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Andrea de Michaelis presents

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*The purpose and mission of our "Mystic Faires" is to promote education and awareness of the psychic world, holistic health, natural healing, conscious living, and spirituality. One way we do this is by bringing together psychics, spiritual counselors, retailers, light workers, alternative health practitioners, vendors and others in one place, allowing them to come together for the health and wellness of body, mind, and spirit*

**Orlando Mystic Faire May 25-26, 2019** .Saturday is 10:30am-6:00pm, Sunday is 11am-5pm. We're looking forward to bringing it to Central Florida for the third year! We have a wonderful new location! The Orlando Live Events Center. Contact us now if you're interested in being a part of this opportunity in a fantastic community. Last year we had a good turnout, with more exposure and more advertising we expect this year to be GREAT!

**Sarasota Mystic Faire July 27-28, 2019** all under one roof in the historic Sarasota Municipal Auditorium. A delightful venue for this amazing event. Our 9th year for Sarasota, our busiest venue with over 100 booths! Come out and feel the LOVE!

**Melbourne Mystic Faire is January 25-26, 2020** and is the 6th Annual that we are looking forward to. 2019 was bigger and better than the previous year and it continues to grow! The people of Melbourne and surrounding areas are so excited to have us year after year! All under one roof at the beautiful Melbourne Municipal Auditorium. Melbourne is a wonderful, welcoming community and we can't wait to bring our event back to this fabulous setting. If you're interested in exhibiting, download your application now!

**Our Naples Mystic Faire stay tuned for 2020 dates.** Indoors for all of the psychics and healers and most vendors. We have a beautiful covered outdoor area that we use for last minute vendors. There are fans and lighting, however we suggest bringing more lights for the last hour of the event in the Fall. We don't charge an electric fee for the outside spaces. 15th year for the Spring Naples Mystic Faire was March 2019. Limited space so apply early.



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**SUNDAY Services**  
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**SATURDAYS May 4th, May 18th, June 8th, June 22nd Facilitators: The Peace And Justice Institute Of Valencia College**  
\$10 At The Door • Join Us 8:15am – 9:00am  
For Registration And Light Refreshments!

**May 4th, 9:00am – 12:00pm • Waking Up to Our Shared Humanity** Facilitators share stories of their unique paths of racial identity development and the powerful changes it brought to their lives. Participants are invited to consider how a deep exploration of identity, be it thru the lenses of race and ethnicity, gender, sexual orientation or socio-economic class might transform one's life. The workshop offers *Principles for How We Treat Each Other*, practices of respect and community building that facilitate honest dialogue. The Principles encourage listening deeply, suspending judgment and turning to wonder, among other practices for self-awareness and communication. The Principles create a setting for deep listening and honest sharing, participants are encouraged to "speak your truth."

**May 18th, 9:00am – 12:00pm • Conversations in Inclusiveness** Participants will be introduced to a set of tools to help them engage in reflective practice and intercultural communication in order to create inclusive excellence in their community and church environment. Participants will engage in exercises, dialogue and work with the *Principles for How We Treat Each Other*. They will be introduced to the idea of unconscious bias and be given opportunities in a safe setting to listen non-judgmentally to the experiences of others. Participants will improve their relationships, the environment and develop practices of respect and community building.

**June 8th, 9:00am – 12:00pm • Conversations on Race** Participants discuss the topic of race and how it affects each of us in our daily lives as we consider action steps to help us move forward together toward more equitable communities. Issues of implicit bias, stereotypes, micro-aggressions, privilege, oppression (the "isms"), and red-lining frame the learning. Knowledge of these are introduced with group experiential exercises to reinforce the learning. Self-awareness and awareness of others' diversity dimensions are a key component. As the *Principles for How We Treat Each Other* create an intentional environment for inquiry, participants are given time for reflective practice, the process of looking inward to explore aspects of one's own identity to better understand oneself.

**June 22nd, 9:00am – 12:00pm • Conversations on Privilege & Bias** Participants gain an understanding of what is meant by privilege (unearned advantage) and explore multiple areas of privilege, including white privilege. The scholarship of Dr. Peggy McIntosh will inform our understanding of privilege and privilege systems. The workshop will also provide a better understanding about how biases impact our decisions in our lives, work, and communities. Participants will see how bias attitudes or stereotypes shape how we engage other cultures, beliefs, and people. The personal story of our lives, our lived experience, shared openly and honestly with others, gives life to the theoretical frameworks introduced during the day.

**Saturday, May 4th 12:00pm – 2:00pm • WORLD LABYRINTH DAY WALK Facilitator: Rev. Randy Fillmore** Celebrate World Labyrinth Day on Saturday, May 4, 2019 and join over 5,000 people taking steps for peace, 'Walking as One' in the afternoon. For the 10th Anniversary in 2018, there were participants in over 35 countries! If you are new to labyrinths, come and join us at Unity of Melbourne to experience the peace, the connection, and the beautiful energy.

**Sunday, May 5th 9:30 and 11:00am**  
**THE COURAGE TO BE ONE Speaker: Rev. Valarie Parson**

**Sunday, May 5th 12:30-1:30pm • EFT TAPPING CIRCLE Facilitator: Julie Jacky, Certified EFT Practitioner** We will uncover our hidden beliefs, thoughts, feelings, and emotions that are keeping us stuck and no longer serving us, then as a group we will tap together and release it. There is great POWER in tapping as a group -- each person will experience shifts and leave feeling calm and at ease. If you have not tapped before please show up 15 minutes early (at 12:15 PM) to learn the tapping points and experience the constricted breathing exercise

**Sunday, May 12th 9:30 and 11:00am**  
**UNCOMFORTABLE GROWTH Speaker: Rev. Valarie Parson**

**Monday May 13th 7:00pm • SOUND HEALING Facilitators: Vashti Saint Germain and James Trufan** Time for Heaven on Earth. Lay back and journey with the hypnotic sounds of Sacred Grandmother Drum (Rainbow Warrior) and the vibrations of a Paiste Symphonic Gong. Between Father Sky and Mother Earth, we will be transported to a new realm of inner peace.

**Sunday, May 19th 9:30 and 11:00am**  
**RADICAL INCLUSION Speaker: Rev. Valarie Parson**

**Sunday, May 26th 9:30 and 11:00am • MEMORIAL DAY Speaker: Rev. Rev. Randy Fillmore** Memorial Day, or "Decoration Day" is the time our country pauses to honor those service men and women who have given their lives in the service of their country. The day has shifted from visits to cemeteries to lay wreaths on graves, parades with high school marching bands to becoming a benchmark for pre-summer holiday sales and a final countdown for school summer break. Rev Randy looks back at how Unity has approached Memorial Day and honoring those who have made the ultimate sacrifice.

## ONGOING CLASSES

**Wednesday, May 1st and May 8th 2:00pm – 4:00pm or 6:30pm – 8:30pm (Final 2 Weeks)**  
**SPIRITUAL ECONOMICS Facilitator: Paulette Mason, LUT** Are you prosperous? What is prosperity really? This class will delve into these questions and reveal how our conscious and sub-conscious beliefs affect our reality. We will be using the books *Spiritual Economics* (Eric Butterworth) along with *Prosperity* (Charles Fillmore) and *The Soul of Money* (Lynne Twist).

**Tuesday, May 7th and May 14th 10:00am – 11:45am (Final 2 Weeks) SPIRITUAL AS-SERTIVENESS TRAINING Facilitator: Dr. Christina Gilman** Join us as we learn the five-step process in which the students will use prayer, affirmations, meditation, journaling, and practicing loving, honest interpersonal interactions in a supportive group. Students will communicate from higher awareness in the role plays that honor themselves and the other person by expressing their needs, opinions, and beliefs. By demonstrating our perfection, we show God's works.

**Tuesday, May 21st 9:45am – 11:45am or Wednesday May 22nd 6:30pm – 8:30pm (5 Weeks)**  
**CRUISING WITH THE COSMIC CHRIST: Exploring the Christ in the Bible Facilitator: Maggie Rosche, LUT** You may come to this class with ideas about both Jesus the Christ, but be willing to re-examine them as we engage the texts we will study. Using the Bible as a primary text, as well as other literature explore the Christ idea and understand the differences and similarities between the Christ idea and Jesus Christ. We will use the example of Jesus as a basis for putting on the Christ and seeing the Christ in others.

## ONGOING EVENTS

Noon Prayer Service Tuesdays and Thursdays  
Tuesdays – Course In Miracles 7:00pm  
Wednesdays – Melbourne LBGT AA 6:30pm

*As One, we celebrate a spiritually awakened world* [www.unityofmelbourne.com](http://www.unityofmelbourne.com)

**The greatest  
optical illusion  
is separation**

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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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## HORIZONS MAGAZINE

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<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.

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



**You are loved and guided more than you can imagine**





**Andrea de Michaelis**  
Publisher

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

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

### WELCOME TO THE MAY 2019 HORIZONS

**MAGAZINE.** My sweet cousin Deverika made my day when she posted on Facebook, "*Happy Birthday Cousin! Thanks for always being a ray of protons on my newsfeed.*" I love that, since I know protons are positively charged particles! In proton therapy, positively charged particles are beamed into areas, displacing negative particles, the result being healthy tissue. *We do that to people each day when we let them experience our happy attitude.* Our positivity influences them, dissipating their negativity, killing it off so to speak, the same as a ray of protons (a/k/a proton radiation) pulls negative particles out of their orbit. When negative ions are pulled out of their orbit, it's called ionization. Ionization changes characteristics of the atom, including damaging its ability to grow and multiply. *Just so, our pleasant attitude to the people around us does the same thing, it stops their bumper attitude from growing and multiplying.* Think of it as a

beam of love, a ray of light sent out on heart energy. Someone having a bad day, a few kind words at checkout can displace grumpiness or sadness, can stop it in its tracks, replacing it with a happier, more hopeful attitude. The same if I don't say a word. So love beams are a form of proton therapy and we can do it anywhere we are.

### YOU CAN BEAM LOVE AND NO ONE HAS TO KNOW

You know how you can be feeling frazzled and dead tired and have no energy and no enthusiasm and no motivation? Then you run into someone who says nice things and tells what they appreciate about you? Suddenly you're flooded with energy and want to say nice things to other people and want to tell what you appreciate about them because you are so stoked at how it made you feel? You just got bombarded with proton radiation, a beam of love, a ray of positivity. Return the favor. Find someone to say something nice to or even just beam love toward.

### A FRIEND ASKED WHAT IS THE POINT OF IT ALL?

She has always been a seeker, reading everything, going to conferences, attending seminars. I can only speak for myself. I think the point of all my metaphysical study and involvement with paranormal activity gave me a greater understanding of the world around me and the importance of things. It taught me how to be at peace with whatever was appearing before me. It taught me that I can direct where my life goes by my focused attention, and yes, that includes dollars.

*...continued on page 28...*



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June 1 ..... First Saturday History Series  
June 16 .. Father/Son Picnic in Honor of Father's Day  
July 6 ..... First Saturday History Series  
July 1 ..... Fun Day  
August 3 ..... First Saturday History Series  
August 10 ..... Gala Day  
September 7 ..... First Saturday History Series  
September 14 ..... Blithe Spirit Play  
October 5 ..... First Saturday History Series  
October 19 ..... Spirit Crawl/Table Tipping  
November 2 ..... First Saturday History Series  
November 16 ..... Gala Day  
December 7 ..... First Saturday History Series  
December 13 . . Victorian Themed Candlelight Service  
December 28 ..... Masquerade Ball

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Experience this peaceful community where certified mediums and healers are available daily.



# TOP DREAM SYMBOLS AND THEIR MEANINGS

Gregg Prescott, M.S. is a visionary, author, transformational speaker and is founder of In5D, Body, Mind, Soul, & Spirit, and Zentasia. Find In5D on YouTube, Twitter, and Facebook. Visit <https://in5d.com/>  
<http://www.bodymindsoulsprit.com/> <http://zentasia.com/>  
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**Dreams are how we process whatever is going on in the subconscious mind. Everybody dreams but we forget 90% of our dreams. Consider keeping a dream journal and a pen next to your bed to record your dreams when you awaken.**

If your dreams are overall very positive or even futuristic, then this generally tells you that you've done your "inner work" to resolve any current issues. If your dreams are overall very negative, then this is a sign that there are issues that need to be addressed in your life. Consider this a blessing because these dreams are giving you the opportunity to resolve these issues.

If you're having nightmares on a regular basis, check to see how much television you're watching on any given day. Never fall asleep watching TV. For those who love horror flicks, these will often be stored in your subconscious mind and will be replayed in some bizarre fashion within your dreams.

We often have repetitive themes within our dreams, such as having the ability to fly or being chased by someone or something. There's a reason why these dreams keep occurring and it's up to you to find out why.

The following are some top dream symbols and their meanings in alphabetical order. Please keep in mind that each dream symbol could have dozens of variants and alternative meanings. In this article, we'll cover the most common dream symbols and the most common meanings.

## TOP DREAM SYMBOLS AND THEIR MEANINGS

**Being chased** - If you're being chased in your dreams, then most likely, you are avoiding a situation in your waking life. It may have something to do with responsibility or a perceived failure in your life. There may be a situation in your life where you feel disadvantaged. Are you trying to run away from something or someone that you should confront?

**Can't talk, yell or scream** - Most often, we try to scream for "HELP!" in these dreams but nothing is heard from our mouths. If you had these types of dreams, then you may be afraid your opinions or voice isn't being heard in some particular area of your life.

**Exams** - Taking tests or exams may relate to either work or school anxieties. They could even represent difficulties within your relationship if you feel like you're constantly being judged. Exam dreams may suggest a fear of failure in some area of your life or an unfulfilled obligation. If you dream of cheating on an exam, then you're not being honest with yourself in some area of your life.

**Falling** - Dreams of falling often represent a loss of control in some area of your life.

**Flying** - Being able to enjoyably fly in your dreams typically represents freedom from earthly restraints. It can also mean that you've risen above a challenge or have overcome something that once bothered you. If flying brings fear in your dream, it may represent an imminent challenge in your everyday life or the inability to take the next step of progression in some fashion.

**Gate** - A gate is either a barrier or an entrance. Seeing a gate in your dreams signifies either new beginnings and the end to something significant in your waking hours. Is the gate locked? Are you able to pass through the gate? Your answer will tell you there are either challenges/obstacles ahead or everything will be "smooth sailing" as opportunities present themselves

**Hands** - Your left hand symbolizes the feminine and receptive qualities we all have and your right hand represents the masculine and projective qualities in us. If you injure your hand in your dream, then this may be related to ego issues. It may also mean that someone else will have success doing whatever it is you were supposed to do. If your hands seem really small, then this may reflect insecurities. If you can't see your hands in your dream, then this may reflect being out of control about something in your waking hours. If your hands are dirty, then you may have jealousy issues. If your hands are clean, then you most likely are experiencing satisfaction in your life.

*...continued on page 21...*



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

## ABRAHAM ON LETTING GO OF UNPLEASANT REALITY:

You've got to let go of what-is. We want to talk about how you can give less attention to what-is, unless it's really blissfully delightful, and give more attention to where you are going... to what is becoming. And as you re-orient yourself in just that slight way, you will be amazed to see how cooperative the Universe is at providing for you a means, a path, a way to accomplish anything that you can imagine.

We want to say to you unequivocally, that if your Time/Space/Reality has the wherewithal to produce within you an idea of something that you want, then this same Time/Space/Reality has the wherewithal to give it to you in full manifestational form. If you can imagine it, you can manifest it, there are no exceptions to that! But you've got to let go of what-is in order to move to a new place.

## ABRAHAM ON EXPERIENCING YOUR LIFE:

Your life is right now. It's not later. I

it's not in the time of retirement.

It's not when the lover gets here.

It's not when you've moved into the new house.

It's not when you get the better job.

Your life is right now!

It will always be right now!

You might as well decide to start enjoying your life right now because *it's not ever going to get any better than right now UNTIL it gets better right now.*

The way you are responding emotionally to your life right now is the basis of what is to come.

*...continued on page 20...*



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Rev. Andy Conyer



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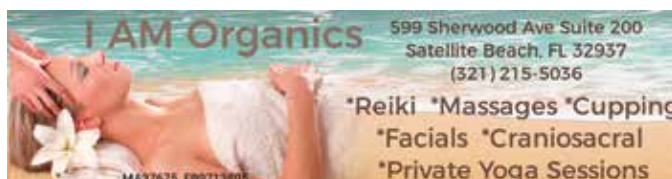
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## WHAT TO DO WITH YOUR LEAKY GUT

### Leaky Gut is a disorder increasing rapidly in the U.S.

It is a malfunction of the digestive tract where the necessary antibodies that create a protective layer in a healthy digestive tract are destroyed and substances like bacteria, partially digested food particles, fungus, parasites, undigested proteins or fats leak-out from the protective lining of the digestive tract into the blood stream. **Leaky Gut** affects the liver with debris from the bloodstream that has passed thru the gut. If the liver can't keep up, toxins are stored in fatty tissue. It can over-load the colon with excessive amounts of waste material, toxic debris. If bowels are overburdened with toxins, they get recirculated back into the liver thru the circulatory system. When this keeps happening, it causes an over-load of toxins, bacteria, viruses, parasites, candida and other organisms overburdening the immune system causing **re-occurring infections, autoimmune conditions, autism, skin disorders or food allergies and other conditions like IBS, Crohn's, Colitis, Celiac, Eczema, Acne**. Some causes of **Leaky Gut** can be intestinal infections, parasites, food allergies, lack of stomach acids or digestive enzymes, chronic intestinal inflammation, stress, a high sugar diet or medications like NSAID's, oral contraceptives or antibiotics that destroy the beneficial bacteria of the gastro-intestinal tract.

To support the digestive tract herbally, anti-inflammatory herbs like **Dandelion, Turmeric, Fennel, Ginger, Catnip, Dill, Anise, Peppermint, Parsley or Cardamom** help reduce inflammation and ease gas, bloating and pain that goes along with **Leaky Gut**. For abdominal pain, **Marshmallow, Meadowsweet, Peppermint, Chamomile and Slippery Elm** help reduce digestive colic, and reduce inflammation and painful spasms within the digestive tract. **Licorice or Wild Yam** also contain cortisone-like activities which help ease pain and inflammation. **Soothing demulcent herbs like Marshmallow, Licorice (or DGL), Slippery Elm, Flax or Chia** ease discomfort by putting a protective, healing coating on the mucosal lining of the digestive tract. **Olive Leaf, Oregon Grape Root, Oregano, Turmeric, Barberry or Goldenseal** work like **antibiotics** fighting off the bad bacteria in the gut without harming the good bacteria. **Antifungal herbs like Olive Leaf, Garlic and Yerba Manza or antiparasitic herbs like Garlic, Wormwood, Black Walnut, Cloves or Rue** work on the parasite or fungus that may be causing **Leaky Gut**. There are herbs that contain plant enzymes and other plant-based nutrients which support and strengthen the body helping make up for what may not be making it into the body due to lack of absorption caused by the disfunction of the intestines. **Spirulina, Chorella, Bee Pollen, Alfalfa, Oat Straw and Nettle** are some good choices for this. These can be used in smoothies for easier absorption. Digestive health builds a strong foundation for your over-all health; it is necessary for absorption of nutrients, and it is the basis of your immune and nervous systems.





Nanea Hoffman is the founder of Sweatpants & Coffee. She writes, she makes things and she believes in love, peace, joy, comfort, sweatpants and caffeinated beverages. Visit <https://sweatpantsandcoffee.com>, <http://www.twitter.com/sweatpantscafe>

## THE HARM OF FIXERS

**There are people in your life who only like you when you are shiny and happy.** They're there to celebrate your triumphs. They love it when you're grateful and full of joy. They want to be around you and your positive energy, and yes, even your willingness (like you have a choice) to bear adversity. How brave you are! So inspiring. You GOT this. You are a badass. A warrior.

When you're not so shiny and not that happy - in fact, maybe you're actively unhappy, they want to cram you back into your happy-suit. It's like they can't help themselves. In my experience, they come in five well-meaning flavors:

### 1. FIRST ARE THE SUGGESTERS.

Your pain is painful for them, probably. Or it triggers something yucky in them that they don't want to confront. They want it to go away. They have a bucketful of suggestions that you may not have thought of. Have you tried changing your diet? Ingesting turmeric? Herbal tea? Green smoothies? Meditation? This new **Rachel Hollis** book, "Girl, Wash Your Trauma?" How about this other medication? Going off of the medication you're taking? Exercise? Affirmations? A Himalayan salt lamp? Vitamin supplements? Essential oils? Therapy? Prayer? Enemas?

It's not that these suggestions aren't helpful, or at the very least relatively harmless. Maybe you've tried them. (Though for glob sakes, do NOT go off or start new meds without talking to a doctor. Or supplements, which aren't regulated by the FDA, may contain ingredients you don't know about, and could interact with your medicines.) *The problem is the implied idea that a "fix" exists, and you just haven't found it, yet. You aren't looking hard enough.*

### 2. NEXT ARE THE CHEERLEADERS.

They just KNOW that you can do it! All you have to do is think positive. Believe in yourself! Reject defeat! Don't dwell on your pain - that's self-indulgent. It's all about willpower. Have faith! It's going to be all right. You see it, you like it, you want it, you got it. Wait, sorry, that's **Ariana Grande**.



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Often, Cheerleaders are speaking from a place of physical or mental health privilege. Not always, but lots of times. They are totally sincere in their conviction that you can will yourself better. You just need to be willing to put in the effort. *The implication is, you could do it if really wanted to.*

### 3. AND THEN THERE ARE THE PROJECTORS.

They know exactly what you're feeling because they've been there, or so they think. They know you because they ARE you. And if they did it, you can do it. Did they ever tell you about the time they went through \_\_\_\_ and overcame it by \_\_\_\_? You should do that. They can totally relate, and they'll prove it by recounting their own experiences ad nauseam while you wonder what in the heck this has to do with you.

Projectors see the world through the lens of their own experiences and can only express sympathy by connecting it back to themselves. *They don't usually realize that what they're actually doing is called erasure.* At some point, your pain moves to the back row while their story (it's a good one, listen to this) takes center stage. There's a lesson in there for you, if you just pay attention.

### 4. NEXT UP, THE CAJOLERS.

They just want to make you happy. "Make" being the operative word. Don't you know all the things you have to be happy about? Here's a list. You are so #blessed. There's no reason for you to be sad or tired or frustrated when so much goodness exists. Still not working? They'll try to make you laugh, because if you do, that means you're better.

*...continued on page 28...*



# THE SPIRITUAL MESSAGE OF BEING OVERWHELMED

Mastin Kipp is founder of [www.TheDailyLove.com](http://www.TheDailyLove.com) (TDL), the Website, daily email and Twitter account that's merging pop culture with inspiration. He is the number one best-selling author of *Claim Your Power* and *Daily Love: growing Into Grace*. He has been featured on the Emmy Award show, *Super Soul Sunday*, and recognized as a "thought leader for the next generation" by Oprah Winfrey.

## Humans are funny creatures because we have conflicting desires – and these keep us stuck.

For example...

I want to start a business... but I also want more free time right away.

I want my life to change really fast for the better... but I don't want to be overwhelmed.

I want to make money doing something that is purposeful and meaningful to me... but I don't want to have to take any risks. I want to change my life... but I don't want to have to do anything that much different.

We all think and feel some version of these conflicting messages, and it keeps us stuck.

Today, I want to address the topic of "overwhelm" - which is a very common feeling many feel when trying to change/improve or upgrade their life.

The #1 rule of overwhelm is to expect it.  
The #2 rule of overwhelm is to expect it.  
And the #3 rule of overwhelm is to expect it.  
However... you need to give it a different meaning, that's what today's video (a throw back to Daily Love TV) is all about.

## ONE TIP FOR YOU:

Do you know the true meaning of the word overwhelmed? Probably not. And the true meaning might surprise you. The word is made up of two words "over" and "whelmed."

The word "Whelm" comes from the Old English word "hwealf" which means "hollow". Another root word of whelm comes from the Old English term "whelven" which means to "to turn a vessel upside down."

So, when you look at the actual meaning of "Overwhelmed" - what we are saying is.... our lives are being hollowed out and turned upside down.

And I will add to that... FOR A GOOD PURPOSE.

Overwhelmed is a good thing.

And... if you look at the idea that it means "to turn a vessel upside down" - that points to the idea of an ocean or a wave. So you can think of "overwhelm" in a new way...

From now on, when you are "overwhelmed" just imagine yourself riding a wave - and instead of fighting against it, hiding or complaining... learn to surf the wave, ride the wave, work with the wave.

A ship can only be capsized if it doesn't ride the wave correctly. But, when you realize that you CAN ride the wave... and that this is happening FOR you and to TO you... that's when you take your power back from the feeling of "overwhelm".

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## SETH ON EXPERIENCING PSYCHOLOGICAL TIME

**In practice, Psychological Time leads to development of the other Inner Senses. In Psy-Time, as we call it, you simply turn your focus of attention inward.**

Sit or lie quietly alone and close your eyes. Pretend that there is a world within as vivid and real as the physical one. Turn off your physical senses. If you want, imagine that they have dials and you flip them off, one by one. Then imagine that the Inner Senses have another set of dials. Imaginatively, turn them on. This is one method of beginning.

You may, instead, just lie quietly and concentrate on a dark screen until images or lights appear on it. Do not concentrate on worries or daily trivia that may arise as soon as you block out physical distractions. If such thoughts do come to the foreground of attention, then you are not ready to proceed. First you must get rid of them.

Since we can't concentrate fully on two things at once, you may focus your attention on the screen again or on any imaginary image - this will banish the annoying worries. Or you may pretend that the worries themselves have images and then 'see' these vanishing away.

At a certain point you will feel alert and conscious but very light. Within your mind you may see bright lights. You may hear sounds or voices. Some may be telepathic or clairvoyant messages. Some may simply be subconscious pictures. As you practice, you will learn to tell one from the other.

Gradually as you progress, you will feel apart from time as we know it during the exercise. You may have various kinds of subjective experiences, from extrasensory episodes to simple periods of inspiration and direction. I sometimes have out-of-body travels, for instance, during Psy-Time. This sense leads to refreshment, relaxation, and peace. It can be used in many ways, for different purposes. Most of my students now utilize this sense quite well, and use it as a preliminary to other experiences.

Jane Roberts, "The Seth Material", Chapter 19

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# FROM THE HEART



Alan Cohen is the bestselling author of the newly-released *Spirit Means Business*, illuminating how you can successfully merge your career and financial path with your spiritual life. He will present a program related to this book on the US Mainland (west coast) in August. For more, visit [www.AlanCohen.com](http://www.AlanCohen.com).

## THE BEST THAT CAN HAPPEN

**My coaching client Andrea has struggled with issues of lack and poor self-worth for a lot of her life.** Although she is smart, spiritual, and attractive, she has regularly feared that she would become impoverished and bereft. She told me, "Whenever I drive under a bridge, I check it out to see where I would set up cardboard boxes for myself and my kids to live in, in case we lose it all."

I asked **Andrea** if she was in danger of losing it all, and she firmly answered, "No." This dear woman has always been provided for, and even as a single mom she has manifested various means of support. But the fear of not enough has siphoned off her happiness. In coaching we underscored the fact that **Andrea** has always had enough for herself and her children, and there is no reason that would change. But fear is not based on reason. It is based on illusions.

I see the same tailspin fantasy in many clients, as well as myself. When faced with a challenge, our mind goes to the worst thing that could happen, and we start preparing for it. When I ask clients who face a difficult situation, "What's the worst thing that could happen?" they usually have a well-prepared list of possible dark outcomes. When I ask, "What's the best thing that could happen?" they usually take a while to think of an answer. They are so practiced in pessimism that optimism hasn't crossed their mind. When we start to explore positive outcomes, the client's demeanor changes radically, he gets excited about opportunities, and he begins to activate them by stepping in healthy, productive directions.

It's not just challenges that stimulate fear. So does success. The ego will take every opportunity to wedge itself into our experience and turn blessings into problems. When something wonderful happens, we may start to think about what could go wrong. **United Airlines** once sent me an unexpected gift of a

free round-trip flight anywhere. I went to my travel agent and asked him if the award was for real. After reading the terms of the award, he affirmed, "Sure, you can use this anytime anywhere." I kept double-checking with him until I walked out of his office, the ticket he printed in hand. When I finally took that flight, it represented to me the reality of grace, and reminded me that I must let it in.

When you think, "This is too good to be true," immediately shift your affirmation to "This is good enough to be true." In the big picture, only the good is true. Everything else is a warped perspective. **A Course in Miracles** tells us that only love is real and all else is a nightmare we have fabricated. Fears of lack and loss are part of the nightmare. Confidence in well-being and the presence of benevolence is the awakening.

When things get really good, some people wait for "the other shoe to drop," expecting that some threat or challenge is lurking around the corner. This is another trick of the fearful mind, a limiting belief calling us to transcend it. What if, instead, we decided that something good happening is a sign that more good, perhaps even better, will come? Inspirational author **Mike Dooley** says, "When something good happens, the chances of something equally good or better following it increase astronomically." **Abraham-Hicks** calls us to affirm, "the better it gets, the better it gets."

The motto of the **Boy Scouts** is "be prepared." Good advice. The question is, "What are you prepared for?" If you are preparing only for disaster, you miss out on preparing for blessings. You cannot be preparing simultaneously for failure and success. **Jesus** said, "You cannot serve two masters." Either you are placing your canoe in the stream of love and trust, or you are placing your canoe in the stream of fear and protectiveness. **A Course in Miracles** asks us to remember, "In my defenselessness my safety lies." The more we defend ourselves, the more we need to defend. The more we recognize we are protected by Higher Power, the more energy we liberate for creativity and healing.

Do what you need to do to feel safe. Have insurance, lock your door, and choose a secure password if you find those acts helpful. Meanwhile, consider where your real safety comes from. Are you sustained by money, position, medicine, prestige, and possessions? Or are you sustained by the grace of God? Use the things of the world, but fall back on the Source of all good.

A business mentor told me, "Act as if success is inevitable." People who act as if success is forthcoming succeed more than those who worry about failing. A salesman friend of mine based his career on "the assumed close." Treat all of your customers as if they are going to buy. They may not all buy, but more will buy than if you treat them as if they may not buy.

The universe is created in utter enoughness. **God** is not stingy, but extravagant. Everything created contains the seeds of much more like itself. It is said, "A person can count the number of seeds in an apple, but only **God** can count the number of apples in a seed." When we recognize the riches within us and around us, we don't have to size up freeway bridges as potential shelters. We can see bridges as symbolic of crossing the chasm from abysmal lack to lavish supply.



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# ASK WHITEDOVE



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## DEAR WHITEDOVE,

My mother has turned against me. As a child I was a Mommy's boy, as an adult I care for her even when the rest of the family is too busy. I dote on her, go to the store for her, cook meals and now she is turning bitter towards me. I don't understand the changes in her?

## DEAREST,

It's all about divine timing and you are going through a spiritual cleansing right now. In the months to come many people may be removed from your life because you have raised your consciousness and now it's time for a new set of people and a new set of spiritual lessons. You are being congratulated for turning to SPIRIT and they recognize your progress; your prayers, your good deeds and your positive reactions to negative situations are noted.

**Great Spirit** is prompting your Mother to kick you out of the nest. She has not recognized the contribution that you've made, being the wonderful son that you are. Honor your mother and father but know that rarely does a family understand a spiritual soul in their midst. Now is the time to put away the things of your childhood, and for you to spread your wings and fly. You are a light-worker and you're meant to make a contribution to society. Just remember, even small gestures makes a large impact. You have much to do.

## DEAR WHITEDOVE

It seems to me that there are a great number of people dying this year. I've suffered four great losses and many of my friends are also experiencing the death of friends, family and co-workers. Spiritually speaking what's going on?

## DEAREST

I believe that most of us are aware that many people are transitioning now. As a Medium and a Spiritual teacher I know that we will continue to see a mass exodus of souls. We are in a quickening, the mother **Earth** is in time of cleansing and a cycle of rebirth. Humanity is divided into three groups: greedy warmongers that rape the Earth, souls that can't handle the harshness of this current reality and then there are those of us that are seeking a positive change for the betterment of all and are working towards that goal. During our life before birth, we opted to come here and to take part in this grand spiritual revolution on Earth. For every revolution, it must get



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worst before a victory can be celebrated. Humanity is being shaken to its core and many are spiritually waking. Millions of souls will transition during this time - for it is destined. Know this: we are greatly celebrated for our brave journey to **Earth**, and there is a wonderful **Home Welcoming Party** being awaiting each of us. Don't worry you will see your loved ones again!

## DEAR MICHELLE,

Over the years many fortunate opportunities have arisen for me. I've also been blindsided by tragedy. I know that individually we each create our own reality and so I practice being a good citizen of the world. My life is filled with generosity and kindness towards humanity. So why am I not able to create a strictly positive life and keep the negativity at bay?

## DEAREST,

Most souls come here to **Earth** to balance their karma and to learn spiritual lessons for the soul's growth. Humanity has been gifted with **Free-Will** and the ability to co-create; these gifts allow us to consciously create our world. But then there is **Destiny**, those aspects of life that are non-negotiable. The seemingly negative aspects of destiny are the trials and tribulations that we must endure; these are "soul contracts" or events that we agreed to experience. Major soul growth happens when we triumph over this pre-planned adversity.

For example: the untimely death of a beloved can be the catalyst to do charity work for Cancer Research or be an activist to stop dangerous food additives. Or, the loss of a job may be needed so that a new career path can lead you to your life's mission. The human spirit is more resilient than we want to believe. Just know that life's stumbling blocks are most often the building blocks for a new foundation.



# 4 STRATEGIES TO READ PEOPLE'S EMOTIONAL ENERGY

Judith Orloff MD is a psychiatrist, intuitive healer, and NY Times bestselling author. The following is an excerpt from Judith Orloff's book *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your life*. Other bestsellers are *Emotional Freedom*, *Second Sight*, *Positive Energy*, and *Intuitive Healing*. Dr. Orloff synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality. Visit [www.drjudithorloff.com](http://www.drjudithorloff.com)

**Emotions are a stunning expression of our energy, the “vibe” we give off. We register these with intuition. Some people feel good to be around; they improve your mood and vitality. Others are draining; you instinctively want to get away.** This “subtle energy” can be felt inches or feet from the body, though it’s invisible. Indigenous cultures honor this energy as life force. In Chinese medicine it’s called *chi*, a vitality that’s essential to health. Though the molecular structure of subtle energy isn’t fully defined, scientists have measured increased photon emissions and electromagnetic readings about healers who emit it during their work.

**Emotional energy is contagious.** It can make the difference between a toxic and healthy relationship. It’s crucial to get a clear read on this aspect of anyone you plan to regularly interact with. Then, you can decide whether a relationship is feasible based on your energetic compatibility. You don’t have to force a fit when the energy feels right. Forcing anything is simply the mind’s attempt to interfere with flow.

When reading emotions, realize that what others say or how they appear frequently don’t match their energy. You must let go of the notion that what you see is what you always get. As a psychiatrist, I’ve observed how people go to great lengths, purposely or not, to appear in certain ways—either to impress, say the right thing, or sell you on something—but this “self” isn’t aligned with their true emotions.

**Consider these examples:** your spouse apologizes for blowing up but her hostility still lingers. A man you just met tries to charm you, but you don’t feel much heart there. A friend seems cheerful but you sense that she’s hurting inside.

**Realize:** just because people smile doesn’t mean they’re happy. Or just because people are reserved, doesn’t mean they’re not ecstatic. Ultimately, the energy transmitted by someone’s smile and presence tells the truth about where they’re at. So, be smart enough to correlate a person’s energy with their emotions. Most people aren’t being intentionally misleading—often they don’t know what they feel or project. They might tell you one thing—and believe it—but you’ll learn to decode their emotions.

**Surrender:** Here, the surrender to focus on is saying “yes” to the messages your body sends. Your mind may want to talk you out of your body’s wisdom. Don’t allow it to. Reading energy lets you attune to how you relate to people, who you feel comfortable around and who you don’t. To avoid bad relationships and regrets, you must let go of trying to convince yourself of anything the body’s intuition doesn’t affirm.

**To help with this surrender, here’s what to do.** When identifying how you energetically respond to others always ask, *How does my body feel? Does my energy go up or down?* Then follow your body’s lead rather than resisting it. In practical terms this means: you want to marry someone who increases your energy not drains it, regardless of how perfect he or she looks on paper. You want to sit beside a coworker who’s positive, not negative. You want to choose friends you resonate with so that you can nurture each other. Then notice the positive difference in your life. To experience the pleasure of compatible relationships, use the following tips.

## STRATEGIES TO READ EMOTIONAL ENERGY

**1. SENSE PEOPLE’S PRESENCE** - This is the overall energy we emit, not necessarily congruent with words or behavior. It’s the emotional atmosphere surrounding us like a rain cloud or the sun. For instance, they may give off an aura of mystery, joy, or sadness. To compare extremes, think of the Dalai Lama’s light, compassionate presence versus Charles Manson’s deranged darkness. Presence is also associated with charisma, a personal magnetism that you’re drawn to. **Warning: charisma doesn’t always contain heart, something to beware of.** Charisma without heart can’t be trusted. It’s a dangerous combination present in many con artists and seducers.

As you read people notice: does their overall energy feel warm? Calming? Uplifting? Invigorating like a breath of fresh air? Or is it draining? Cold? Detached? Angry? Jarring? Depressed? Do they have a friendly presence that attracts you? Or are you getting the willies, making you back off.

**2. WATCH PEOPLE’S EYES.** Our eyes transmit powerful energies. Just as the brain has an electromagnetic signal extending beyond the body, studies indicate that the eyes project this too. In fact, research reveals that people can sense when they’re being stared at, even when no one is in sight—an experience reported by police officers, soldiers and hunters. Indigenous cultures respect the energy of the eyes. Science has documented “the look of love.” Joining eyes with a loved one (or dog!) triggers a biochemical response, releasing oxytocin, the warm and fuzzy “love hormone.” The more oxytocin your brain has, the more trusting and peaceful you’ll feel.

*...continued on page 29*



# ABRAHAM FUN



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

## Soulsongs #201 - Truth Be Danged!

I wouldn't invite someone wearing muddy boots to tromp through my house. I wouldn't invite a burglar to drop by and case the joint. Why, then, would I allow painful, self-denigrating thoughts to romp freely in my mind now that I know that anything I regularly think about e-x-p-a-n-d-s?

I can just say no to thoughts such as "I'm too fat," "I can't win," "I always mess up," "I'm too old," or "My relationships never work out." Even if it seems that these thoughts are absolutely true, I stamp "reject" on them and send them on their way.

I relinquish the tendency to let truth be the sole basis for how I think about myself and instead allow my criterion to be feeling. I go for thoughts that feel good when I think them.

Sure, I ever use thought to process reality. But an even more important function of thought is to create reality.

"I'm becoming my ideal weight." "I can be a winner." "It's possible for me to succeed." "Through positive thinking, I can experience rejuvenation." "I can begin to attract fulfilling relationships."

Now I'm headed where I want to go.

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

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

Tuesdays INDIALANTIC 4:30-5:30pm Restorative Yoga with Reiki, Aquarian Dreams 321-729-9495. [karenhedley.com](http://karenhedley.com)

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

Fridays INDIALANTIC 5:15-6:15pm Soundscape Yoga Nidra Meditation, Aquarian Dreams 321-729-9495. [karenhedley.com](http://karenhedley.com)

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

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

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

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

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

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

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

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 403 West St., NSB, [nsbcuuc.org](http://nsbcuuc.org), 386-308-8080

Sundays SATELLITE BEACH 12:30-1:30pm Soundscape Yoga Nidra (yogic sleep), Yoga Art Lounge 321-506-9444. [karenhedley.com](http://karenhedley.com)

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

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## 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>

**Oh yeah, forgot to tell you...You get as many "do-overs" as you like.** Of course, you never know you're living a "do-over" until it's over. There are lots of reasons for wanting a "do-over." Most of all, people want another chance to do things they were afraid to do the first time, and to say things they were afraid to say. Oddly enough, it's not their mistakes they want to rework, but their "unused" minutes.

Yeah, pretty nifty, but you should know that it isn't any easier the next time, and because no two ever go exactly the same, the gifts, opportunities, and loves of one never appear the same way again. So all in all, it's better to live as if there are no "do-overs," so that you won't need one. But I thought I'd share this with you anyway to work in the bits about fear, mistakes, and how precious today's opportunities really and truly are.

Crafty as a fox,  
The Universe



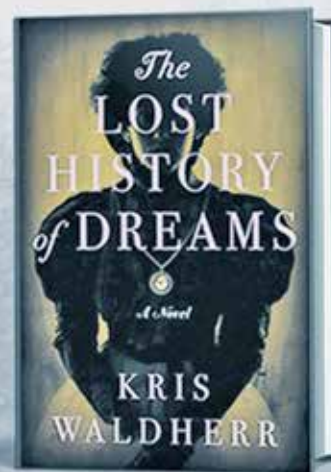
## SPIRITUAL GRAFFITI

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

**It is time that we looked in another direction—right at the heart of our humanness.** Not out there—in the alleged wisdoms of others—but deep within our own uniquely constituted human blueprint. Not the self-reflective brand of looking within that is confined to our thinking and rational mind, but the one that integrates every aspect of what we are into the equation: our emotional bodies, our flesh temples, our intuitive knowings, and yes, even our often misunderstood ego-self. I am not talking about a narcissistic honoring of the self—I am talking about a healthy and reverential regard towards our manifold components—in the full spectrum of what we are. Deep within our brilliant natural-born selfhood lie the answers as to who we are, and why we are here. We don't just have those answers—we actually are those answers. They make their home at the heart of us, continually feeding us information about our path and purpose. We just have to learn to attune to the subtle intonations and intimations of our inner knowing. We have to learn how to recognize and honor our inherent wisdom. We carry the information we seek.

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# ABRAHAM-HICKS

*...continued from page 9...*

## ABRAHAM ON FOCUSING ON THE POSITIVE ASPECTS OF WHERE YOU ARE:

Do not try to be all things to all beings, just be that which you are, which is the magnificent, very well balanced, very important, physical contribution that you are. Have fun with this. You know, life is really supposed to be fun. You felt that way when you decided to emerge. You said, "I'm wanting to go forth, and I'm wanting to live joyously, and I'm wanting to gather around me others that do also."

As you see others in pain, do not try to fix their pain. Give your attention to their potential for freedom from it, give your attention to their potential for joy, and you may very well be the catalyst that will lead them to that. But no one of you or no one of us will ever be the total answer to anyone. We are all part of the answer, but none of us are the total answer to anyone. And so feel no lack about what you are, just bask in the pleasure of that which you are, and have fun as you are moving forward. Look for more reasons to say yes. **Look for more reasons to see positive aspects in others and in yourself** and in the work that you are doing. Play the game of yesses.

And when you awaken in the morning, reemerge back into the physical and lie there for a moment and focus upon the positive aspects of what is right there close around you. If when you awaken in the morning you throw your net too far out into the day and try to bring it all back in, you will bring more than you can deal with and it is overwhelming. But if you focus upon the positive aspects of where you are, and then gently spiral outward into the house and into the day, into your work, into your life, then you're in a place that your vibration will carry you rather than their vibration rolling you over.

## ABRAHAM ON NOT NEEDING TO BE THE SAME:

There are lots of people who will go to church, who have sincere desire to be of value, and to be uplifters, and to be good and to be worthy, and who believe that the church they go to is the door to that - and so they are in alignment. They are in the right place, you see.

There are people who would never go to a church, who believe that they do not need a church to give them access to **Source Energy**, who believe that they are good, who want to be good, who feel good as they are out in nature - they are in a perfect place, you see.

There is no right or wrong in any of this. You didn't come forth to do it one way. You came forth to do it a lot of different ways.

And you can tell by the way you feel whether the way you are choosing in this moment is in alignment with who you really are, or not.

We would like you to understand that you could go tomorrow to any church, and knowing what you have learned here today, you could find vibrational alignment with it, and it could be a good experience for you.

We would like you to know that you could go and visit with someone of any political party, from any democracy, or not, around the world, and that if it was your intent to find something about it to feel good, that you could align with **Source Energy**, and you could have the most uplifting, enlightening, expanding experience, even though you are talking with someone who has radically different beliefs and intentions than you do.

You don't need to be the same. you just need to align with You.

And when you align with You, you can take pleasure from and advantage, and value, and benefit from every interaction.

## ABRAHAM ON ATTRIBUTING BLAME:

The tendency is to blame the other for his imperfection. We want you to assume the responsibility for his imperfection as he interacts with you, for you are soliciting it from him. The tendency is to see a flaw in another and judge and blame the other, and what we are saying to you is - only what you see is there.

And so, now where are you? Now you are in a position where you may have perfect relationships with everyone as you are clear about what you are wanting and as you are only seeing what you are wanting. And when you see that which is not in harmony with who you are, look away. When your warning bell rings because that which you are seeing is not in harmony with what you are wanting, turn your attention to something else, you see.

What you are most wanting to understand in this life experience is this: It is the greatest intention that you have, and we speak it forcefully: You are wanting to be **ALLOWERS**. And you will know when you have achieved that when you are willing to allow another, even when the other does not allow you. **When you are able to allow, even when the other is not allowing you -- you will have absolute freedom.**

You see, the only thing that binds you is negativity. Without it you are free, joyously. And so, as you look at another and see only that which brings forth joy -- you are free. As you look at another and see that which brings forth negativity -- you are bound by your own decision of what you are soliciting.

We are wanting you to release the responsibility from all those you are blaming for all of the things they are doing wrong and for all of the ways they are messing up your life. They are not doing it! YOU are doing it!



# TOP DREAM SYMBOLS

*...continued from page 8...*

**Houses** - Dreams of houses and cars typically represent YOU, even if you're in the car or home. To dream of going back to your childhood home is to dream of time traveling back to a time and place when life was much simpler.

**Lateness** - Being late in your dream suggests that you may be apprehensive about some eminent change in your life. You may also feel overwhelmed or hesitant about an upcoming event.

**Money** - Dreams about a lack of money can be manifestations of low self worth. Dreaming of having lots of money symbolize power and control.

**Mountains** - If you're climbing mountain, then you may be facing a challenge or obstacle in your life. To climb to the top of a mountain represents overcoming an obstacle.

**Nudity** - Seeing yourself publicly naked in a dream often refers to concerns about how others may perceive you or showing your true self to others. It may also reflect insecurities or being vulnerable and possibly exposed for who you truly are. If you're flaunting your naked body, this may reflect a desire to be recognized. It might also represent blatant sexual urges.

**Paralysis / Immobility** - If you dream about being immobile or paralyzed, then this typically represents being trapped within a relationship or job. You may also feel like you're unable to express yourself to others in ways they'll understand. Immobility . paralysis represents a withdrawal from the external world and a desire to "go within".

**Running in slow motion** - Dreams of running in slow motion often represent self-confidence or self-esteem issues. Are there any hardships or obstacles in your waking hours? It may also reflect feeling anxious about something in real life.

**Teeth** - Being cognizant of your teeth in a dream may reflect your concerns over the aging process, especially if you're losing your teeth. The loss of teeth may reflect the feeling of being unattractive or anxiety about a specific situation in your life.

**Trapped** - Being trapped in a dream may symbolize a feeling of being confined and restricted in your job, career, health, or a personal relationship. This may have something to do with a decision that you made, or are about to make.

Dreams give us a glimpse into our subconscious and present the opportunity to work out issues that are repressed. This is why there are really no bad dreams, just opportunities to grow and understand yourself. Many times, we end up facing our fears through dream interpretation and analysis. Once our fears are conquered, we find that our dreams become much more positive and sometimes, futuristic because the subconscious mind no longer needs to process those fears.

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# THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; Archangels & Gemstone Guardians Cards, and many more. Her latest book is Crystals Beyond Beginners: Awaken Your Consciousness with Precious Gifts from the Earth. Margaret Ann is an evolutionary aromatherapist and the owner of The Crystal Garden – the conscious living store of the Palm Beaches established 1988. [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com) [TheCrystalGarden.com](http://TheCrystalGarden.com)

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**Sweet marjoram** essential oil is beneficial to quell paranoia and fears so that you can move forward with your goals. Sweet marjoram essential oil is perfect to maintain a sense of calm and inner peace.

**Archangel Michael** appears to be a favorite in the realm of the archangels. **Archangel Michael** is ready to guard and guide providing protection upon your request. Just ask for his assistance like you would ask a good friend.

**Affirm:** *I am always safe and protected. I have an entourage of archangels who always have my back. It is easy for me to remove obstacles from my path. I move forward with inner peace and grace.*

Essential oils and gemstone combinations are easy to use in your daily life. Inhaling **sweet marjoram**, state the affirmations, and visualize the desired result. Wearing the **lapis lazuli** in a bracelet, pendant, or earrings is effective. Carry a tumbled stone in your pocket or place the gem(s) on your desk or in sight. *Every time you look at the gemstone or touch it, bring your awareness back to your intention. Remember, stay focused on what you want with mindfulness and the imagination.*



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# YOGA: A Natural Pathway To Godhood

Ma Yoga Shakti is a beloved teacher with ashrams in India and US, instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd NW Palm Bay FL 32907 [www.yogashakti.org](http://www.yogashakti.org) 321-725-4024 and email [yogashaktipalmbay@gmail.com](mailto:yogashaktipalmbay@gmail.com) Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life.

## CREATIVITY

**Everybody has creative energy. You must join yourself with God, then His energy will flow through you.** Why are people unhappy? Their energy was not guided properly. Elder people, parents and governments have the responsibility to guide young people. Energy is there but it needs tending and guidance.

It is the nature of God to create, promote or destroy. You spend your time doing one or the other of these three. Learn management of all three i.e. creation, promotion and timely removal.

Everyone has a divine nature. My grandmother was always busy. How did she care for 50 people in the house? When you feel responsible, you will do it right. If your heart is there, nothing is impossible. Learn devotion and concentration. Yogis give utmost importance to their practices.

When you think YOU are doing it you get tired. When you think DIVINE ENERGY is flowing through you, there is no stress and strain. Does fire feel stress and strain in burning?

It is the nature of young people to branch out. Sometimes they rebel against what is existing. Young people want to develop their ego.

Resistance is a waste of energy. Instead of condemning or resisting, use the same amount of energy to do something constructive.

There is always war between good and evil. If there is no evil, we will not learn. There must be a contrast, then we will learn. Without wrongs in the world, we will not learn. Pain highlights your joy. If people have everything, they still find something to be unhappy about. Joy and sorrow are two sides of the same coin. Problems make you feel needed. Doing something heals you. Left and right are both the same. Two eyes are needed. Two ears are needed. If everything is going right there is nothing to do. Creativity and destruction are one and the same energy. Destruction equals transition. Everything must change. Meditation and mantra anchor you.



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...continued from page 11...

**Cajolers think they are comforting you.** They may have kind hearts. They truly believe happiness is a choice, and they want to help you make it. If they remind you enough, eventually you'll realize it. Be thankful. Gratitude heals. Or do you just like being unhappy?

#### 5. LASTLY, THERE ARE THE WHAT-ABOUTERS.

Listen, **Negative Nelly**, it could be worse. The **What-Abouters** are so woke that they know what you should really care about. Certainly not something as petty as your own personal struggle. Stop complaining. Have you not heard about this tragedy? Or that one? Now that's real misery. You'd realize that if you weren't so caught up in your melodrama, which honestly, isn't even that bad.

**What-Abouters** have no patience for your mundane crap. Get the fuck over it, already. There are more important things to focus on. Why can you not see that? Obviously, people are not capable of caring about more than one thing at a time. You can't acknowledge your own pain AND be aware of the larger community and its issues. ***You just roll around crying about yourself, don't you, selfish? Grow up, why don't you.***

I've observed that if you don't respond to their efforts, these folks engage in subconscious manipulation. I say subconscious because I don't think most of them know they're doing it. It's similar to the way some parents encourage toddlers to behave. Lavish them with attention and compliments when they do what you want; ignore them when their behavior is less than desirable. People, especially those who are hurting, want and need connection. So, maybe they twist themselves up into pleasing caricatures in order to win approval. Maybe they deny their unseemly anguish.

I'm here to tell you: these so-called helpers are trying to silence you, whether they realize it or not. They cannot bear to witness you. They'd prefer not to have to think about this. To them, your suffering is a passing thought, easily dealt with. They haven't considered that it's real for you, every second of every day and night. That you are doing all the things to try to save yourself. Of course, you are. That you are more invested in your wellness than they could ever be. That sometimes there are no easy solutions, or perhaps even any hard ones.

***And that maybe the best thing they can do is sit there with you, like a lump of solidarity, mouth shut, ears and heart open, while you acknowledge your reality and speak the truth of it.***



## 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

It taught me that knowing the mechanics of how to do something is different than maintaining steady discipline to keep the machine in motion. It needs daily attention but not to the point of resistance and sometimes it's just easier to let yourself be at the mercy of the people and circumstances around you and fall into their game, their movie.

#### SO WHAT'S THE ENDGAME?

For me it's about understanding and peace of mind. Before enlightenment, you chop wood and carry water. After enlightenment, you chop wood and carry water. But your subjective world, your inner world, is forever expanded. Everything you see and hear afterwards is thru a new filter.

#### A REMINDER WHEN YOU'RE FEELING ALONE

If you're feeling lonely and unloved, remember there are people who care for you but don't tell you. You don't know it because you keep to yourself and don't go out much anymore. You don't do the things you used to do where you came in contact with them all the time. You feel love when some people come to mind but you don't call them and tell them. But it's there. Give people a chance to love you. Go out, call, or just play on **Facebook**.

#### ALSO DON'T FORGET TO ASK FOR IT

Remember that asking or praying activates response from the Universe. Say a prayer to see things with new eyes. Say a prayer to have opportunities come your way, that doors will begin to open and you will notice it, that you will not miss the opportunity. Ask for opportunities to be sent your way and for helpful people and circumstances to come into your experience. Ask that every day several times a day and then look around you, be vigilant for a glimmer of opportunity.

#### A BIG ASK OF MY OWN

Speaking of asking for it, friends, I'm fine but will be undergoing a procedure that's going to cost me \$6,000 out of pocket so I'm passing the hat. If I've ever done you a favor or loaned you money or connected you with someone helpful or made you smile or given you hope or comfort, this is your chance to donate \$1.00 to me, (or \$2 or \$22 -- smile.) Or you may purchase a subscription, or an astrology chart, or an ad. You can do this by using the "donate" button at [www.horizonsmagazine.com](http://www.horizonsmagazine.com). Consider it a tithe to the Universe. It will return to you manyfold. Thank you for your kind generosity.

I've been gathering info, weighing options. One thing I know about me is that no matter what it is, I find a way to figure it out and get it done. Ever hopeful!

Enjoy our offering this month.  
Hari Om.

*Andrea*



## STRATEGIES TO READ EMOTIONAL ENERGY

...continued from page 16

Take time to observe people's eyes. Are they caring? Tranquil? Mean? Angry? The way others look at you can make you feel adored or afraid. Certain people's eyes can be hypnotic. Avoid looking deeply into eyes you distrust or sense may be dangerous. The less you engage negative people, the less they'll zone in on you.

### 3. LISTEN FOR PEOPLE'S TONE OF VOICE AND LAUGH

- The tone and volume of our voice can tell much about our emotions. Sound frequencies create vibrations. Some frequencies we hear. Below an audible range, sound can be felt (think of a bass vibration.) When reading people, notice how their tone of voice affects you. Words ride the energy of tone, its warmth and coldness.

**Ask yourself:** Does their tone feel soothing? Or is it abrasive, snippy, or whiny? Are they a soft-talker or mumblers whom you can barely hear, signs of meekness or low self-esteem? Or do they talk too loud or too much, signs of anxiety, narcissism, or insensitivity. Are they fast-talkers, trying to sell you something? Or boring you to death with a slow monotone, suggesting depression and no spontaneity?

**Be aware of sighing** which relays sadness or frustration. Also, a pinched voice suggests emotional repression, over control, or a thyroid disorder. Always observe how much people laugh, a sign of lightheartedness. Does their laugh sound genuine? Fake? Child-like? Joyous? Or are they overly serious, rarely laughing? In addition, FBI profilers interpret a quivering voice and sudden change in pitch as potential signs of deception.

**4. SENSE PEOPLE'S HEART ENERGY** - The most important aspect to read about energy is whether people exude a sense of heart. This is the loving-kindness in us, our capacity for empathy, giving and connection. When heart is present you'll feel the warmth of unconditional love emanating from others which makes you feel safe and at ease. It's the unspoken sense of being accepted, not judged. No one can fake this. Our heart presence builds through our good intentions, deeds and emotional work to overcome fear and negativity. The heart is the most positive quality anyone can have. It's healthy to be drawn to it.

**Reading energy is a game-changer** where intense emotions blur your clarity. It enables you to see past fantasies or desires to pinpoint someone's motivations by sensing invisible messages they give off.

I was once attracted to a man, a successful financial manager who knew exactly what to say to melt my heart. **Todd** was from the country club set and much too conservative for my

taste—I often fall for wild, creative men. Yet he was smart, boyishly playful, seemed to “see” me and respect my sensitivities. We could discuss anything from politics to the nature of the universe and he'd speak to me in an appreciative low tone of voice I melted around. Still, from the start, when I looked into Todd's eyes, I had the oddest feeling—there was no “there” there. His eyes seemed cold, vacant, even a touch mean.

However, for better or worse, I was drawn to him, which doesn't happen to me every day. I really wanted to surrender to my romantic feelings for **Todd**, to explain away the niggling truth his eyes conveyed, though I knew I ignored this red flag at my own peril. But, as the desiring mind can do when it wants something, it downplayed intuition. I rationalized, “*You're just too picky. Todd is wonderful. It's crazy to let his eyes stop me.*” My friends also told me this, and I agreed. So, for a year, I stayed in the relationship. But in the end, this man's eyes revealed his true colors.

The problem was that **Todd** was a super-smooth operator and my raging hormones were blinding me. Also, I was naive. I confused his seductive energy with heartfelt caring and was horribly susceptible to the charisma he wielded so well. It was a perfect storm of forces I didn't have a handle on. I needed to sort them through before I could read him from a neutral place which at that time was light years away. ***A policy of mine is to study what makes me weak or strong, so I can learn from it. If something knocks me off my center I want to know why and not repeat the situation.***

To break Todd's spell, I had to grasp that what excited him most was not to love me but to have power over me. I just couldn't grasp how he or anyone could feel that way. He'd reel me in with gorgeous intimacy, then be unavailable. Or he'd be incredibly sensitive, then incredibly cold. I kept wracking my brains, “What could he possibly be getting from this.” Slowly, I came to understand that he got off on the rush of being in control. For him, it was an aphrodisiac. I didn't operate like this, nor had that been a dynamic in my past relationships.

But, thanks to **Todd**, I can recognize it now. In retrospect, I'm grateful to have learned this lesson about power versus love from a perfect teacher. Also, I realized that once again, I'd talked myself out of intuition in favor of passion. I'd surrendered to the wrong thing, to what I wanted, rather than what I “saw.” However, being human, sometimes I have to keep making the same mistakes until I finally learn. Today, I value the energy of the eyes more than ever. It communicates an essence in someone if we can trust this.

In your life, get used to reading people's emotions. Factor what you sense into your total assessment. Maybe just a single red flag will appear so you're not sure what to do. Then, take your time. Watch how people treat you. Notice if their words back up their behavior. The purpose of reading energy is to become more empathic by sensing the nuances of different personalities. Stay alert to the signals energy sends so that you can see the whole person.



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 2019

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

**Aries – (March 20 – April 19)** Joy, pleasure and the pursuit of happiness is your worthy path this month. Don't buy into stress and pressure that keeps you away from your love. There are always distractions on the road of life, and you'll be called to make some choices now; check your priorities and find a way to placate the stress monster, while feeding the muse. Work can wait, joy cannot.

**Taurus – (April 20 – May 20)** There is a mighty power in a word, and once you understand anything enough to name it, the Universe surrenders to your will. Get clear about your issues this month. Who or what is really holding court with your mind? Ask for signs from the Universe; Venus unwinds the tangled threads that are holding you at bay and she sets you free to manifest your desires.

**Gemini – (May 21 – June 20)** This is an extremely productive and rewarding month. You've been putting forth the extra effort to get what you want, and now are in line to enjoy the benefits. With Mercury, your planetary ruler in Gemini, this is a peak time to be just you; busy, curious, and light hearted. Be on the lookout for the deal of the century - good fortune may be one of the things you just stumble upon in your travels.

**Cancer – (June 21 – July 21)** Life has been so serious up until now. With your sensitivities, you undoubtedly feel the impact of the planets now. Take heart in knowing that life has some rest and relief planned for you this time around. Feel into your inner sanctum of heart and feed your soul; let May be a time of softness and pleasure. This is your month to let that inner spring unwind.

**Leo – (July 22 – August 22)** Count your blessings but set some limits on who you share them with. There are some malingerers who can make life difficult if you allow them to. When your generous nature is leveraged by others, you end up feeling exhausted. 'NO' is a two letter word that grants dimension to your world now, it's actually one the other people understand. Try it out.

**Virgo – (August 23 – September 22)** May is a great month to sizzle to your career. You're well received; people know who you are, and you'll likely receive an award or other public honor. Best of all, the acclaim is well deserved. You're a master of your craft, and it's only natural that everyone knows it. Stay open to one more piece of information; there is a hidden treasure to be found in something that at first seems insignificant.

**Libra – (September 23 – October 21)** Mars changes signs on May 15th, ending what has probably felt like an interminable series of delays. Life is supposed to be easy; yet, even the most positive people get frustrated by roadblocks and miscommunications. May is the rebound month from recent stress and strain. Your best strategy is to let the Universe reveal your next step; working too hard makes things more difficult, not better.

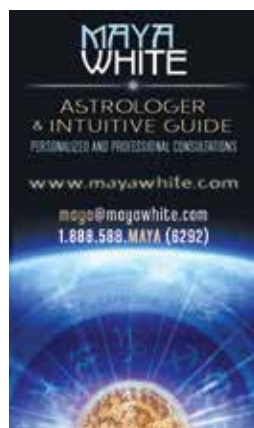
**Scorpio – (October 22 – November 21)** The planetary flow is a bit subdued this month. Set a steady pace and look at the big picture to motivate yourself, otherwise you feel overwhelmed by the intricacies of little steps. Everything is up for review, but don't forget to find joy in the midst of all this effort.

**Sagittarius – (November 22– December 20)** Multiple opportunities come your way this month. It's as though the Universe is blowing bubbles and your challenge is just to catch them. Take delight in each and every day in this time of joy, maintaining a playful demeanor is your job description for May. If looking for love, know that it may come unannounced, and rolling in like a freight train. Are you willing to jump aboard?

**Capricorn – (December 21 – January 19)** Allow yourself to witness the grandeur and feel the simplicity of how the Universe can assist you in every way. Ambition does not serve you in this time and space; rather, it's critical that you maintain an open heart and cultivate an awareness of your role as a participant in a grand scheme of Light. You don't have to do it all - just your part. You're standing on solid ground now -- take a deep breath and smell the roses.

**Aquarius – (January 20 – February 17)** Depth is your ally this month, Aquarius. Whatever you do, you must go the distance. Engage in relationship and learn all that you can from another individual. This person has a grand gift to share with you; whether personal or professional, there is a meeting of the minds that will enrich your life. What you learn now has impact on the rest of your days.

**Pisces – (February 18 – March 19)** Your life has the potential to change in an instant. Suddenly, you're an overnight sensation, after so many years of hard work! Pay extra attention to your intuition this month, because something fine is standing just around the next corner. There may be a price for the sudden opportunity, but it'll be worth the effort. Think long and hard before saying 'no', and look for a way to get to 'yes'.





# COVER ART

## DRAGONFLY by Kris Waldherr



This painting by Kris Waldherr comes from her **Sacred World Oracle**, a 44-card oracle deck that celebrates the beauty and diversity of the earth and its creatures. It was painted in oils over watercolor and pencil on paper.

In **The Sacred World Oracle**, the dragonfly serves as a symbol of unexpected grace found in difficult places. Though some fear the dragonfly for its sting, it is harm-

less. These flying insects often congregate in swampy marshes where they eat mosquitoes and other stinging insects. **Cimidyé**, a goddess associated with the **Tucana** Indians of the **Amazon**, was transformed into a dragonfly so she might transcend her difficulties. In **North America**, the **Zunis** consider the dragonfly an intermediary between the spirit and the physical worlds.

**Kris Waldherr** is an award-winning author-illustrator who is fascinated with mythology and women's history. Her books for adults and children include **Bad Princess**, **Doomed Queens**, and **The Book of Goddesses**. As a visual artist, **Waldherr** is the creator of **the Goddess Tarot**, which has a quarter of a million copies in print, and the **Sacred World Oracle**, a **Coalition of Visionary Resources** best product of the year.



Her art has been exhibited in many galleries and museums including the **Ruskin Library**, the **Mazza Museum of International Art from Picture Books**, and the **National Museum of Women in the Arts**.

**Kris Waldherr's** upcoming books include her debut novel **The Lost History of Dreams** (Atria Books), a Victorian-set reimagining of the myth of **Orpheus** and **Eurydice**. See page 19. She works and lives in Brooklyn. Learn more at **KrisWaldherr.com**.

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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

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

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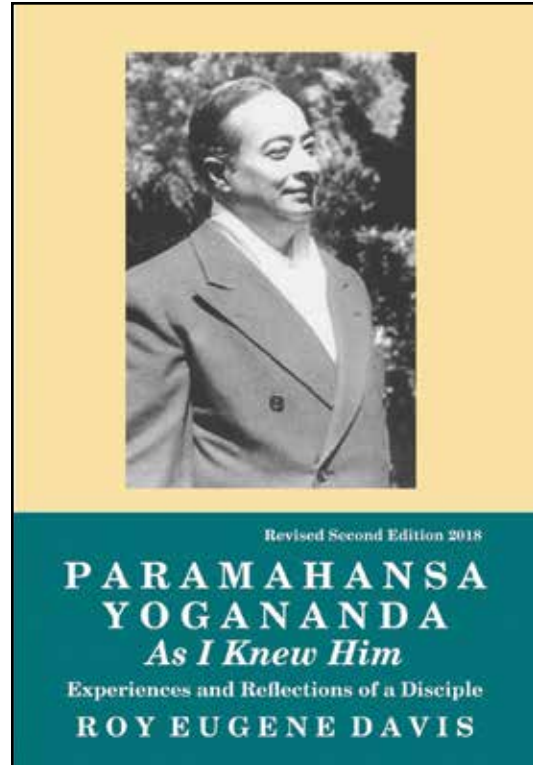
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Roy Eugene Davis was ordained by Paramahansa Yogananda in 1951. He has taught these spiritual growth processes in the Kriya Yoga tradition for more than 65 years in North and South America, Europe, Japan, West Africa, and India. His books are distributed in several languages in many countries.



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