wanted, then we probably continued to behave that way and may still do so, even when that kind of behavior is not appropriate or even self-destructive. The child we were still lives within us and we all know how stubborn a child can be when he decides that he wants what he wants and that's all that matters.

It is important to be as aware of our mental habits as we can be so that we can cultivate the habits that help us and replace the habits that hurt with habits that heal. Otherwise, our habitual behavior is going to sabotage even our best efforts to live well and help those we care about. As you become a conscious-choice maker, you will find that you experience more and more joy and happiness in your life on a daily basis.

*Here is a powerful affirmation to use: "I shine awareness and compassion on my past and on my habitual behavior."*

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April 23rd - Gita Chap 4 Discussion & Study - Dr. David Warren  
April 30th - Explanation of Prayer for World Peace  
with Ma Moksha Priya Shakti  
May 7th & 21st - Gita Discussion Group - Dr. David Warren  
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4 Directions - Sue Merrell  
June 4th & 18th - Gita Discussion Group - Dr. David Warren  
June 11 - Empowerment of the Soul - Yola Abdou  
June 25 - The wisdom of Bees - Hari Shankar

**Ma Mokshapriya Shakti will conduct a  
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# ABRAHAM-HICKS

*...continued from page 9*

And so, it isn't until you let your emotions be an important and conscious part of the equation, and you deliberately choose thoughts that feel good, and you deliberately focus in order to increase the momentum of them, and you show yourself, you teach yourself, what these thoughts feel like that are harmonic with Source, and what the thoughts feel like that are not harmonic with Source... In other words, you can feel when you're tuned in and you're letting it flow.

But, what happens with so many people is that they tune in, sometimes accidentally, in fact often accidentally, and because they didn't do it on purpose, they don't deliberately maintain their focus positively. And so, the momentum doesn't increase steadily enough on the resonant feeling to really give them conscious awareness of what they're doing.

But, when the likes of you get hold of this, and you begin thinking and feeling on purpose, and deliberately focusing with the intention of bolstering your feeling of alignment, so that you can show yourself in a real sense what it feels like to be in alignment with Who-You-Really-Are in more detailed conversation, so that the energy is really moving fast... once you taste that, and taste it steadily enough, you will not go back to sloppy thinking, you will not go back to creating by default.

You will think and feel, and think and feel, and think and feel, and think and feel... and - before you know it - you will be feeling and thinking, and feeling and thinking.

And at first you'll think a thought and you'll feel an emotional response to it but, before you know it, you will find such resonance with the emotional response that you will just maintain your mood for the deliciousness of the mood, and then the thoughts will follow the mood.

In other words, the better it gets, the better it gets, the better it gets, the better it gets. And when you are consciously creating - Ah! - that's when you begin living as you intended.

Not one of you said, "I'll go forth and just bang around. I'll take it as it comes." Every one of you said, "I'll go and I will direct the power of my own mind for the creation of my personal intent with the guidance that comes forth from all that I have become before this moment in time." How good is that?!

## Abraham on Proving The Presence of Source

The greatest evidence that exists for you about the presence of Source and the unconditional love that it is... is the fact that sometimes you can feel great pain because the negative emotion that you sometimes feel that is so strong could not exist if there were not a relationship between where you are and something else.

And the degree of the discomfort that you feel is proportionate with the bigness of the love that is real. Can you feel what we're getting at? In other words, when you focused upon things that weren't good for you... when you're down on yourself or down on somebody else, when you're feeling inappropriate or not accomplished, and you're beating the drum of that... your Inner Being is holding an entirely different opinion, knowing your value, knowing Who-You-Are, knowing what you came for, knowing what you've put in your Vortex, knowing Who-You-Really-Are.

But, if your Inner Being would join you in the negative thought that you have about yourself, you wouldn't feel the discord because your Inner Being would be right there with you. So, the fact that you feel negative emotion at all, the fact that the crevasse between who you are being in this moment and Who-You-Really-Are is felt by you in the form of negative emotion is the very proof that you're looking for.

## Abraham on Where Your Control Is

What gets you every time is the feeling that, *"I need to take care of these things. I need to take care of these things. And once I've taken care of these things... I've got to control the conditions, and once I've controlled the conditions then I'll be where I need to be."*

And we say: **GIVE IT UP! Don't try to control the conditions. Control the vibration of your being.** Control the relationship between you and WHO-YOU-ARE. That's where your control is. That's the only control you have. And once you master that control... once you master that control, everything around you will fall right into place.

## Abraham on Building Momentum And Trust

What happens with so many of you because you are accustomed to action being the way that you create, you want to be more hands on than you need to be, or than is even very good for you. If you could accept that planting the seed.

**Jerry** used to talk about it because he was a farmer when he was a youngster, and he loved the concept and the experience of preparing the ground, putting the seed in the ground, watering it, and accepting that there was a natural process, a natural Momentum to the unfolding of it. He used to say, "We never went out and stomped on the ground demanding that the corn show itself to us now."

There was a willingness to be patient, but it was not a patience of angst. It was an understanding of, an accepting of the natural process.



# FAIRIES 101

*continued from page 8...*

Lisa Center received lots of help from the fairies in turning her life around in a positive way. She had been unemployed and renting a room at a friend's house, while her children lived apart from her. Lisa desperately wanted to live with her kids in her own home by **Christmastime**. She also wished to get away from her traditional social-worker career and be employed in alternative healing.

Lisa recalls, "I spent as much time as possible outdoors and searched for work daily. I dreamed of living with my kids again. I'd visualize us spending **Christmas** in my home, decorated as if it were Santa's cottage." One morning during meditation, Lisa was guided to find a piece of construction paper. She selected a piece of pink paper and began sketching without any plans for what she'd draw. She said, "I could hear gentle whispering in my ears as I drew, saying, 'No, longer hair. No, draw the ears more like this. Yes, that's it.'"

Finally, Lisa asked what she was drawing. The voice answered, "Not what. Whom!" So Lisa asked whom she was drawing. The voice replied, "Lilite. I am the fairy who will be helping you manifest your dreams. I am with you, and you can call upon me for help at any time." Every time Lisa would lose faith in her search for employment, she'd look at the pink paper with Lilite's portrait and ask her for help. Soon after, Lisa received a wonderful job offer at a hospice in a neighboring county. It was just the sort of work that she'd dreamed of. Her new boss mentioned that she knew of a home for rent near the hospice.

When she first saw the cottage, Lisa knew that she was home. A small river ran through the front yard, and Lisa drove across a wooden bridge to park in front of the house. Most of the rooms were decorated in the same shade of pink as her portrait of Lilite, the fairy.

That Christmas, Lisa's wish came true. She was together with her family in her mountainside cottage, which was decorated with lights, garland, and bows.

Lisa says, "I felt so blessed at Christmastime. I walked outside to place bright red bows on either side of the wooden bridge and listened to the gentle roar of the river running beneath me. I looked around at the tall trees and thanked God for the privilege of living in the mountains. I began to walk toward the house, where I could see lights and decorations from the tree through my open windows.

"The setting sun hit the bright green tin roof that sheltered my red house. I heard whispering and knew that my fairy was enjoying my joy. My little home looked just like Santa's cottage. I walked back to the house with the sound of fairy wings buzzing in my ears."

## Fairies Help with Careers

Not only can fairies help to manifest objects, they can also help with careers, schooling, relationships, and other needs. For example, I was recently stopped at an airport for a security screening. The security personnel put me in a little waiting area and then left. My flight was about to board, and I called upon the angels and ascended masters for help. Still, I waited.

*continued on page 28...*

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# FAIRIES 101

*continued from page 27...*

Then finally I closed my eyes and implored, “Fairies and fairy queens! Please help me get out of this waiting area, have a very quick and noninvasive screening, and get on my plane in plenty of time.” As soon as I opened my eyes, a woman from security came to retrieve me. She gave me a very casual pat-down and didn’t even open my luggage. I thanked the fairies for their speedy, perfect, and very efficient help.

**Emily Beevers of England** called upon the fairies to help her find a job in her chosen field of addictions counseling: Emily visited a local drug-and-alcohol recovery center to ask about volunteer work. Even though the manager knew Emily’s father, he still didn’t have any volunteer openings to offer her.

When she returned home, Emily consulted with her **Healing with the Fairies Oracle Cards**. She received the message that her wish would come true if she was willing to be patient. Emily felt guided to contact an old friend she hadn’t seen for some time. When she talked about her employment search, the friend produced a newspaper ad that she’d just found that morning. It was for a paid position at another recovery center.

Emily immediately applied and was hired right away. She says, “I couldn’t be happier!” She gives full credit to the fairies for guiding her to her dream career.

Not only do the fairies help us realize our dreams, but they also help us pinpoint what our dreams are. Some people don’t ask for heavenly help because they don’t know what they want, or because they’re afraid of praying for the “wrong” thing. **Mary Diane Hausman** discovered that she could turn to the fairies for guidance and also receive their help in following it: **Mary Diane** connected with the fairies during a weekend workshop that my husband and I held in upstate **New York**, a location highly populated with elementals. She came home from the workshop rejuvenated, and inspired to discover her true life’s purpose. Weary from having worked in the competitive corporate world for the past 20 years, Mary wracked her brain to find a suitable career to transition into. Still, nothing seemed right, and she wasn’t willing to quit her job without a new career to fall back upon.

One day as she went for a walk away from her office during lunchtime, Mary heard a voice instruct her to go inside a candy store and purchase a lottery ticket. She recalls, “This voice was

not my own inner guidance. This was a solid, real voice that I could hear inside my head. I knew without a doubt that this was a fairy voice.”

When Mary went into the candy store, the voice said, “Ask for the leprechaun scratch-off numbers.” And sure enough, there was a game of little pots of gold with leprechauns on them! She bought a sheet and walked outside. Before she scratched off the numbers, the voice said, quite clearly, “You need to find out about equine massage.” Mary had never heard of equine massage and wasn’t sure that such an occupation even existed.

Although she didn’t win any money from the lottery tickets, Mary realized that the leprechauns and fairies had answered her prayers in a more valuable way. They’d grabbed her attention enough for Mary to hear their guidance about equine massage.

Mary says, “I do love horses and have always fantasized about being around them, yet it just never occurred to me that I could find a way to be with them as a career.” As she researched equine massage on the Internet, a whole new world opened up for Mary. In the fall of 2005, Mary became a Certified Equine Sports Massage Therapist.

She says, “My path is much deeper than simply massaging horses. I’m being led to my own healing, as well as healing horses and others, through this path. The entire direction of my life has changed because of the message from the fairies. I do believe with all my heart that it was the fairies speaking to me that day in June. I haven’t been so certain or sure of a Divine message and path in a very long time as I have of this one. It has brought me so much comfort and joy. And the fact that I followed it unquestioningly gives me great hope to continue following the voices of the fairies whenever I hear them. Their guidance is unerring and true. I never doubt them.”

## Fairies Help to Sell Homes

When we decided to sell our home, my husband and I talked with the fairies in our yard. We reassured them, “We promise to only sell this house to a family that will respect you.” We asked for a wonderful family to buy our home, and love it as much or more as we had. So when a real-estate agent brought a man named Merlin and his wife and four children to look at the house, we winked at the fairies. We’d found our family, thanks to the fairies! Like me, Diane Bernier turned to the fairies for help when she decided to sell her house:

Diane felt a deep connection to the elementals in her backyard, including the butterflies and a particular tree spirit. When it was time for her and her husband to move and sell their home, she asked the tree spirits, fairies, and angels to send a buyer who would love the land and take good care of it. The house was sold five days later to a young farmer.

The following excerpt was taken from *Fairies 101*, by Doreen Virtue, Ph.D. It is published by Hay House





## This month's thoughts about things...

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

... from page 7

### OK SO NOW HE'S BOMBING I CAN STILL HAVE A HAPPY LIFE



While I was safely at home enjoying my headcold, apparently #45 began bombing Syria and Afghanistan. Maybe not Syria, since he leaked advance news of the attack so the target had time to clear the site of equipment and personnel. More

posturing, more "fake news." He got three countries riled up and then he took the weekend off to go golfing again. Under the circumstances, it's probably good news he isn't in the War Room directing it play by play.

### HERE'S HOW I CAN BE OF HELP WHERE I AM

I may not be able to stop anyone from bombing at their whim, but what I can do, where I can be of help is this: I can say a prayer and hold the higher vision for where there is trouble. *I can lessen the amount of resistance I myself put out into the world. I can be kind and I can stay calm when those around me are neither kind nor calm.* Focusing on where I can release resistance in my world gives me something to do when I think there's nothing I can do.

A FB friend wrote on Echo Lee Bodine's page, "And I believe important to continue to hold space of prayer as a lifestyle. When we practice duality and allow for the holding of the opposites, it does not validate or invalidate either view or opposing views or action but it does eliminate the resistance being placed out into the world. And that allows for being productive within a situation." Well said.

### WE EXPERIENCE MUCH SUFFERING WHEN WE THINK WE ONLY GET ONE LIFE AND ONE BODY

I know a few who are feeling insecure and unsafe with him in office. *We experience much suffering when we think we only get one life and one body.* Sure, this body you're in right now, that skin and those bones will die. You'll go to sleep in that tired worn shell and awaken to find yourself emerging fresh into a new body, once again at the beginning of a life. What the caterpillar calls death, we call a butterfly. You go to sleep

there and awaken here. *But we survive in consciousness after the change called death, just as we survive in consciousness after the change called sleep.*

Growing up as a child, I was always comforted when my mom would say we would see our loved ones again, they were just on the other side of a wall, kind of like when Abraham says "it's as though they are in another room and soon we will be in that room as well."

When we understand that, we don't feel loss when a loved one cocoons, we feel a connection with them no matter what stage they are in, physical or non-physical. *Hope for the best in each lifetime, but know that death is not the end. Your work, your relationships continue.*

### NOTHING MATTERS BUT YOUR THOUGHTS

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

Sure, it would be nice if there was an election do-over, but the only thing we can ever be sure of is change. *The secret to life is to take what you have right in front of you and turn it into something you can be happy with*

### DOREEN VIRTUE DISCUSSES JESUS ON YOUTUBE

I was asked what I think about the Doreen Virtue controversy wherein she discussed her relationship with Jesus on a YouTube broadcast. I didn't see it so I don't know what words she used that people may have not liked or taken out of context. The offense for some was that she mentioned dark forces and that "Jesus is the only way," that she "found the real Jesus." I do know that she is a very God centered person. She was wise to take the broadcast down if she felt misunderstood. This is a link to where she discusses her life changing relationship with Jesus --> <http://www.angeltherapy.com/blog/my-life-changing-experience-jesus>

I do know that through the decades my own beliefs change as I trod this spiritual journey, that different teachers appear at different times depending on what I'm working on. I was so discouraged early on that I didn't want to hear the word God or Jesus for about 20 years. When I discovered A Course in Miracles -- which I refused to even open the first 10 years -- it gave me new perspective on Jesus and God. When I got over my personal internal conflict, I saw it had been a prison of my own making. What I'd in reality been discouraged by was the *evangelical teachings of fear and Satan and demons and Hell* that I was witness to in childhood years. I didn't distrust God, I distrusted *who they told me God was*. And, like many, I believed it for half my life until I began doing my own research. Until I stopped relying on what someone told me was the truth -- about anything. Funny how that works, isn't it?

Andrea

Enjoy our offering this month. Hari Om.



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

# HOROSCOPES

## MAY 2017

Cusp dates are accurate for 2016. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2017.

**Aries – (March 20 – April 18)** May is a decidedly frisky season for you. With Venus in your sign ALL month and Uranus having been in Aries for oh so long -this is your opportunity for fun. Make this one a no-holds-barred month to remember. Entertain the goddess Venus in style by taking her to the beach or for long walks in nature. And, she loves good food, too. Money comes easy too; it's your time enjoy life!

**Taurus – (April 19 – May 19)** Dare you take a risk? How about asking that guy or gal out - you know, just casual. The full moon of May 10th highlights your relationship sector, so, it may just be time to let your guard down. It's not only about love (and intimacy); it's about feeling free to trust again and surrender to allowing the richness of life. May is your month, and you know how to play it better than anyone.

**Gemini – (May 20 – June 19)** Ooh, Mars in your sign now is hot, hot. And, if not careful, you'll find yourself running around on an endless wheel of errands. The Gemini new moon of May 25th also delivers some sound advice regarding remaining grounded. If moving too quickly you may become accident prone, especially around the 28th when Mars opposes Saturn. Easy does it, and less is more for this time around.

**Cancer – (June 20 – July 21)** If you steer clear of obligations, this can be a serene time period for you. Here's the only tricky part; hidden innuendos, silent guilt trips, and a to-do list that grows longer every day. Just say NO because there is something new entering your life now. It's a warm, fuzzy feeling that things are coming together. Your destiny is finally meeting up with your desire. Let nothing stop you.

**Leo – (July 22 – August 21)** Here is the secret formula for Leos to get the best out of life. Just like in the song 'the Age of Aquarius' - Jupiter and Mars have your back now. Mars activates your social and community relationship sector - these are your birds of a feather, and they are bearing gifts. Plus, Jupiter is also showing that your gains come through casual conversations. So, talk to lots of people this month, and watch the magic grow.

**Virgo – (August 22 – September 21)** It's a day to celebrate on May 3rd when Mercury, your ruling planet, stations direct! Less frustration and more clarity is promised for the month. And, the sun in Taurus is compatible with your earth sign, Virgo. What helps you the most this month, however, is leverage. This comes in the form of finding others to assist you. It takes a team to accomplish great projects, so don't hesitate to ask for help.

**Libra – (September 22 – October 21)** You've been busy dealing with some cold, hard facts. Now it's time to enjoy the fruits of the season. Venus, your ruling planet is now traveling through your relationship sector. The Sun is enjoying his time in Taurus, the other sign ruled by Venus. So, there is a deep connection available to you now, Libra. Allow this feeling of comfort to nurture your soul; life just got a lot easier for you.

**Scorpio – (October 22 – November 20)** May is a season of luxuriousness, but you need to not get caught up in relaxation mode. Even though you're feeling like it's time for an extended vacation, the stars are calling for your diligence. Pay attention to systems and don't get caught up in demanding perfection from yourself or others. Stay productive, and pay attention to your health now, also. Dig deep - you're almost there.

**Sagittarius – (November 21 – December 19)** This is a month of revelations for you, Sag. The Scorpio full moon on May 10th illuminates your 12th house - your inner world. Pay attention to messages that come in dreams; your intuition is absolutely right on now. With Venus in your 5th house of creativity, and Mars in your 6th house of productivity, it's a great time to begin a new project. This is a soulful season - let yours sing.

**Capricorn – (December 20 – January 18)** Both Pluto and Saturn are working on your sign, but guess what - you can handle it. Keep finding delight in the things that bring you joy because you are a beacon of Light and we all need your sense of humor. And May brings you many reasons to share your good will and spirits. Long, deep conversations are important now; they bring you joy, and critical information is shared.

**Aquarius – (January 19 – February 17)** This can be a great month for your income stream. If looking for work, I fully expect you to find a job; and if you're all set with employment, perhaps a raise is coming your way. May delivers circumstances that align your money with your deepest soul work. Embrace this unity. You're hardwired to share with others, so also share the feelings of satisfaction that are yours now.



**Pisces – (February 18 – March 19)** You are rising to a new level of freedom and authenticity. Things that used to be so important are slowly fading away, and making room for new interests and you even find you are developing new friendships. The full moon of May 10th brings even more shifts in what is important to you now. Yours is a mutable sign, and this season is one of changing priorities.

# COVER ART

## Journey Home

by Katherine Skaggs

### Journey Home leads us on a path to the

**HEART.** No matter our nationality, our financial status, our gender, our sexuality, this Divine Mother asks us to return home to truth and love and kindness and unity. May you be blessed today. May you be the blessing today. May you bless another today. The words that go with the image are Respect, New Beginnings, Community, Safety, Compassion, Support, Love, Faith, Hope, Trust, Commitment to Humanity, Heart, Healing, Honor, Fellowship... Might we live these each day.

Katherine is also the artist of the **Mythical Goddess Tarot, the Pocket-full of Goddesses: a Blessing Oracle, and both the art and inspiration of the Pocket Blessing Cards**, including thousands of soul portraits and channeled paintings of goddesses and divine beings of light. Katherine travels around the world to study with shamans in the jungles of the Amazon basin, the mountains of the Andes and Mexico.

Katherine's shamanic and spiritual adventures inspire and direct her art to awaken and illuminate the soul's path of love and wisdom. Katherine Skaggs lives in the foothills of the Rocky Mountains in Northern Colorado, offering classes, workshops, soul portraits and original art, shamanic healing and spiritual counseling from her studio, as well as virtually and throughout the United States. **To view more of her art, and to learn more about her go to [www.katherineskaggs.com](http://www.katherineskaggs.com).** You can contact her directly at [support@katherineskaggs.com](mailto:support@katherineskaggs.com).

The 24x30" lithographic poster print and the Signed Limited Edition print of Journey Home sales are one way to support a non-profit of your choice. Either print is shipped rolled in shipping tube. **With your purchase of each print a**



**donation will be made on your behalf to Standing Rock Sioux Tribe - Dakota Access Pipeline Donation Fund, National Lawyers Guild or Planned Parenthood or another non-profit doing good in the world by your choice.**

Please note your preference upon purchase. Monthly donations will be made on all sales.



## UNTETHERED SOUL: TWELVE-STEP GUIDE TO SPIRITUAL AWAKENING

*continued from page 16...*

**8. AS YOU SINCERELY LET GO OF THE INNER ENERGIES YOU ARE WATCHING, YOU BEGIN TO FEEL A DEEPER ENERGY COME IN FROM BEHIND.** Up to this point, everything you were watching inside was in front of you. But now that you are no longer being drawn into those personal energies, you'll realize that your inner universe is actually very expansive. You will begin to feel Spirit flow in from behind. It lifts you and brings you great love and joy.

**9. YOUR INNER EXPERIENCE BECOMES SO BEAUTIFUL THAT YOU FALL IN LOVE WITH THE ENERGY ITSELF, AND YOU DEVELOP A VERY DEEP AND PERSONAL RELATIONSHIP WITH IT.** It will become completely clear to you that there is an absolute trade-off between your personal energies and the amount of Spirit that you feel. The more you get drawn into your personal energies, the less Spirit you feel. The more you don't participate in your personal energies, the more Spirit you feel. You now have a direct relationship with the spiritual energy, and you will find yourself constantly longing to experience it.

**10. YOU BEGIN TO FEEL THE ENERGY PULLING YOU UP INTO IT, AND YOUR ENTIRE PATH BECOMES LETTING GO OF YOURSELF IN ORDER TO MERGE.** Will is no longer needed. Now your path is strictly about releasing yourself into the pull of the higher energy. You must surrender deeply enough to be able to overcome the fear of losing your connection to the personal self. You must be willing to die to be reborn.

**11. ONCE YOU GET FAR ENOUGH BACK INTO THE ENERGY, YOU REALIZE THAT YOUR PERSONAL LIFE CAN GO ON WITHOUT YOU, LEAVING YOU FREE TO BECOME IMMERSSED IN SPIRIT.** This is the greatest miracle: You've surrendered and your entire life is about Spirit, yet people, places, and things continue to interact with you. The difference is that these interactions require none of your energy. They happen naturally, by themselves, leaving you at peace and absorbed in Spirit.

**12. NOW YOU ARE TRULY OKAY AND NOTHING INSIDE OR OUTSIDE OF YOU CAN CAUSE DISTURBANCE—YOU HAVE COME TO PEACE WITH IT ALL.** Because you are now completely okay, you don't need anything. Things just are what they are. At this point, you know yourself as Self. The world, mind, and heart cannot disturb you. You've transcended them all. What is more, instead of feeling drawn into Spirit, you now actually experience yourself as Spirit. You have no boundaries in time or space. You have always existed and you will always exist. You have no form, shape, gender, or body. You simply are, have always been, and will always be—Infinite Spirit.



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

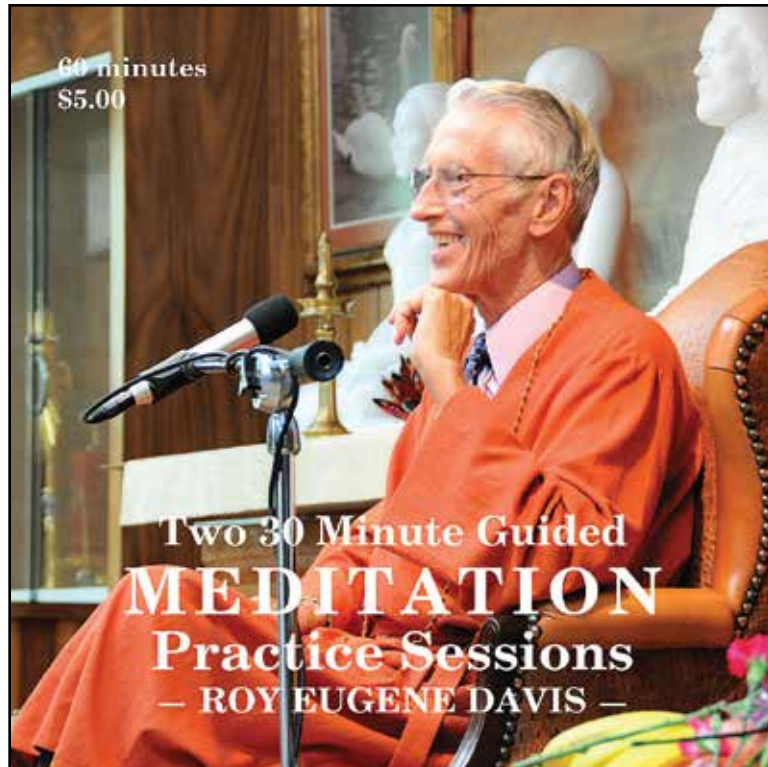
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