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**MAY 2020**

Andrea de Michaelis presents

# **HORIZONS**

**Florida's Mind, Body, Spirit Magazine since 1992**



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# THE CRYSTAL GARDEN

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

## GEMSTONES AND THE TAROT

**Using gemstones as an oracle for insight and self-awareness came to my attention after years of assisting customers pick gemstones in my own retail store in Florida, The Crystal Garden.** Customers want to know what stone will bring them love, luck, protection, health, or self-confidence. Innately, you know which gems will amplify the good in your life.

My recommendation is to allow your eyes to be drawn to the gemstones that will help you the most. Thus, the Gemstone Oracle aids in understanding oneself and manifestation of desires.

### THE GEMSTONE ORACLE

Add the element of the **Gemstone Oracle** in your tarot card sessions. To start the session, before you lay your cards, have the client pick gemstones from a pile of tumbled stones. After the client chooses the stones, explain the qualities of those stones and why they may have been attracted to them.

The size, shape, and color give you, the reader, insights as to why they chose those gems. Contemplate the mental, spiritual, emotional and physical uses of the stone as well as the Divine Guidance.

### WHAT'S YOUR FAVORITE TAROT CARD?

My favorite tarot card is the **Ten of Cups** which is a celebration of balanced emotions and carries the vibe of 'happily ever after.' All the pink and green gemstones are aligned with this tarot card. Emerald, ruby, and rose quartz exemplify the Ten of Cups. Use affirmations with these gems in hand to increase these positive energies.

**AFFIRM:** I am grateful for my prosperity. I am healthy, whole, and complete. I am successful in all of my pursuits. My actions have beneficial results for everyone. Vital life force flows vibrantly through me. My heart is open to giving and receiving love. I transform the world around me through focusing my energy and intentions on Divine love.

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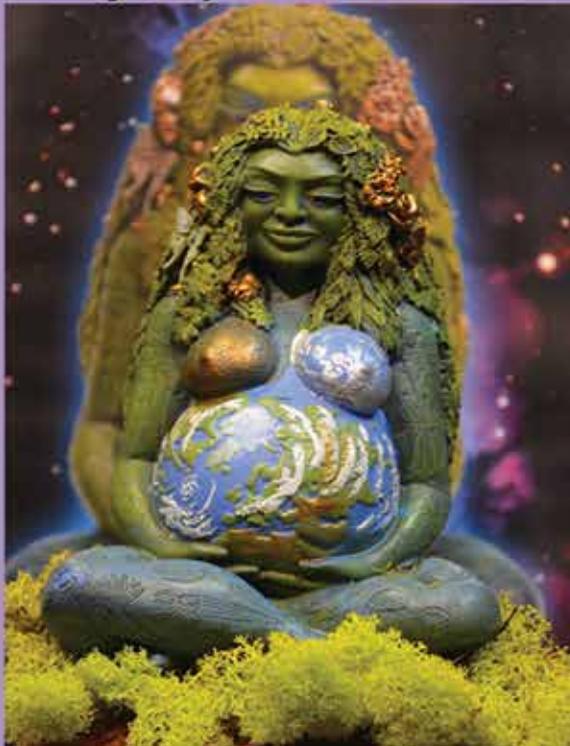
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- 2. Scroll down the page. If a pop up comes up with the Unity of Melbourne logo asking you to sign into Facebook just click "Not Now" and keep scrolling.**
- 3. Select the first video. This video will display the current date and time above it.**

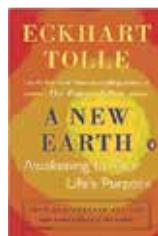
## WELCOME TO SERVICE!

**Sunday, May 3rd, 10:30am  
BEING HELD IN TRANSITION**  
Speaker: Deanne Torell, MDiv., LMHC

**Sunday, 10th, 10:30am A NEW EARTH  
THE FLOWERING OF HUMAN CONSCIOUSNESS**  
Speaker: Rev. Valarie Parson

**Sunday, May 17th, 10:30am A NEW  
EARTH -- EGO: THE CURRENT STATE  
OF HUMANITY**  
Speaker: Rev. Valarie Parson

**Sunday, May 24th, 10:30am  
A NEW EARTH -- THE CORE OF EGO**  
Speaker: Rev. Valarie Parson



**Sunday, May 31th, 10:30am A NEW EARTH  
ROLE-PLAYING: THE MANY FACES OF THE EGO**  
Speaker: Rev. Valarie Parson

## CLASSES

**Tuesdays, 10am beginning May 12 and Wednesdays, 6:30pm beginning May 13 (5 Weeks) Class is offered via Zoom. Email [MargaretRosche@gmail.com](mailto:MargaretRosche@gmail.com) for syllabus.**

**WHAT THE MYSTICS KNOW: 7 PATHWAYS TO YOUR DEEPER SELF** Facilitator: Maggie Rosche, LUT

This class will use the "mystical" insights from Richard Rohr's text to "see" the challenges of our modern world rightly, applying Unity spiritual principles and values from the perspective of "putting on the Christ." We will explore what it means to be a "modern mystic" living the truth we know and identify the mysticism inherent in our Unity Principles, and in Unity of Melbourne's unique Vision, Mission, and Values.

**Wednesdays, 7pm - 8:30pm Class is offered via Google Meets. Email Randy at [RandyBFillmore@gmail.com](mailto:RandyBFillmore@gmail.com).**

**HEART-CENTERED METAPHYSICS GROUP BOOK STUDY**

Facilitator: Rev. Randy Fillmore

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

**Thursdays, 6:30pm - 7:30pm CONNECT**

Facilitator: Rev. Valarie Parson

Take a look at our Facebook page under the Events section. Click the link to register for our time together! This is a way for us to stay in touch as a spiritual community, check in on each other, and pray together!



**Tuesdays and Thursdays, 12:00pm, Ongoing  
NOON DAY PRAYER**

Facilitator: Rev. Valarie Parson

Join us for collective prayer and meditation time throughout the week. Pause for a few minutes, share a prayer request, and take a few deep breaths as we affirm the health and well-being of our world.



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**The greatest optical illusion is separation**

# HORIZONS

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Andrea de Michaelis

**On the Cover (page 29)**

Grianna's Angel by Jane Delaford Taylor

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

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



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

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

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

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## 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.



You are loved and guided more than you can imagine

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



Andrea de Michaelis  
Publisher

## THIS MONTH'S THOUGHTS ABOUT THINGS

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

**A FACEBOOK FRIEND WROTE,** "I am starting to wonder about this thing called "Attraction." Who is showing more Faith, as Christians would call it. So my question is The Minister on the news has Faith he and his flock of friends will not get sick. Whereas you say you sprayed disinfectant on your neighbor's mailbox. Does that not draw through Law of Attraction the fear of this Virus and of course the Virus? Just wondering."

**ANDREA'S RESPONSE:** That was an excellent observation. My experience is what someone does and says does not always reflect their vibrational resonance. We attract what we resonate with, not what WE SAY we resonate with. Also, without knowing their life, we don't know how much momentum is in motion from previous actions.

**MANIFESTATION** = belief plus expectation, intention and focus, minus resistance and momentum from prior actions.

I spray things down because doing physical actions helps reinforce my faith. I'm praying to God yet tethering my camel, so to speak.

What I think I'm doing is more important than what I'm doing.

I'm not spraying thinking, "Oh, no, I'll catch this virus if I don't constantly clean." I'm thinking, "I feel I'm in a good place vibrationally. If I was not, I would see evidence of resistance in the form of chaos or unhappiness happening in front of me. I don't see that. Life is good and I'm happy."

I'm thinking, "Cleaning is part of my spiritual practice. I take a few moments to wipe things down a few times a day while I self talk that I'm wiping away any obstacles to my happy life. I'm blessing each surface I touch."

When I wipe the neighbor's mailbox down, I'm not thinking, "Omg lemme get rid of his cooties before I catch it." I'm thinking, "Bless him. Bless us all."

That's why what I THINK I'm doing is more important than what I'm DOING. You and I can stand side by side doing the same actions yet have different results, because the manifestation is in the thinking of it.

Back to the minister's belief in your example. He says he believes he and his flock will not get sick, but he says it like it's a battle to be fought or an opponent to overcome. Pushing against something introduces resistance into the equation of law of attraction.

*...continued on page 34*



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**NOTE: THE MAY 16-17 FAIR IN ORLANDO IS POSTPONED DUE TO VIRUS QUARANTINE**



# THE TRUTH ABOUT CORONAVIRUS, STAYING HEALTHY AND THE FUTURE OF HUMANITY

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

**I think it's up to us to recognize the opportunities we have. For the first time during something we are facing as a planet, there's no them and us. We're in this together, we are molding and we are forming that world through the choices that we make right now.**

I want to talk today about what in the world is Covid-19, what we need to know to protect ourselves and what this means for the evolution of humanity. Now during this unprecedented experience we've never seen an entire planet to go through an experience simultaneously the way we are. There's no them and us, there's only a we.

## **WHEN SOMETHING IS TAKE, WE WANT IT MORE**

Humanity, if there's one thing that that we do well it is: if something is taken away from us, we want it more so the whole social distancing is the best thing in the world for Humanity. It's going to bring us closer together after we get through this.

## **MY SKILLS HELP ME SEPARATE TRUTH FROM FICTION**

I'm going to begin with my background, I'm a scientist, I'm a degreed geologist, I am NOT a biologist but I have a strong background in the life sciences. I was a marine biologist before I became a marine geologist before I became a terrestrial geologist. I say that because it's given me the skills to follow the scientific community and scientific communications around what is happening right now so it helps me to separate truth from fiction.

## **I'M INFORMED AND OPTIMISTIC ABOUT OUR FUTURE**

There's a lot of false information out there and I want to begin by saying that I am an optimist and I'm also a realist and I am both optimistically and realistically encouraged, very optimistic about our future and what is happening here.

## **WE WERE DESIGNED TO THRIVE IN TIMES LIKE THIS**

The reason is because we were made for times just like this, our bodies are literally designed not just to survive but to thrive and adapt. We have everything that we need to thrive and adapt in times like these. Our job is to give our bodies what they need so they can do what they were designed to do. Where we find ourselves not doing that and recognize these things so we can support our bodies and I think that is going to be a part of what we're going to see changing

As we come of the experience the lock in that we're in right now, we don't know what is about to happen. But what I can

tell you is that there are people who believe that once the restrictions are lifted life throws back immediately to the world and the life that we knew before.

## **THERE IS NO 'NORMAL' TO GO BACK TO**

I think they're going to be surprised we can't go back because that world no longer exists. We cannot go back to a world that no longer exists. We now are defining through the choices we make right now today what the emerging world will look like.

## **WE ARE MOLDING THE NEW WORLD**

We are molding and we are forming that world through the choices that we make right now. Some of those choices are conscious, some are unconscious, some are individual, some are collective.

I believe we're going to see a more local world emerge. We were on a fast-track of globalism for a very long time and there are some things that will continue to be global, like digital communication. We are obviously globally connected. As a family we have to use good common sense. There are places where that simply doesn't make sense, so I believe that we're looking out of the world and as a scientist I tend to look at it short term and long term short term six months or less long term six months and beyond.

## **CHANGES, MORE SUSTAINABLE WAYS OF LIVING**

I think both what we're going to see short term is we're going to recognize that the unsustainable nature of certain aspects of our lives and that will lead to the long-term changes of more sustainable ways of living.

## **LOCALIZED LIVING, MORE LOCALIZED COMMUNITY**

One of them is localized living and I think what we'll find is that we move more toward a localized society in terms of localized sources of energy, localized sources of food, localized sources of medications, and the things that we need to keep us healthy. A more localized economy because we're seeing how vulnerable and how fragile the supply chains are that connect us. With a factory on the other side of the planet and all of the modes of transportation that the vital resources we have to go through to get to us and when those aren't there, we don't have them.

*...continued on page 35*

# 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 FOLLOWING YOUR OWN PATH

Esther had some friends at one of her houses a few months ago, and she gathered everything under the sun, because she wasn't sure what anybody wanted to eat. And so the cupboards were full of so much variety, that they could have stayed for 5 months. And one of the people began talking about the things she does not want to eat, and everything she mentioned that she did not want to eat, Esther went and got one of them out of the cupboard and put it on the table. Esther was wanting to demonstrate that you get what you talk about here and you get what you think about.

That was part of what she was wanting to say, but Esther said in a rather bold way to everyone that was gathered around, that she had all of this food that was considered not healthy by this person: *"Well, don't eat it if you don't want to, but don't talk about how bad it is while I'm eating it, because if you want to spoil your own fun that's fine by me, but don't spoil everybody else's fun."*

And we really want to say this in a powerful way, instead of trying to decide what everybody should be eating or thinking or doing, rather than trying to come to the same conclusions about what's right or wrong or what's healthy food or what's not healthy food, instead make the decision to come into alignment, where you'll be inspired from where you are. As you are moving along your path, your Inner-Being always knows where you are in relationship to everything you want.

We don't just mean where you are time wise, we mean where you are vibrational wise, where you are in the ability to decipher it wise, where you are in the ability to be able to perceive it wise.

And let's just say it, and we mean it lovingly and with no judgment about it, You are where you are and you stand with the beliefs that you hold, and that's alright. And your Inner-Being



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knows where you stand with the beliefs that you hold, and your Inner-Being will inspire you to the path of least resistance.

And so what you may eat today on your path to where you want to be, may not be the thing that you will always eat, but it's the path of least resistance today. But most of you don't allow yourself the benefit of that kind of divine and precise guidance, instead you're looking around concerned with what everybody else is doing, you're comparing what everybody else is doing to what you're doing and worrying about the results of it, instead of following the inspiration."

*...continued on page 25*



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# HERB CORNER

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

## ELDER

**With over five regional species and 30 subspecies, this small native tree can be found growing in the subtropical climates of North and South America, Africa, Australia and Europe.**

Both the flowers and berries have been used for centuries in teas, tinctures, syrups, jelly and lozenge preparations. Archeologists have found Elder seeds in Neolithic dwellings in Switzerland and European villages. Elderberry was even mentioned over 2000 years ago in the writings of Hippocrates. In North America both the early settlers and Native Americans used Elder as poultices to stop bleeding, as teas to treat colds, joint pain, fever or for skin problems. They also ate the dried berries as a winter staple.

For centuries Elder has been used as medicine to aid Respiratory conditions; today modern research by the USDA supports the belief that Elder is rich in antioxidants, rutin, amino acids, Vitamins A, B and C and the bioflavonoid quercetin; these constituents are said to reduce inflammation and enhance immune functions in the destruction of viruses and bacteria. It is even listed in 2000 Mosby Nursing Drug Reference for the treatment of colds, flu, viral infections, sore throat, bronchitis, tonsillitis, yeast infections, hay fever and nasal congestion. Scientific studies in Germany showed Elderberry contains more antioxidants than Vitamin C and E; these help boost the production of cytokines which act as messenger's to enhance the immune system.

One-way Elder works is through its diaphoretic abilities; which get the body to sweat, when you are sick this helps the immune system amp up the bodies temperature; which then burns up and kills off the infection responsible for colds and flu. When lab studies were done it was found that Elderberry extract was effective for the treatment of the H1N1 (swine flu) virus.

**RECIPE:** You can make an extract of Elderberry by simmering 4oz. dried berries in 4 cups of water, cooking this down until only 2 cups of this tea remain. (You can also add a pinch of ginger and cloves for more potency.) After it is cooked down and when it cools, strain off the berries and add 1 cup honey to the tea. You now have a syrup. Bottle and store your syrup in the refrigerator this should keep fresh for about 3 months. Children can take 1/2-1tsp. and adults can take 2-4tsp. as a preventative prior to cold and flu season or for the treatment of colds or the flu.

Thanks to research this herb is gaining popularity for many respiratory ailments. It appears our ancestors knew what they were talking about.

# WORRIED ABOUT CORONAVIRUS? HOW PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL STRENGTH CAN HELP



Melissa Dawn is founder of CEO of Your Life, a motivational speaker, author, energetic healer and former VP Marketing, her approach is unconventional, inspirational, fun and holistic. She is the author of I Attract What I Am: Transform Failure into an Orgasmically Joyful Life and Business. Visit <https://ceofyour.life>

**Yes, we can take preventative measures but, beyond that, we cannot let our inner saboteurs take over our thoughts and control our lives.**

I don't know about you, but lately, people all around me are reciting coronavirus facts, fiction and fear on a daily basis. How many countries are affected, how many people have contracted it, how many have died, how governments are reacting, even who to avoid. It can feel alarming and overwhelming.

There's the fear of contracting it ourselves, of our loved ones contracting it, and also that more subversive fear of feeling like everyone around you is on edge, afraid, even hateful and constantly on the lookout for "signs" that someone around them is infected.

We can't live in fear. We can't allow fear to live our lives for us!

Yes, we can take preventative measures but, beyond that, we cannot let our inner saboteurs take over our thoughts and control our lives. We need to keep ourselves firmly in that CEO seat, so that fear does not derail us from cultivating the life we want for ourselves and those around us.

**How can we do our best – physically, mentally, emotionally and spiritually – to prevent coronavirus and keep ourselves – not our fear – in the driver's seat?**

Here are a few strategies that can help keep you strong and not only help prevent coronavirus, but other illnesses as well:

## PHYSICAL

**Avoid people who are visibly coughing, sneezing, sick or wearing a mask.** Avoid crowds when possible and consider wearing a mask yourself if crowds are unavoidable, such as on public transportation. Just remember not to wear the same mask for more than one day.

**Don't share personal items** such as food, drinks, utensils, towels, pens, handheld devices and other office supplies.



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**Wash your hands many times during the day.** One of the best ways to prevent infection is through regular hand washing, with soap, for at least 20 seconds. Do this before and after eating, after using the washroom, after using public transportation, after shopping, or any other time you come into contact with things other people often touch (stair railings, door handles, public washrooms, library books and more).

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



# 13 QUESTIONS THAT WILL CHANGE YOUR LIFE

Dr. John Demartini is a world-renowned specialist in human behavior, a researcher, author, and global educator. He has developed a series of solutions applicable across all markets, sectors and age groups. His presentations whether keynotes, seminars or workshops, leave clients with insights into their behavior and keys to their empowerment. Visit [www.drdemartini.com](http://www.drdemartini.com)

**Many of us think we know what is important to us, but that can be clouded but societal expectations and many other influences.** We need to dig a little deeper to work it out properly and genuinely. I've developed a series of 13 questions to ask ourselves to work out what it really is we should be focusing on. Once you know, prioritise actions that relate to those values. Every time I see people do it, I see how much easier and happier their lives become. It's incredible.

You need three answers (in order) for each, even if not stated. Once you have finished, you will see patterns repeating and your highest values will become very clear.

**1. WHAT DO YOU FILL YOUR PRIMARY SPACE WITH MOST?** What takes pride of place in your home or office?

What do you always keep in your possession or close to you?

What three items stand out in your personal and professional space?

**2. HOW DO YOU SPEND YOUR TIME PRIMARILY WHEN YOU ARE AWAKE?** What are the three things you spend your time on most, in order? You will make time for things that are really important to you and you will run out of time for things that are not.

What do you do most often in your 16 to 18 hours of awake time every day?

**3. HOW DO YOU SPEND YOUR ENERGY MOST AND WHAT ENERGISES YOU MOST?** What do you find energy for most? You will always have energy for things that are truly highest on your values list and will run out of energy for things that aren't important.

What three actions energise you the most or make you feel most vital?

**4. HOW DO YOU SPEND YOUR MONEY?** What are the three consistent things you spend your money on most? You will feel reluctant to spend money on things you perceive to be unimportant. If something means a lot to you, you will certainly work out a way to pay for it.

**5. WHERE ARE YOU MOST ORGANISED?**

Where are you ordered and organised most and what are the three things that you are most organised in? You have at least a few areas of order and areas of disorder in your life. The things that are important to you, you will spend time organising.

What are they? Don't lie to yourself!

**6. WHERE ARE YOU MOST RELIABLE, DISCIPLINED AND FOCUSED?**

If something is important to you, you will be dedicated to doing it. You don't, and won't, have to be reminded or motivated from the outside to do it.

Where are you most reliable, disciplined and focused? Be honest!

**7. WHAT DO YOU THINK ABOUT MOST?**

What are the three things that dominate your thoughts? You may be momentarily distracted by daily incidents but your mind will always return to the things that mean something to you - whatever is highest on your list of values.

**8. WHAT DO YOU VISUALISE, THEN REALISE, MOST?**

What do you visualise most about how you would love your life to be that is gradually coming into reality?

What are the three things that you envision or daydream about that are starting to coming true? What you most consistently envision will be in alignment with what is most important to you.

**9. WHAT DO YOU INTERNALLY DIALOGUE WITH YOURSELF ABOUT MOST?**

What do you internally dialogue with yourself about most that is meaningful and that is gradually coming true?

What are the three things that you talk to yourself about most that are manifesting? You dialogue internally about what is most important to you.

*...continued on page 27...*



# SETH SPEAKS

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

## ROBERT BUTTS GETS A VIRUS: SETH DISCUSSES NEGATIVE EXPECTATIONS

Session 143, Early Sessions, Book 3

**ROB: I spent eight or nine days in bed, the victim of what is generally called a virus. At no time, however, did I blame a virus, feeling that the real cause was psychic, thus permitting the virus to come to the fore. I was somewhat embarrassed at having "goofed" psychically. As time passed and while I pored over several daily New York City newspapers plus Elmira's daily paper, I came to realize to a small extent that poor expectations on my part had much to do with my falling ill.**

I finally reached the point where I told Jane, the day before this session was due, that I had decided to stop reading the New York papers so thoroughly. I found it a sad experience to read about the race situation, Viet Nam, the conditions of life and crime in New York City, etc., although, of course, I realized that much of this news meant something was being done about some urgent problems.

**Seth: In regard to your illness, no healing of any sort can ever take place without inner understanding and psychic comprehension.**

The basic source of your difficulty was not new. It did not even, except superficially, represent a dangerous lapse or relapse on your part, into those truly dangerous and quite disastrous negative battles of thoughts, which eventually in any individual can and often do lead the integrated self into annihilation.

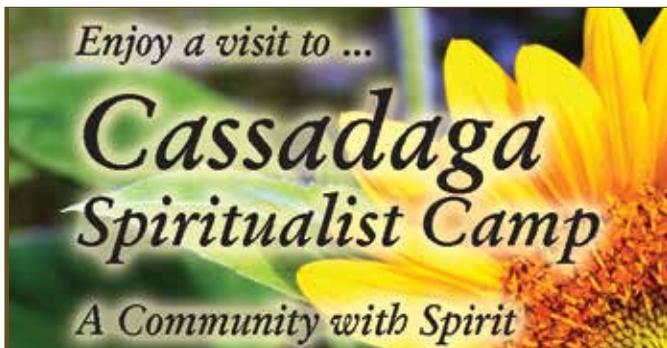
The illness did represent, however, a needed warning, materialized into physical reality as illness. A warning that after all there had been a recent tendency on your part, though slight, to slide into negative thinking. The illness was meant to bring you up short, to make you think.

It was no coincidence, however, that you plunged into reading the New York papers during your stay in bed. Not that it is intended that you should close your eyes to world events but that, in your particular case, there are times when, to you, such concentration upon world evils becomes extremely unwholesome.

Your reactions at such times are not good for yourself. And, your reactions are not good at such times for the conditions which bring them about.

Such reactions actually worsen the conditions that you would change. I am not suggesting that you adopt a bland, idiotic, Pollyanna smile nor that you shout love, prosperity, and health from the rooftops while the world below is steeped in poverty and ignorance.

*...continued on page 27*



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# FROM THE HEART



Alan Cohen is the author of many inspirational books including *A Course in Miracles Made Easy*. Join Alan for his life-changing Holistic Life Coach Training beginning September 1, 2020. For information on this program and Alan's books, videos, audios, online courses, retreats, and other inspirational events and materials, visit [www.AlanCohen.com](http://www.AlanCohen.com).

## BIRTHING A PLANETARY RESET

**The world is not the same place it was just a few months ago. The pandemic and economic downturn have put humanity's activities on pause and caused nearly everyone to make significant lifestyle changes. We are required to stay home, conduct business from our living room, homeschool, and face family issues we have shoved under the rug for a long time. We are commanded to not touch each other or our faces. Just a short time ago no one imagined any of this would happen.**

When the pandemic began, I wondered "What good could possibly come of this?" Now some answers are obvious. For one, we are present with our families at a new depth.

A friend sat on her porch and enjoyed a meaningful two-hour conversation with her 14-year-old son, an interaction that would never have happened otherwise.

A Japanese woman who had a big argument with her parents before she went on a trip has returned to live with them, and has made peace with them unlike ever before. A Portuguese woman who was denied entry to **England** for a work visa, discovered two frail elderly people in her apartment building, who she is now cooking for, and picking up prescriptions.

People are connecting with old friends and new acquaintances from far reaches of the globe via **Zoom**. We are valuing loved ones we belittled and jobs we once complained about. Meaningful moments are happening that we were too busy to enjoy.

It takes a lot to get our attention, but this event has succeeded. Let us reframe it not as a curse, but a wake-up call. **Albert Einstein** said, "In the middle of every difficulty lies opportunity."

"What can I do to maintain my inner peace and help others?" we ask.

"How can I use this experience to improve the quality of my life after the lockdown has been lifted?"

"Who am I as I now recognize I am united with every other person on the planet in a common goal?"

The answer is simple: Be the light amidst apparent darkness. Your joy, gratitude, and creative self-expression serve humanity and the planet far more than anxiety. Misery has enough company. The world needs people whose minds are clear, confident, and connected to Higher Power.

We have meditated, prayed, done yoga, sat at the feet of gurus, and aligned our chakras at **Sedona** vortexes. Now is the time to put our training into action. Boot camp is over.

Now we must apply what we know and live the teachings instead of just talking about them, waiting for non-physical entities to save us, or hoping our kundalinis will rise. It's showtime.

The pandemic will pass and the economy will recover. But we will have experienced an event unprecedented in human history: a planetary reset.

We will have reprioritized our values and recognized the preciousness of our lives and those we love. We will be glad we have jobs to go to, schools to educate our children, the ability to venture out of our homes, the exhilaration of walking in nature, and the safety to touch each other.

Things we now take for granted or even complain about will reveal themselves to be blessings. Let us rise to higher and abiding appreciation for the immense good in our lives. Let us use our time and experience wisely. The beginning is near.

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# ASK WHITEDOVE



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## DEAR WHITEDOVE,

**Some people believe that our life is mapped out before we come to Earth, and that is our fate. Others believe that we can change our life's path at any time. So I would like to know, is there a difference between fate and destiny or is our Life Mission pre-planned? Did we really decide to be here during these crazy times?**

## DEAREST,

There is a great deal of planning that goes into a life's mission. As we prepare for our Earthly journey we make an agreement with God. We select lessons to learn and also lessons that we agree to teach others. So we map out our journey. There are very few events etched in stone, but if there is something that we MUST experience its pre-ordained or called fate.

Then there are other events that will only happen if everything is lined up with divine timing as destiny or a synchronicity. One of God's greatest gifts to humankind is the gift of free will. This affords us the opportunity to co-create our life on Earth. We can get caught up in drama and create a hellish life OR we can dream big and create personal heaven on Earth.

**Know this:** Your spirit has the ability to overcome any hurdle: poverty, abuse, illness, financial loss. Every great master has taught this truth. So I would like to encourage everyone to monitor your thoughts because they are your building blocks. Visualize the future as you want it. Then take action. Heaven is within your reach!

## DEAR WHITEDOVE

**I have recently started dating a yoga instructor and whenever we have a meal together she insists on prayer. I am new to spirituality but I always thought that praying before a meal was a religious ceremony. I don't understand and I'm too embarrassed to ask her to elaborate. Can you please explain this to me? Thank you.**



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## DEAREST

Our direct line to **Great Spirit** is through prayerful communication regardless of religion. Praying over the food that we eat is a way to give thanks to **Great Spirit** and to the **Earth** for providing it. Prayer also creates change...even when it comes to food.

Let me give you an example; I was eating dinner with a group of friends; I said a prayer over food as always, but no one else did. Five hours later every person that ate the meal became ill with food poisoning, except for me. Because of my faith in the power of prayer I was spared the discomfort of food poisoning. Prayer is a powerful tool and if you utilize it in your everyday life you will be amazed at how much protection you will receive in all aspects of your life. You can pray out loud or silently; Spirit will always hear you. Learning to use prayer is the most important step to becoming spiritually aware.

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



# ABRAHAM FUN

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

## Soulsong #71 - Health and Vitality

Radiant, robust health is my natural state of being. More than an affirmation, this is a universal truth. Good health is always flowing to me as a result of who I am: part and parcel of Source energy.

Health problems seem to result from toxins, viruses, genetics, substandard medical care, and other things that befall me. These may be precipitating factors, but they are not the ultimate cause. The overriding explanation? I am reducing my flow of vitality and life force through my thought patterns and mental focus. I then attract unhealthy conditions and vulnerability into my experience.

I cannot consistently focus on what's wrong, what's awful, what's negative about life and experience the health I desire at the same time. My happy desire and my unhappy mindset are at odds and cannot co-exist. In order to usher in my desire, I must change my mind.

Today I deliberately focus with happy anticipation on the health I wish to experience while releasing any habits of blame, regret, annoyance, or dissatisfaction. I take my mind off my problem and concentrate, instead, on that which is wonderful about my body and my life. If I must do this 100 times today, so be it.

In a state of mental and emotional ease, dis-ease cannot long exist. This is universal law. Through this peace process, any condition or diagnosis, no matter how grim or long-standing, cannot remain.

## How Can I Not Worry About the World?

Weather patterns...war...disasters...pollution. It would seem I'm callous and ignorant if I don't fret over world conditions.

But I pause to consider: Every thought that has ever been thought still exists - thoughts of vulnerability and thoughts of security, thoughts of a scary, hostile world and thoughts of an increasingly thriving planet, thoughts of heading towards disaster and thoughts of peaceful expansion.

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

Which streams do I wish to contribute to via my mental focus? Peace or war? Well-being or vulnerability? Hope or hand wringing?

The greatest gift I can give to the world's people is to envision global well-being and to look for the same, appreciate it, and talk about it when the subject comes up.

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



Rev. Andy Conyer



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# WANT PEACE AMID THE COVID-19 CHAOS? DO THE DISHES

Andrew Burmon is Chief Content Officer at Fatherly, the leading digital media brand for dads. Their mission is to empower men to raise great kids and lead more fulfilling adult lives. From original video series and deep dive reports to podcasts and events, Fatherly offers original reporting, expert parenting advice, and hard-won insights into a challenging, but profoundly rewarding stage of life. Visit <http://www.fatherly.com>

**Adam Hanley didn't like going to church growing up. Raised Methodist in the South, Hanley, now a research professor at the University of Utah, quibbled with the scripture and the priest and his parents, who got so tired of the questions they opted to furnish their son with different answers.**

They gave him *The Miracle of Mindfulness* by the Vietnamese monk Thich Nhat Hanh, a book of Buddhist and mindfulness teachings popular with people who clearly remember where they were when they found Jerry Garcia died.

The thin book is essentially a well-written suggestion that we collectively pay more attention to what we're doing and try to take joy in it. That's an oversimplification of course, but not much of one. And that's also easier said than done. Consider this moment: You're socially distanced and the anxiety around coronavirus is dancing arm in arm with the petty annoyances that come from being cooped up with wives, kids, dogs, and even yourself. Being present is a hard sell.

Then you're there, washing the dishes, feeling the warm water and the smooth contours and familiar chips of the family dishes, and it's okay for a second. That's where **Adam Hanley** comes in.

Back in 2014, **Hanley** was getting his doctorate at **Florida State University** – not exactly the world capital of mindfulness – which meant he had access to a life skills lab that contained, among other things, a sink. He looked at the sink and thought about his grandmother, who would spend family gatherings happily washing dishes and had an idea for an experiment. Hanley randomized two groups of college kids and had half read **Thich Nhat Hanh's** instructions for mindful dish-washing while the others read simple, mechanical instructions.

After the students washed the dishes, members of the group that had read mindfulness teachings reported having a better experience, a joyful experience, and had lost track of time. **Hanley**, a skeptic, was shocked. *"No one really looks at informal mindfulness practice,"* he says. *"It's prescribed and embedded in various therapeutic practices, but I was honestly surprised we found anything. The intervention was incredibly brief. There was hard fluorescent lighting. But people got a real mood bump anyway."*

*"The time piece is most interesting,"* Hanley adds. *"Sense of time is very connected to sense of self."* Folks who were mindful overestimated how long they did something that they reported being pleasant.

## WHAT DID PEOPLE READ THAT TURNED A CHORE INTO A SOURCE OF HAPPINESS?

### HERE IS THICH NHAT HANH ON DISHWASHING

*There are two ways to wash the dishes. The first is to wash the dishes in order to have clean dishes and the second is to wash the dishes in order to wash the dishes.... While washing the dishes one should only be washing the dishes, which means that while washing the dishes one should be completely aware of the fact that one is washing the dishes.... The fact that I am standing there and washing these bowls is a wondrous reality. I'm being completely myself, following my breath, conscious of my presence, and conscious of my thoughts and actions. There's no way I can be tossed around mindlessly like a bottle slapped here and there on the waves.*

Good writing. Good ideas. Not complicated.

So what is a person possessed of justifiable anxiety and a sink full of dirty dishes to do? Well, the dishes. But within that there's a choice and an opportunity – a way to turn a chore into an act of mindful self-indulgence. There's an opportunity to not be the bottle.

That said, there's some discipline involved.

"It's funny," says **Hanley**. "I think about this study every time I do the dishes and I usually don't follow the instructions directly. I put on music because it provides me with a moment and no one bothers me. It's my dish force field. Out our window we can see the foothills of the **Wasatch Range**. That's nice and the soap smells good...."

**Hanley** trails off. The dishwashing study is a thing he did when he was a student – a nice but distant memory. He's working on bigger things now, helping patients recover through the use of pre-surgical mindfulness interventions. But it's nice to think about the dish washing study and the monk and the profound possibility of the banal present. It's nice to think about washing the dishes to wash the dishes.

From <https://www.yahoo.com/lifestyle/want-peace-amid-covid-19-144841861.html>

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# SPIRITUAL GRAFFITI

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

**I can feel the temptation within me to trivialize this virus, or to attribute it all to a media sideshow. And I can see where that temptation comes from within me- limitations to my energetic and emotional bandwidth, an overwhelm of goals and responsibilities, fear of the virus. I**

I then step back, and come back into reality, whether I like it or not. I focus my gaze directly on the virus, itself. And my personal process helps me to understand why so many are in denial around what this is. And why they are going down distracting (and potentially destructive) rabbit holes, in a desperate desire to find out that this isn't what it appears to be. That they aren't actually at risk.

So many were internally overwhelmed even before this began, and simply cannot hold this threat within their consciousness. It's just too bloody much. I feel compassion for that, until it becomes a dangerous message of denial that impacts on others.

I do respect their right to see this as they need to, but I am also mindful of the fact that we have a simultaneous responsibility to protect ourselves and each other from this virus. With their eyes on the rabbit hole, they take their eyes off of Covid-19. And that is deadly dangerous. The virus is real. We need to remain vigilant.

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**For Mother's Day, May 12** I will be posting some of our fabulous jewelry on our Facebook page. From May 4 - May 8 all our jewelry will be 30% off with online or over the phone. We can bring our camera over to our jewelry case and help you pick out the perfect present.

**I am livestreaming on Facebook every Friday at 4pm est.** The next livestream will be on May 1 and we will be featuring crystal skulls. If you have anything you would like to see us feature in the livestreams, let us know.

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# DISSOLVING THE PAIN-BODY: An excerpt from THE POWER OF NOW

Eckhart Tolle's profound yet simple teachings have helped countless people throughout the world find inner peace and greater fulfillment in their lives. At the core of the teachings lies the transformation of consciousness, a spiritual awakening that he sees as the next step in human evolution. We hope you'll enjoy this excerpt from his New York Times bestseller *The Power of Now: A Guide to Spiritual Enlightenment*. Visit [www.eckhartolle.com](http://www.eckhartolle.com)

**As long as you are UNable to access the power of the Now, every emotional pain that you experience leaves behind a residue of pain that lives on in you.**

It merges with the pain from the past, which was already there, and becomes lodged in your mind and body. This, of course, includes the pain you suffered as a child, caused by the unconsciousness of the world into which you were born.

This accumulated pain is a negative energy field that occupies your body and mind. If you look on it as an invisible entity in its own right, you are getting quite close to the truth. It's the emotional pain-body.

It has two modes of being: dormant and active. A pain-body may be dormant 90 percent of the time; in a deeply unhappy person, though, it may be active up to 100 percent of the time.

Some people live almost entirely through their pain-body, while others may experience it only in certain situations, such as intimate relationships, or situations linked with past loss or abandonment, physical or emotional hurt, and so on.

Anything can trigger it, particularly if it resonates with a pain pattern from your past. When it is ready to awaken from its dormant stage, even a thought or an innocent remark made by someone close to you can activate it.

**Watch for any sign of unhappiness in yourself, it may be the awakening pain-body. This can take the form of irritation, impatience, a somber mood. Catch it the moment it awakens from its dormant state.**

Some pain-bodies are obnoxious but relatively harmless, for example like a child who won't stop whining. Others are vicious and destructive monsters, true demons. Some are physically violent; many more are emotionally violent.

Some will attack people around you or close to you, while others may attack you, their host. Thoughts and feelings you have about your life then become deeply negative and self-destructive. Illnesses and accidents are often created in this way. Some pain-bodies drive their hosts to suicide.

When you thought you knew a person and then you are suddenly confronted with this alien, nasty creature for the first time, you are in for quite a shock. However, it's more important to observe it in yourself than in someone else.

*...continued on page 33*



**SATURDAY MAY 2 thru  
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M.D., Gabby Bernstein, Rebecca  
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# MESSAGE FROM WHITE EAGLE Hopi indigenous Elder



This moment humanity is going through can now be seen as a portal and as a hole. The decision to fall into the hole or go through the portal is up to you. If they repent of the problem and consume the news

24 hours a day, with little energy, nervous all the time, with pessimism, they will fall into the hole.

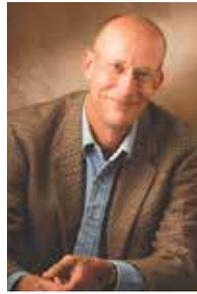
But if you take this opportunity to look at yourself, rethink life and death, take care of yourself and others, you will cross the portal. Take care of your home, take care of your body. Connect with the middle body of your spiritual House. Connect to your spiritual Home. Body, house, medium body, spiritual house, all this is synonymous, that is to say the same. When you take care of one, you are taking care of everything else.

*Do not lose the spiritual dimension of this crisis, have the aspect of the eagle, which from above, sees the whole, sees more widely.* There is a social demand in this crisis, but also a spiritual demand. The two go hand in hand. Without the social dimension, we fall into fanaticism. But without the spiritual dimension, we fall into pessimism and lack of meaning.

You were prepared to go through this crisis. Take your toolbox and use all the tools at your disposal. Learn about resistance with indigenous and African peoples: we have always been and continue to be exterminated. But we still haven't stopped singing, dancing, lighting a fire and having fun. Don't feel guilty about being happy during this difficult time. You don't help at all by being sad and without energy. It helps if good things emanate from the Universe now. It is through joy that one resists.

Also, when the storm passes, you will be very important in the reconstruction of this new world. You need to be well and strong. And, for that, there is no other way than to maintain a beautiful, happy and bright vibration. This has nothing to do with alienation. This is a resistance strategy. In shamanism, there is a rite of passage called the quest for vision. You spend a few days alone in the forest, without water, without food, without protection. When you go through this portal, you get a new vision of the world, because you have faced your fears, your difficulties . . .

This is what is asked of you. Let them take advantage of this time to perform their vision seeking rituals. What world do you want to build for yourself? For now, this is what you can do: serenity in the storm. Calm down and pray. Everyday. Establish a routine to meet the sacred every day. Good things emanate, what you emanate now is the most important thing. And sing, dance, resist through art, joy, faith and love.



## NOTES from the Universe

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

**When it comes to "having it all," many fine, young souls take issue with the word "have."**

**They're concerned about the concept of ownership.**

**Their soul is taunted with guilt for the pleasure it derives from material things.**

**And they quiver at the thought of others having less than they have.**

**Of course, such righteous and selfless thoughts are a significant contributor to the creation of lack in a world of endless abundance, but they'll learn.**

**"Kids!"**

**The Universe**

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Esther Hicks

**ABRAHAM-HICKS**

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

**DON'T LET WHAT THEY THINK TO BE SO IMPORTANT TO YOU.**

How do you go about that? You go about that by letting what YOU think be the thing that is most important to you.

Powerful creators like you will always have others who are sort of following the jet stream.

It's just the way it always is. And it's time for you sooner than later to become comfortable with whatever they do, in relationship to you.

That really is something that you very much want to teach and you very much want to understand - is *how can I maintain my own vibrational frequency regardless of what anybody else is doing around it.*

*Don't ask circumstances to change in order for you to feel good.*

In the same way that you are wanting to not need them to be different in order to for you to feel good.

Sometimes very well meaning people can make you nuts and there is desire to please them that is at the root of you letting that happen.

When you release your desire to please them, What's at the root of pleasing someone else is you try to fill the void of your not connection to your inner being by pleasing someone else who could shine a approval or appreciation on you.

In trying to please them you are not pleasing yourself.

How can I feel so good about who I am that it is alright with me even if somebody is looking at me and they are not approving who I am

That's ultimate worthiness.

**ON MOVING PAST UNWANTED CONDITIONS:**

This reality that you put so much attention on, and that you feel has so much credence, it is so very temporary. And you say, *"No it isn't, it's not temporary. This has been hanging on a long time in my life experience."*

And we say, *it's because you keep giving your attention to it; you keep renewing your relationship with it in your now.*

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



Melissa Dawn

# WORRIED ABOUT THE VIRUS?

*...continued from page 11*

## **Avoid touching your eyes, nose and mouth.**

**If you believe you may be infected, stay home.** There's good info here about when to seek medical advice and it's important to note that they recommend calling your doctor, hospital or medical center first to see if your condition warrants a hospital or doctor's visit. Staying home prevents further spread and gives you the chance to rest and recuperate, which is what your body needs most.

**Stock up on canned goods** and other supplies in case of infection. This is generally a good idea every winter/flu season as it's good to be prepared in case you need to stay home and recover for a few days.

**And finally... eat an apple a day!** This is more than just a saying. The proverbial advice, "An apple a day keeps the doctor away" first appeared in 1866, long before we knew just how healthy apples are. Although they've come to symbolize everything from health and beauty to ingenuity, their practical impact truly puts them in the category of "food is nature's medicine." According to nutrition consultant, Kim L'Ecuyer, these are a few of the things apples have been linked to:

- Fighting Alzheimer's
- Preventing colon cancer
- Stabilizing blood sugar
- Boosting gum health
- Preventing high blood pressure
- Assisting in weight loss
- Fending off heart disease
- Fighting high cholesterol

You may even want to eat the whole apple, core and all, as researchers from **Graz University of Technology in Austria** discovered that a typical organic or conventional apple contains around 100 million bacteria (the good kind that promotes gut health,) with much of that bacteria found in the seeds. Organic apples also seemed to have a health edge as they contained more diverse and balanced bacterial life. If crunching seeds doesn't sound appealing, try throwing the entire apple into a blender to make a nourishing smoothie.

Above all, remember that physical health and nutrition come from taking a holistic approach. A well-rounded diet featuring diverse sources of nourishment, paired with an active, non-sedentary lifestyle, is the best way to keep your body strong to prevent disease and better fight off anything that gets through.

## **MENTAL AND EMOTIONAL**

Thoughts and feelings are different, but deeply connected. **THOUGHTS.** As soon as you notice a fearful or negative thought come up, intentionally decide to change it. Choose to control your thoughts. Don't let them control you. If you give too much power to your thoughts, they impact your body, resulting in limiting emotions. As **Dr. Joe Dispenza** says, thinking certain thoughts results in the brain producing certain chemicals that cause you to feel what you're thinking. Meaning, if you're thinking fearful thoughts, your brain responds by producing the feeling of fear. It's a continuous cycle that impacts your state of being.

**Cortisol**, also called the stress hormone, is a key player in activating our fight-flight-freeze response and creating the feeling of fear. **Cortisol** production in our bodies can be triggered by stressful or fearful thoughts. By becoming skilled at noticing these thoughts as they emerge and swiftly moving past them, we can prevent that cortisol response.

**We can regulate our emotional response through regulating our thoughts.** When those fearful thoughts about illness emerge, tell those fears, *"I am doing my best to prevent this. Everything that I can control is in my control and what I can't control does not have space here."*

**If you dwell on the fear, you feed it.** You feed it your energy and peace of mind so the emotion of fear spills out into other areas of your life. This isn't healthy for your life, career or relationships.

**Remember: when you control the thoughts, you regulate the emotion. Like anything else, it takes practice and intention.**

Ask yourself, *"How do I want to show up?"* Do you want to show up as a victim or as a leader? Do you want to be strong for others during difficult times or part of the fear pile-on? Do you want to lead real change around the issue or be part of the status quo?

You might now be thinking, **"How can I control a virus?"** You can't. You can only control your response to it. Which brings us to...

## **SPIRITUAL**

Spirituality is about consciousness - harnessing the power of consciousness to create the world around us. We create the world around us every day, whether we choose to do so consciously or not. Our thoughts and energy radiate out from us, impacting the energy of people and situations around us. We can see this on a small scale through a very simple experiment. Set aside one single day dedicated to showing up from a place of peace. Set the intention to be fully conscious of your inner experience and how that comes out in your approach to others. For just one day, keep taking deep breaths, reestablishing your inner peace, and ensuring every interaction with others is peaceful on your part. As you do so, take note of how others both respond to you and affect you, as well as how your day feels compared to a typical day.

*...continued on page 34...*



John Demartini

## 13 QUESTIONS THAT WILL CHANGE YOUR LIFE

...continued from page 12...

### 10. WHAT DO YOU TALK ABOUT MOST TO OTHERS IN SOCIAL SETTINGS?

What are the three things you converse with others about most?

The things that you keep wanting to bring into your or other's conversations, that nobody has to remind you to talk about? You become an extrovert talking about what is most important to you and when somebody else talks about it, you come alive.

### 11. WHAT INSPIRES YOU MOST?

What is common to those individuals, insights, experiences or events that have inspired you most? Anytime you or anyone else conquers an important challenge in their life it can become inspiring to experience. You are generally inspired most frequently in the area of your life that means most to you.

### 12. WHAT ARE YOUR MOST CONSISTENT LONG-TERM GOALS THAT ARE COMING TRUE?

You are most willing to stretch yourself, and persistently act, towards goals that have the most meaning to you.

So, what are the three most consistent long-term goals - that you have worked on persistently - that have stood the test of time and you are gradually bringing into reality?

### 13. WHAT DO YOU LOVE LEARNING, READING OR LISTENING ABOUT MOST?

What topics of study inspire you the most?

When you enter a bookstore, which section do you make a beeline for?

Which topic of magazines do you subscribe to?

Which section of the newspapers do you turn to first?

Are there non-fiction TV shows or film documentaries that you seek out?

What topics do you find yourself thinking about or asking questions about most?

Once you have finished, you will see patterns repeating and your highest values will become very clear.



## SETH SPEAKS

...continued from page 13...

### IT IS THE DUTY OF EVERY INDIVIDUAL TO MAINTAIN HIS OWN PSYCHIC VITALITY.

According to the strength of this vitality, he will protect himself and others. Negative expectations, far from protecting either the individual or those with whom he comes in contact, will actually, to a greater or lesser degree, turn as destructive as any epidemic.

Such newspapers, as you read, do a definite service. That should not be overlooked or thoughtlessly condemned.

They definitely open the eyes of many who would otherwise pay no attention. Particularly, in the race question, they have performed a great psychic service, for they have aroused deep, creative, constructive emotions on the part of people who otherwise would not have been involved. And, these constructive energies have helped change the situation for the better.

Such dire conditions can not be pretended out of human existence, nor should they be. But, in your case, you are aware of man's inhumanity to man. It is well that you are. But, you must not allow this knowledge to weigh like a mountain upon your being, so that you are pinned under and your energies sucked away. This is the danger for which you must be alerted.

You of all people should realize that when valid concern for world problems turns into an obsession with world injustices that wipes out all or threatens to wipe out all personal enjoyment, then trouble is on the way. For enjoyment is a weapon. The man who is capable of joy is capable, to a large extent, of changing his world. Joy is not a weak spineless idiot either. Its backbone is stronger than bitterness.

Joy is the muscle of action. And, without it there would be no action. If I speak strongly to you at times, it is because this tendency, while much less now than formerly, must be kept very well in control, **Joseph**.

Basically this concern for human welfare is, indeed, virtuous. But, overindulged in, it becomes loaded with possibilities that could be most unfortunate. You knew I was going to *light into you this evening*, as **Ruburt** would say. What I want, here, is the balance. Neither plunge yourself into the ignorance, doubts, and injustices, so that you can see nothing else, nor close your eyes to them. But, there must be a place within you where these do not exist. Or, the freedom of the inner self will be hampered, as far as its connection with the ego is concerned. Your deep consideration for human problems has, indeed, helped lead you to these sessions.



## ASK WHITEDOVE

*...continued from page 15*

### DEAR WHITEDOVE

**Since I have so much time on my hands I've decided to make my spare bedroom into a meditation room. I have done most of the work the only thing that I'm lacking is the altar. I've been told it is very important to have an altar but I'm so nervous, any advice?**

### DEAREST

Altars are a sacred space that you are dedicating strictly to Great Spirit and your unseen support team. I have seen many different styles of altars and whatever you choose is fine as long as your altar is putting **Great Spirit** first.

Do not use an altar as a way to pray to lesser deities, your prayers will be heard and answered much quicker if you take them directly to the source, the **Godhead**. It is good to always have white candles on your altar to light for those who are in need of prayers. Fresh flowers are a wonderful sign of your love and respect to **God** and your unseen support team.

On a personal note Sage, Bear Root, and a small bottle of holy water are absolute musts for my altar because as a spiritual medium I have a lot of paranormal activity in my home; therefore I clear and bless my house on a regular basis.

Whatever objects you decide to add to your own altar will be fine, whether it be statues of angels, or stones and crystals, just as long as you make sure your altar represents your personal connection to **Great Spirit**.



## ABRAHAM-HICKS

*...continued from page 25*

Esther Hicks

Oh, those are the best words you're going to ever hear from us or anyone: You keep renewing your relationship with things by your attention to them. They cannot go away as long as you are aware of them, as long as you have a relationship with them.

**So the question that you might want to ask yourself is, how can you not give your attention to the things that you don't want to keep renewing your relationship with? How do you make things go away?**

You stop maintaining an active relationship with them, which means, first of all, stop talking about it, but talking about it isn't what's making it come - it's your attention to it. And there are a lot of things that you give your attention to that you might not be talking about.

We really want you to hear that it's the way you feel. It's the way you feel, and it helps right away if you can put the word 'temporary' around or with the unwanted things in your experience. Call them temporary.

But then, you're so smart. **Esther** says, "*Yeah, it's been temporary for about twenty years,*" which means she's not making it temporary, she's firming it up; she's making it real; she's making it valid. But the most important thing is, she is renewing it into tomorrow. So what you want to decide is what you want to give your attention to based upon the way it feels.

Most of you are feeling because of conditions. And most of the world that you know is attempting the impossible, which is controlling conditions. You continue to do the same things because you continue to feel the same way.

You have to find different ways of looking at things. And so, if you're approaching the way you feel by the conditions that are causing the feelings, now you are strapped, you are tied, you are bound already, because now you've got to control conditions which you can't control so that you can have better feeling responses to improved conditions.

That's going about it backwards. You are off in the weeds - it's not going to happen for you like that. You have to find a way to find the emotional center of things. You have to find a way to become so general about conditions that the specifics that you've practiced no longer hold you in that faster momentum. So what we just said to you is, the more general you are on a topic, the less momentum it has. The more specific you are on a topic, the more momentum it has.

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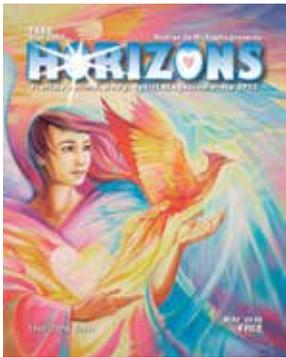
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# ON THE COVER GRIANNE'S ANGEL

By Jane Delaford Taylor



**This image was painted for an Irish healer, and so it has particular personal meaning for her, but I think we can all relate to the idea of renewal and bright new beginnings embodied in the Phoenix flying up from the angel's arms.**

The dragon in the clouds isn't meant to be menacing but bringing an extra layer of strength and support.

I painted this well over a year ago but revisiting it now it does seem incredibly relevant to our current global situation.

So my prayer is this; *May you all be enfolded in angelic protection and given strength and peace, until it's time to fly high and shine brightly once again!*

## Jane Delaford Taylor

I've been painting and drawing since I could hold a pencil, and worked as a professional illustrator for many years, but am now doing far more of the thing I love best - painting in oils on canvas. I regularly sell worldwide and love connecting with the people who buy my work (it's all original art - no prints here I'm afraid!) Most of what I do nowadays is what's termed 'inspirational' art. That's art for healing, using images and colours that touch us at a deeper level, so that the simple presence of the painting on a wall provides a continuous gentle reminder to lift the soul to joy.

For me painting is one of the necessities of life,- I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush!

What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so rewarding on a personal level too! I also do commissions for clients who have a specific image in mind that they want to bring to life - there are some samples on my website, which you may like to check out.

My new website address is [www.janedelafordtaylor.com](http://www.janedelafordtaylor.com) or email me at [chalicewell@hotmail.co.uk](mailto:chalicewell@hotmail.co.uk)



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# HOROSCOPES MAY 2020

Expanded text for each sign available at [www.free-horoscope.com](http://www.free-horoscope.com)

**Aries – (March 19 – April 18)** The major influences, in the earth sign, need to be integrated: nice, you love a good challenge, dear Aries! Until the 20th, the Sun and Uranus, first decan, in Taurus, act in your financial sector, money coming in or out, make your choice! Mars, your planet, in Aquarius, until the 14th, assures you a beautiful productive energy and a solid social network.

**In a relationship:**

A nice month. Your other half should feel the emotions from the beginning of your relationship, declarations of love, especially after the 12th, and a sexual life that skyrockets! Some outings for two are also on the program, something to brighten this month, between your blossoming couple and satisfying your social life. A nice balance!

**Single:**

Venus is in favor of a romantic encounter, without any fuss. Mars boosts your energy, until the 14th, and assures you an active social network. A friendship could become more intimate, without seeming to be anything, a bit of mischievousness slipping through a casual conversation. A clandestine meeting? Maybe from the 15th!

**Taurus – (April 19 – May 19)** A sense of your assets and a want for freedom, it's a beautiful birthday, dear Taurus! This month foreshadows an unusual search for renewal! Uranus, which has just entered your sign, challenges the first decan, through a wave of originality, to tame and collect all the benefits.

Watch for a possessiveness that could manifest, even if the influences of Venus are light and cheerful. Your concrete, tangible nature rears up under the feeling of loss, proven or imagined. Your libido is inspired from the 15th. At the beginning of the month, do not bring your work home with you, your other half is waiting for something else!

**Single:**

A nice opportunity to meet someone, from the 15th, with a social circle that carries you! However, communication is hesitant, especially after the 13th or not spontaneous enough. Be yourself, open up and let go, especially on financial matters. First decan, Uranus in your Sun opens you to the unpublished! Love at first sight?

**Gemini – (May 20 – June 19)** At the controls this month: love, dear Gemini! Venus, the player, occupies your sign: charm and charisma! Until the 20th, you enjoy a Taurus Sun that illuminates your inner life and introspection. Mercury, your planet, also promotes some withdrawal from your way of communicating.

**In a relationship:**

Complicity and an increased libido, especially until the 15th. Find the joy of word games, Mercury in your sign invites you! Find this way of loving, so specific to your sign, naughty, light and happy. Jupiter and Pluto, third decan, energize your sexuality, a bit of excess is possible, but who will complain? Not your partner!

**Single:**

When it comes to meeting someone meaningful, you are spoiled! The Sun, in your home as early as the 21st, Mercury, from the 13th to the 29th, Mars in beautiful aspect until the 14th and Venus all month with you! Forget the dates! Just let the magic of life work: "In May, do what you like!"

**Cancer – (June 20 – July 21)** Introspection, transformations and original friendships, a nice program, dear Cancer! The Sun in Taurus, until the 20th, seconded by Mercury, until the 12th, offers you nice friendly exchanges and nice projects.

**In a relationship:**

You could experience passion together, especially if your other half is as romantic as you! Otherwise, you may spend this month infatuated with a cause as a way to evacuate your emotional overflow. However, from the 15th, Mars in Pisces soothes you

**Single:**

Communication is favored until the 11th by Mercury in Taurus in beautiful aspect of your sign. The feelings will be intense or indifferent, depending on your mood, which is sometimes changing. Your desire will be the same, sometimes powerful sometimes idealistic. Swim delicately, you know how to do it, if you want to catch a fish in your net.

**Leo – (July 22 – August 21)** Projects, friends and socio-professional activity in sight, dear Leo! Until the 20th, the Sun in Taurus illuminates your career and your professional destiny. Often very involved in this sector of life, be magnanimous and attentive as Uranus, also in Taurus, indicates some unforeseen events that you will have to manage, first decan.

**In a relationship:**

Before the 14th, be diplomatic. Then, a bit of romance could tickle you. Strong personality, you do not appreciate losing your power, but you are sentimental, your other half has its place. You are very sensual from the 15th to the 31st, reconciliations, if any, in the bedroom, are good!

**Single:**

The game is not easy. Your personality loves a good challenge, the more your conquest resists, the more you want it. Very well, this month lends itself a little to a landmark meeting. To seduce remains possible, your social melting-pot will be favored, but you aspire to the unique! Know how to wait, nobly!

**Virgo – (Aug 22 – Sept 21)** Ideal of life in the spotlight, dear Virgo! A planetary cluster in Taurus, the Sun until the 20th, Mercury until the 12th and Uranus, first decan, announces a powerful thrust of your ideal, you want to concretize your dreams in reality! Your rational sign always appreciates a certain sweet madness because it frees you from yourself.

**In a relationship:**

Neptune in Pisces still occupies your conjugal sector and indicates the osmosis that you seek there. Indulge yourself in your relationship, seek balance and inspiration, not a false or illusory alchemy. Your desire will be more cerebral until the 14th, then without limit. Again, dose your feelings and senses, return to your innate delicacy.

**Single:**

Meeting someone is not excluded, especially at a professional meeting or a meeting based on intellectual exchanges, but this month does not announce significant rapport. On the other hand, the influence of Venus allows for the whole of the sign to reflect on their way of loving and their way of communicating. Open yourself to the original, forget your usual tastes.

**Libra – (Sept 22 – Oct 21)** Whether it's a nascent ideal love or an emotional structuring, it's a very nice month, dear Libra! Enthusiastic as you are, this month should fill this native predisposition. The beautiful Venus in Gemini, your planet, lingers in your area of life relative to your ideal. You could, from the 13th, receive nice financial news, the universe spoils you with an increase of your possible assets.

**In a relationship:**

The sky gives you beautiful practical and conciliatory energies. Mercury, from the 13th and Venus, all month, will optimize harmony and communication within your couple. The universe has not forgotten anything, your libido had to follow this course of ascension, without intense blinders. You find a nice balance, dear Libra!

**Single:**

You have the opportunity to meet someone promised to your destiny during a sporting or cultural event. This month being ideal for holidays, preferably far away destinations, favors a sentimental surprise. Several sources this month are likely to fill your love quest. Do not hesitate too long, choose!

**Scorpio – (Oct 22 – Nov 20)** The focus is on your relationship and your home, dear Scorpio! Sun and Mercury, in Taurus, facing your sign, increase the importance of your conjugal or intimate life. Uranus and the very beginning of Taurus, announces an irreversible upheaval of this same sector, first decan, beneficial or not, according to what you live.

**In a relationship:**

Long-time couple, expect a drastic change in your union. For the first decan, Uranus opens a window for a liberating breath. Or, it's your other half who decides to change your relationship. Love lives and changes together, for the best, that's what we wish for you!

**Single:**

In your case, Uranus announces a meeting, love at first sight! You do not like mushy romance novels, this month could however make you change your mind when it comes to love. From the 15th, you get the green light from the universe! But, are you ready?

**Sagittarius – (Nov 21– Dec 20)**

A powerful enhancement of your intimate or conjugal life, dear Sagittarius! Your sector attached to your other half and others, receives the Sun from the 21st, Venus all month and Mercury from the 13th to the 29th. This cluster in Gemini facing your sign announces a lot of sharing, discussions and affectivity within the couple or partnership.

Until the 20th, the Sun joins Uranus in Taurus, the first decan, brings at the same time light and change to your daily life or your job. Mars and Saturn in Aquarius stabilize your close relationships, press forward with well thought out actions. Your financial sector receives Jupiter and Pluto, third decan, an improvement of your finances is possible as well as a beneficial cleansing, reevaluate your needs. There is a vagueness at home, Neptune blows the wind of the impalpable, same decan.

**In a relationship:**

Until the 14th you savor conjugal bliss, sentimental and very sensual. Mercury in Gemini, from the 13th, in front of your sign, announces a beautiful communication with your other half, exit the silent meals! Mars arrives in Pisces on the 15th, stay calm in your home, do not declare war for trifles.

**Single:**

Real chances to make a meeting of quality, before the 14th. A friendly meeting could slide towards a sought-after intimacy! The chosen one could roll out the humor and the joy of living, essential ingredients for you. A family meal could also promote a rapport, after the 15th it's less easy, but you always have the choice!

**Capricorn – (Dec 21 – Jan 19)** A beautiful emotional evolution and enhanced creativity, dear Capricorn! Indeed, Uranus in Taurus awakens the first decan to a sentimental renewal or an original creation! Unless it's a child, if you're a parent, making a significant change in your life. You continue to receive Jupiter and Pluto in your constellation, a regeneration in progress and your social place is transformed, third decan.

**In a relationship:**

Fun and games, your domestic life should take on color! Enough to renew slightly, your daily routine, especially after the 20th. Before, love carries you, your heart is in tune with your other half, make projects for two, be creative, look far ahead. A desire for company?

**Single:**

The universe has just sent to your sign a strong call for emotional renewal! Uranus, the master of love at first sight, in beautiful aspect to your Sun, first decan, opens perspectives more than superb. Rejoice. Other decans, bet on your surroundings and your intuition. Inhale, breathe, feel. Trust yourself, keep an eye on your work!

**Aquarius – (Jan 20 – Feb 17)** Focus on your home and a powerful, constructive energy, dear Aquarius! The Sun until the 20th, Mercury until the 12th and especially Uranus, your planet, all the month, in Taurus, comes to powerfully boost your family business. This planetary cluster is squared with your sign, so some excesses or constraints are possible.

**In a relationship:**

Avoid family meals that could interfere with your marital harmony. Instead, concoct outings for two, you are master in this field, tighten your bonds and make your partner feel as if it were the beginning of your relationship! The gift of gab and festive feelings allow your originality to express itself in your couple.

**Single:**

Saturn at home, first decan, infuses your heart with seriousness and solidity. Also, enough with immature love, you need from now on a love story that is anchored in the long term. One of an open nature that touches everything. You will seize the opportunities of the month, if not, provoke them!

**Pisces – (Feb 18 – March 18)** Active, responsive, your temper is gaining speed, dear Pisces! A cluster of planets in Taurus: Sun, Mercury and Uranus, supports your mind, promotes your exchanges and initiates a profound change in your vision of the world, first decan.

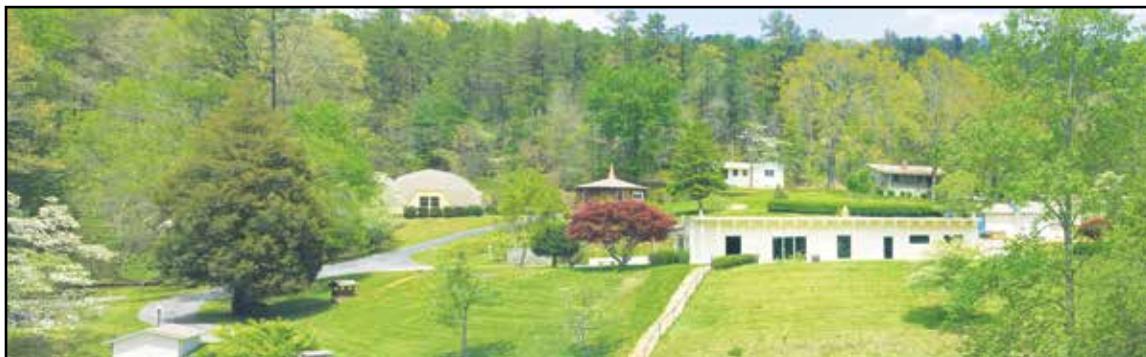
**In a relationship:**

The energies are lenient if your other half easily understands this drop in energy that could make you less flexible than usual. Your couple has Venus favoring love in the home, you will enjoy being together there! Avoid mixing financial concern and your libido, from the 15th to the 31st, preserve your complicity.

**Single:**

Without being totally excluded, the sky has not scheduled the meeting of your life! Nevertheless, if you keep faith, you could meet someone good in the middle of the month: it might be that fate is beckoning you. Trust your power of seduction!





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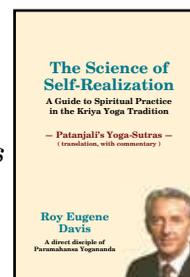
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Eckhart Tolle

# DISSOLVING THE PAIN BODY

*...continued from page 20*

Watch out for any sign of unhappiness in yourself, in whatever form – it may be the awakening pain-body. This can take the form of irritation, impatience, a somber mood, a desire to hurt, anger, rage, depression, a need to have some drama in your relationship, and so on.

Catch it the moment it awakens from its dormant state.

The pain-body wants to survive, just like every other entity in existence, and it can only survive if it gets you to unconsciously identify with it.

It can then rise up, take you over, “become you,” and live through you.

It needs to get its “food” through you. It will feed on any experience that resonates with its own kind of energy, anything that creates further pain in whatever form: anger, destructiveness, hatred, grief, emotional drama, violence, and even illness.

So the pain-body, when it has taken you over, will create a situation in your life that reflects back its own energy frequency for it to feed on. Pain can only feed on pain. Pain cannot feed on joy. It finds it quite indigestible.

Once the pain-body has taken you over, you want more pain. You become a victim or a perpetrator. You want to inflict pain, or you want to suffer pain, or both. There isn’t really much difference between the two.

You are not conscious of this, of course, and will vehemently claim that you do not want pain. But look closely and you will find that your thinking and behavior are designed to keep the pain going, for yourself and others. I

f you were truly conscious of it, the pattern would dissolve, for to want more pain is insanity, and nobody is consciously insane.

The pain-body, which is the dark shadow cast by the ego, is actually afraid of the light of your consciousness. It is afraid of being found out. Its survival depends on your unconscious identification with it, as well as on your unconscious fear of facing the pain that lives in you.

But if you don’t face it, if you don’t bring the light of your consciousness into the pain, you will be forced to relive it again and again. The pain-body may seem to you like a dangerous monster that you cannot bear to look at, but I assure you that it is an insubstantial phantom that cannot prevail against the power of your presence.

Some spiritual teachings state that all pain is ultimately an illusion, and this is true. The question is:

Is it true for you? A mere belief doesn’t make it true.

Do you want to experience pain for the rest of your life and keep saying that it is an illusion?

Does that free you from the pain? What we are concerned with here is how you can realize this truth – that is, make it real in your own experience.

So the pain-body doesn’t want you to observe it directly and see it for what it is.

The moment you observe it, feel its energy field within you, and take your attention into it, the identification is broken.

A higher dimension of consciousness has come in. I call it presence. You are now the witness or the watcher of the pain-body. This means that it cannot use you anymore by pretending to be you, and it can no longer replenish itself through you. You have found your own innermost strength. You have accessed the power of Now.

*Excerpted from the book The Power of Now. Copyright © 1999 by Eckhart Tolle*

**The pain-body, which is the dark shadow cast by the ego, is afraid of the light of your consciousness. It is afraid of being found out. Its survival depends on your unconscious identification with it, as well as on your unconscious fear of facing the pain that lives in you.**

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Melissa Dawn

## WORRIED ABOUT THE VIRUS?

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All you're doing is shifting your own energy and it can have this profound effect on everything around you.

This phenomenon has been observed on much larger scales as well. For example, ten years ago, **Gary Douglas**, the founder of **Access Consciousness**, decided to use consciousness strategies in his personal response to the **BP oil spill in the Gulf**. By focusing on his own consciousness and then opening it up to others, things began to change in a positive way.

But... would things have changed anyway? The timing is just too coincidental! Read this powerful story of consciousness in action here, which shows how we can use powerful questions to uncover paths of growth, and how letting go of expectations - instead only focusing on our own energy and how we choose to show up - can inspire others to action.

As **Dr. Joe Dispenza** notes, when people come together to create or change something through consciousness, intention, energy - all things that are not physical actions - measurable change happens.

**Dr. Dispenza** uses the example of the **1983 Lebanon Peace Project**, in which meditators came together to radiate peace through collective consciousness.

The study went on for about two months, after which data was analyzed and it was discovered that the days with the greatest number of meditators participating saw reductions in war

deaths of up to 76%, as well as positive changes in other areas. Over a further two year period during the war in **Lebanon**, the experiment was conducted seven more times, always resulting in positive data, meaning fewer deaths, less violence, lower crime rates and even economic growth.

What's most notable about this is that it often starts with one person deciding to BE the change - not to enact or enforce but to BE - which leads to a domino effect on those around them, leading to real world change. You could almost say it spreads... like a virus ;-)

### **Change the world by changing within. When you use all parts of you, you change your life.**

Change starts with us and our attitude. Let's try to keep it as healthy and as positive as possible. We have more power over what is happening than we realize. Just imagine what might occur if all of us used these tools of consciousness to change disasters around the globe. Let's tap into that power as a collective and see what's possible!

Things like **coronavirus** and other illnesses, as well as global disasters, climate change, war, famine and so on are scary. But, if we allow fear to become the driver of our actions and mindset, we allow ourselves to get locked in that state - a state that stifles progress. When we are locked in a fear-controlled state, we become part of the problem, not the solution. However, when we set the intention to literally be the change we want to see in the world - to be peace, be strength, be health, be compassion, courage, empathy and reason - we become conscious leaders in our families, communities and workplaces.

Choose to be the change. If you need help tapping into your inner strength, your inner leader, and bringing it forward with confidence, consciousness and courage, please connect with me.



## THOUGHTS ABOUT THINGS

*...continued from page 7*

When he and his flock begin falling ill, they, too, are focused on pushing against something, they pay attention to (focus on) all sorts of fake news and conspiracy theories. They have discussion and arguments about it. That keeps them vibing in that heavier place at the lower end of the spiral.

All of this introduces resistance into the equation. When resistance comes up, that activates past momentum. You can mitigate or diffuse past momentum by doing forgiveness work and making amends with everyone from your past. Not kidding. Everyone.

So who DISPLAYS the most faith? The minister.

Who HAS the most faith? We can only ever know by the evidence we see in front of us.

Enjoy our issue this month. Hari Om.

*Andrea*



Gregg Braden

# THE TRUTH ABOUT CORONA VIRUS

*...continued from page 8*

## **80% OF RAW INGREDIENTS FOR MEDICATIONS ARE SOURCED FROM OTHER COUNTRIES**

One of the places that we're seeing this is with medications. What we found in the United States is the estimates are as much as 80% of the the raw ingredients that we need to create the medications are sourced from other countries. I'm not saying it's a bad thing. I'm not judging the past, it served us to be where we are now and we are recognizing that there's a vulnerability.

## **LOCALIZED FARM TO TABLE EATING**

I think you're going to see that change pretty pretty quickly in terms of our food, where our food comes from. We're accustomed to eating the same food year-round, even when it's out of season becomes it is brought to us from other parts of the world where it is in season. I think we're going to see things like that change, relying more on farm-to-table and likewise forms of living.

I am in northern New Mexico in a rural community and we're already seeing some of these things in our communities but I think you're going to see them in a larger scale. Logistically I see those changes socially. We're going to see a lot of changes because events like this have always created the changes

## **A CHANGE IN THE WAY PEOPLE GATHER**

The AIDS epidemic in the 1980's, when it first came out it forever changed social interactions. It changed sex, it changed the way that people interact, it changed society. I think we're going to see changes in the way that people gather, in the way that people are comfortable gathering, in the way that we care for one another.

## **TECHNOLOGY LETS US STAY CONNECTED**

I just want to be really clear on something. We're being asked to have social distancing but it does not mean social isolation. I think it's one of the keys and if there is a blessing that we can find in this global pandemic, if you're going to have a global pandemic, I can't think of a better time than in a technological age when we have the ability to remain connected just like we're doing right now even though we aren't physically in the presence of one another.

## **MORE ONLINE EVENTS, REACHING OUT ONLINE**

I think you're going to see a move to a lot more of that by preference not by necessity but I think people are going to choose to hold more events online and to have more you

know more of this kind of interaction. I'm going to invite you to, if you haven't already, reach out to vulnerable members of our society to maybe people who are the older who don't get out. If they are plugged into Facebook or something like that, check in with them see how they're doing, see what they need.

## **MAKE SURE NEIGHBORS HAVE WHAT THEY NEED**

We have the ability to do that now. We're doing that with neighbors and you can you can get what they need and leave it in the package on their front porch, you don't even have to see them, you don't even have to touch them, but sometimes they're reluctant to reach out.

This technology gives us the ability to do that so I think we're going to be better people. I think we're going to have a better world because of what's happening and we're going through a tough time to get to that.

## **WHAT IS THE CORONA VIRUS AND WHAT ISN'T IT?**

I want to dive into the science now because there is so much misinformation, confusion out there and I think certainly riddles within enigmas first off what is the corona virus and what isn't it?

So I created a presentation that I put up on on YouTube last week on my private youtube channel and I want to be clear about why I did not post on a general YouTube because what I found was people were hijacking my video making it into something that it wasn't. they were wrapping other messages around it and they were charging people money for it

## **FIND GREGG'S CHANNEL ON YOUTUBE**

We want to keep it free, we wanted to keep it honest and and I want to preserve the integrity to message so that's why it is on Gregg Braden's personal YouTube channel. Go to <https://www.youtube.com> and search **Gregg Braden Channel**

I created the video at <https://www.youtube.com/watch?v=2eiw2CRdQ98&t=34s> because what I found initially was in our community -- and I'm speaking about the New Thought community, the New Age community, spiritually oriented community and a lot of the information based community that they travel and offer workshops and presentations. And the thing that all of this community has in common is they are largely unplugged from the mainstream by choice. Many of them don't even have televisions anymore.

## **NOT EVERYONE WATCHES THE NEWS**

We don't have television, we can watch Netflix but we're not plugged into any kind of CNN, nor anything like that. About Fox News any of those kinds of things. So what I found is and I'm going to invite you think about this, that community that is not plugged in was not aware of the events that were unfolding in the world in a significant way all of a sudden their lives change and there was no context they were not clear about why they could not leave their homes.

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Gregg Braden

# THE TRUTH ABOUT CORONA VIRUS

*...continued from page 35*

## **WHY ARE WE BEING LOCKED IN?**

Why they couldn't meet why they had to cancel AA meetings, northern New Mexico is a very strong recovery community where they could go and physically be present for these meetings that are so important to them every day. Now they didn't go to church, couldn't go their funerals.

I mean you know if you can imagine having that taken away and not understanding the reason why. It is a shock to the system and people were really going through a very tough time, everything from anger to resentment to depression and all those things so I created the video on Youtube for you at <https://www.youtube.com/watch?v=2eiw2CRdQ98&t=34s>.

## **THE YOUTUBE VIDEO: ISN'T THIS JUST THE FLU?**

One of the first questions people asked is what's the big deal isn't this just the flu. It is not the flu, it is a strain of virus that we've never seen before. influenza has been around over 2,000 years so our bodies have 2,000 years to know what to do with the flu, to develop the antibodies.

This virus it's going to take a season for our bodies to do what they're designed to do to develop the antibodies. That means we have to experience what it is that's happening or we have to receive some kind of vaccination which doesn't exist right now.

So there are two things happening: the vaccinations are being developed actively to prevent people from getting the virus and medications are being developed for people who already have contracted the virus

## **WHY CAN'T WE JUST TAKE ANTIBIOTICS?**

Neither of those exists on on a large scale right now so the question is why can't we just take antibiotics? The reason surprised a lot of people. I assumed that it was general knowledge that a virus is not a living thing it does not meet the scientific criteria for a living thing so in the world of science, germs constitute four different classes of entities. They are bacteria, viruses, fungi, and protozoa. Protozoa is considered to be a germ. Fungi are considered to be a bacteria or germ.

## **AN ANTIBIOTIC IS MEANINGLESS BECAUSE YOU CAN'T KILL SOMETHING THAT IS NOT EVEN ALIVE**

All three of these things meet the scientific criteria for life. They are cells, they reproduce, they have respiration, they have metabolism, they have a finite life span, a beginning and an ending. Curiously, a virus meets none of these criteria.

A virus does is not a cell, it does not have a finite beginning and an ending, its lifespan is dependent upon the host that it invades. It is essentially a parasite. A virus cannot reproduce on its own. It must invade another cell and hijack the DNA of that cell to perpetuate itself.

So a virus meets none of these criteria and as a scientist I've been fascinated by viruses. They've been with us forever. A lot of people think this virus is something new. We've all heard of the genome in the human body. There are so many viruses within each of us all the time. Most viruses don't cause any problems so you don't hear about them, but viruses are very mysterious. Viruses have been around forever but they don't meet the criteria for by law or the biological criteria for life. That means an antibiotic is meaningless because you can't kill something that's not even alive .

## **WE HAVE DIFFERENT LAYERS OF PROTECTION**

It also gives us insights into how we can protect ourselves. There are different layers of protection.

The first layer is our skin and as long as that virus doesn't penetrate the skin it doesn't mean anything but if we breathe it in or if we ingest it through our mouths, there are six stages there the virus goes through as it invades the human body and at any one of those six stages we can intervene and stop that

The virus is not alive and it is not a hunter and it is not stalking us, it's not out to get us. It is inert until it comes in contact with living human cells

There are even viruses in us that are actually working with us so the question is do you think a virus has awareness or came here for a purpose? so in group meditations I may have people send love to a virus because on some level it's all one, it's all a quantum world.

## **VIRUS, WHILE NOT 'ALIVE,' HAS CONSCIOUSNESS**

The virus does not meet the biological criteria for life but the virus has consciousness. My personal sense everything is conscious. A rock is conscious, a blade of grass is conscious, air, everything has consciousness. That consciousness does not equal biological life is a big concept. A lot to think about.

## **CAN WE COMMUNICATE WITH A VIRUS? IS OUR COMMUNICATION MEANINGFUL?**

Can we communicate with a virus? I believe we can communicate with anything that is conscious. Is our communication meaningful and are we going to have a desired outcome? I think that is a question because a virus, the way it is designed it is inert. What that means is it can sit on the surface and do absolutely nothing as long as it's protective shell is intact.

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# THE TRUTH ABOUT CORONA VIRUS

Gregg Braden

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And now we know that in the air it can linger for about three hours in the air. Different surfaces have different porosity so a doesn't linger as long on cardboard but on a plastic or a stainless steel surface they're talking about two or three days.

In other words when they say it's viable doesn't mean it's alive, it means it's viable it has the ability to do what its DNA is made to do. And what its DNA is made to do is when it comes in contact with a living cell its DNA is made to hijack that cell.

It will through the little protrusions on the virus, it's a spherical entity with little protrusions. That's why it's called a corona, it looks like there's a corona around it those protrusions are looking for places on the surface of the cell where it can make a meaningful contact.

Those are called receptors on the cell and once that contact is made then the DNA inside the virus goes into the cell and it hijacks, it becomes part of our DNA and it uses our DNA to replicate itself and it begins to do that until the cell can no longer hold it.

## CAN COMMUNICATION BREAK A CHAIN OF EVENTS?

The cell will then break open, the cell is destroyed, the cell is dead now and now those new viruses are looking for other cells to do exactly the same thing so the question is: *can a meaningful communication break that chain of events?*

I don't know the answer. My sense is as long as the virus is intact it's going to follow the program that it was designed to follow. Now here's the key, the key is US, we are designed because what we now know is that the human body is not the product of random mutations that just happen by accident over a long period of time.

## HUMANS ARRIVED FULLY FORMED

I've seen it in the fossil record: the theory breaks down when it comes to humans. Humans emerged relatively suddenly 200,000 years ago truth is we don't know where we came from. We were fully intact, fully enabled rather than developing these very specialized functions slowly, gradually over a long period of time.

## WE HAVE THE ABILITY TO DEAL WITH THE VIRUS

We arrived 200,000 years ago, we emerged 200,000 years ago fully intact, fully enabled, we haven't changed. If you

take our DNA and compare it to the fossilized DNA that we can extract from our ancestors -- we're called anatomically modern humans -- we haven't changed. So the key is we've always had the ability to deal with the virus that we have right now.

## THE KEY IS TO COMMUNICATE WITH OURSELVES

Rather than communicating with the virus asking it to do something other than what it is made to do or what it does instinctively, I think the key is to communicate with ourselves and give ourselves everything we already have, what we need to deal with this. The question is do we love ourselves enough to give our bodies what our bodies need to be optimum, to be at our best for times just like this ?

## DO WE LOVE OURSELVES ENUFF TO BE AT OUR BEST?

What does that mean? Well this is where science and spirituality come together. it comes down to choices we make, in our lifestyle, do we love ourselves enough to give our bodies the nutrition that strengthen our immune system and honor our bodies with living materials from that nutrition rather than a chemical processed something that is in a package on a store shelf that fills the space in our stomach but may not give us the nutrition that we need.

## DO WE HONOR OURSELVES TO STAY IN MOTION?

Do we love ourselves enough to honor the movement that our body needs every day? We are designed to be moving beings. Movement is medicine and the discipline of having some kind of movement every day, whether it is walking , whether if the weather is bad and and you're doing floor exercises or you're doing yoga or you're doing weights or you're cycling, whatever.

## MOVEMENT IS KEY TO THE IMMUNE SYSTEM

Do we love ourselves enough to do that? Do we love ourselves enough to honor the lifestyle choices that support life within our bodies? It's always a good choice but now what we're finding is it is a vital choice because those are the choices that are giving us what we need in the presence of this pandemic.

## ONLY THE IMMUNE COMPROMISED ARE SUSCEPTIBLE

The only people who are susceptible to this virus, of bringing it into their lives, what the mortality rate is, is higher for those who are immune compromised in their lives.

## WHAT COMPROMISES OUR IMMUNE SYSTEM?

There can be underlying physical conditions. World Health Organization put out a list that surprised some people of what it is that can compromise our immune system:

1. **Smoking tobacco** can compromise the immune system
2. **Obesity** can compromise the immune system
3. **Diabetes** can compromise the immune system
4. **There are also pre-existing conditions.** **Cancer**, having had **cancer** or in the process of dealing with cancer can compromise the immune system as well as the remedy for the cancer. which is often **chemo** or **radiation** and we all know that can compromise the immune system.

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Gregg Braden

# THE TRUTH ABOUT CORONA VIRUS

*...continued from page 37*

## DIET, EXERCISE, STRESS AFFECT THE IMMUNE SYSTEM

So this is an opportunity right now and it's opportunity to be honest with ourselves when you hear those things if you're listening and you say you know I could do a little bit better with diet or I could do a little bit better with exercise.

## YOU CAN SEE THE PHYSICAL CHANGES IN WEEKS

Now don't beat yourself up over it but this is an opportunity to kick those choices into high gear and make life-affirming conscious choices. One of the beauties of this amazing system, we are the owners of a highly sophisticated technologically advanced biological system and it responds to changes pretty quickly. Those lifestyle changes, when you kick those into high gear, it doesn't take months. In a matter of days and weeks you can see those lifestyle changes reflected in the human body.

## NOW IS THE TIME FOR OPTIMUM IMMUNE SYSTEM

You'll see that change begin and it continues if we continue those changes: diet, exercise, beliefs, the way that we think about ourselves, stress, the stressors in our bodies. All of these are factors so I'm saying it doesn't take a long time and I want to encourage you when you begin your body will respond really quickly. And if you ever needed an optimum immune system, now is the time now is the time.

## MOTHER EARTH IS GIVING US A GLOBAL REBOOT

And you're made to do exactly what your body is trying to do for you right now. It's interesting because it to me it really seems like this is the time. I truly believe that has all led us to be stronger during this time to be more awake more aware. I look at **Mother Earth** as having hit the red button, the full pause and the skies are clearing, the dolphins are coming back, the birds are coming back, the fish are coming back. This is a global reboot.

So I'm looking at the positives, a chance to get into our authentic self, get our health back, become empowered and live a different way both locally and internally as well.

## ECONOMICS IS ABOUT \$\$ BUT ALSO ABOUT PEOPLE

It's definitely is a reset. I don't know that that's being acknowledged right now much in the mainstream. It's going to be an economic reset and when they talk about economics, a lot of people think that means money. It may, but economies are about people and they're about the way that people share the vital resources that they need every day: food, energy, water, medicine. There isn't going to be a reset. That's already happening when it comes to economy.

## WE'LL SEE CHANGES IN HOW MONEY IS USED

Money is part of that. Our financial system already had some very deep cracks creating unsustainability. Those cracks are being exposed right now and I think we're going to see changes in money, in what money means and how it's used.

## WE'LL SEE CHANGES IN HOW PEOPLE WORK & SHARE

We're going to see social changes and the way that people treat one another, the way that we work together, the way that we share. The reset --definitely we're going to be a better world for this.

## WHEN FACED WITH CHANGE, THEY DON'T ADAPT

We have to potentially be better people if we can embrace the lesson. There is something called normalcy bias yes that's a psychological term where people, when faced with a big change a big sudden unexpected change in their lives, will discount that. They will try to live life as normal in the presence of a world that's anything but normal.

I'm actually experienced it now with event producers that I work with all over the world, they have a lot of energy, planning, time, money on the line for events that have been planned. Some of them they've been on the books for two years and there are attempting to continue those plans as if this has not happened and the reality is and there's a frustration from not being able to do that and it's true for all of us

## WE SUFFER IF WE CAN'T RETURN TO THE OLD WORLD

If we are clinging to an idea of the world that we knew three weeks ago and we're trying to get back to that world and we are unable to do that, now the inability to go back to that world is where the suffering comes from.

## WE ARE A PLANET GRIEVING LOSS OF A WAY OF LIFE

People say to me "well, what are we grieving?" and the answer is we are grieving the loss of a way of life. We have had a way of life stripped from us taken from us so suddenly and just the way that we grieve the loss of a loved one we are grieving the loss of a way of life

I can't do a better job than **Elisabeth Kubler-Ross** did when she talked about the grief cycle and the five stages of grief that so many are familiar with.

## THE FIVE STAGES OF GRIEF

Quickly the five stages: **Denial** is the first where we have fear we have confusion. **Anger** is the second stage we have frustration, irritation, anxiety. **Depression** is a third stage we feel overwhelmed helpless sometimes hostile and we want to run those are happening right now and if you don't know why you're feeling what you're there's no context and it seems hopeless.

*...continued on page 39*



Gregg Braden

# THE TRUTH ABOUT CORONA VIRUS

*...continued from page 38*

If you can acknowledge that you are in grief, that you have lost a way of life. It doesn't have to be a big alligator tears - sobbing experience although it may but simply saying you know I've lost something that was important to me in the past. I've lost the ability to gather with my friends temporarily to go to concerts, to go to conferences, to go to AA meetings, to Al-Anon meetings. To go and do all the things I used to. "I lost it and I miss it," just that acknowledgement helps to move beyond the denial that's important

Then we go into what's called the **Bargaining** and I think some people are in these simultaneously they're angry and depressed and they're bargaining and we're trying to give meaning to what it is that's happening and that ultimately leads to the **Acceptance** where we explore what's possible.

We explore the options we will all go through these five stages. you cannot avoid that the question is do we go through them in a healthy way, number one. And number two how much time does it take you can compress the time it takes to go through these by acknowledging and embracing where you are or you can drag it out for a very long period of time by denying that any of this is ever happening or by blaming.

## **WE'LL GET THRU IT TOGETHER**

For example, I have email recently from from a woman who said that *she refused to have an authoritarian regime tell her how to live her life*. I get that totally and I know where that's coming from and what I'm saying is that thinking is not useful right now because regardless of what you believe is happening or how it came about, we're in it and we've got to get through it and we've got to get through it together and we've got to help other people and we've got to do it in a healthy a healthy way to transcend where we are.

## **SPECULATE ABOUT ORIGINS AND THEORIES LATER, THAT TALK IS NOT USEFUL RIGHT NOW**

Down the road we will get through this, we're going to get through it together and it's going to be in the rearview mirror. When it is we can go back and look at all the other things that people want to look about if you know talked about the origins and all these other things. It's not useful now right now we've got to get through this and I think we're doing a good job.

## **STRUCTURE GIVES MEANING SO YOU CAN SEE THE FLOW**

And I think that's why the information is so important because without the information without the context people it's just like people are being told what to do from left and right and all these things are changing but there's no structure. So for me the structure gives meaning and you can see a flow in a process and you can see an outcome.

## **WE CAN CARRY IT AND HAVE NO SYMPTOMS**

The question that bothers me that most people have not addressed is this seems to be an exceptionally slow incubating virus which is catching us off guard because with some there are no symptoms, actually coughing or sneezing and sniffing nose. This is insidious because it may sit in US for so long containment would be early on when there were very few cases to do just that: contain and isolate them.

## **THIS IS HOW EBOLA WAS CONTAINED**

We know this is successful, happened a few years ago with **Ebola** a whole another horrid virus one man was tested positive in the state of **Texas** with **Ebola** he was immediately quarantined put in an isolation unit the special unit made for this and treated until he recovered and that virus was never spread in the country

## **WE MISSED THE WINDOW OF CONTAINMENT**

Containment can work early on. We missed that window for a number of different reasons about information where it is, how it travels everything. That window has passed and we can no longer contain this.

## **MITIGATION -- HOW WILL IT SWEEP THRU US?**

The next is called mitigation where we acknowledge this virus is going to sweep through our population that we can't stop it that's where we are right now. It's going to sweep through the population. The key is how does it do that

## **NO MEDICAL CARE WILL BE NEEDED IF YOU HAVE A HEALTHY IMMUNE SYSTEM**

If it sweeps all at once and I know a lot of people have seen this graph the administration is really push this graph if it sweeps all at once there's a big spike in the number of cases. Most people who have a relatively healthy immune system are not going to need medical care, we're going to get through this if you have a relatively healthy immune system.

## **TOO MANY NEEDED CARE AT THE SAME TIME**

However, those who are immune compromised are going to need medical care to survive because this is a virus that targets the respiratory system, the lungs. I makes it hard to breathe so if all of a sudden we have so many people that are needing critical care all at once, our medical system isn't set up to take care of that. So we're short on staff, we're short on equipment and you're hearing a lot about that.

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## **ISOLATION IS TO SLOW THE SPREAD SO THE SYSTEM ISN'T OVERWHELMED ALL AT ONE TIME**

So the idea is by social isolation what we're saying is we by not being in contact with one another we're slowing the spread the transmission so that we don't overwhelm that medical system.

## **WHAT HAPPENS WHEN WE'RE NO LONGER ISOLATING?**

When we are no longer doing that, that's the big question: what happens? Well in an ideal world, in a perfect scenario what would happen is that through social isolation the virus would burn itself out, it would find no more hosts so it cannot perpetuate itself. In an ideal situation we all know that's not going to happen. This is not an ideal situation, people aren't following the social isolation, so realistically whenever the ban is lifted and we begin co-mingling again, the virus will continue to spread.

## **NO. 1 WE HOPE THE BIG SPIKE LEVELS OFF**

Number one the hope is and that the plan is that will not be that big spike will be leveled off so the healthcare system can really help the people who are going to need it, keeping in mind most people will not need that critical urgent care number one.

## **NO. 2 SOME MAY HAVE DEVELOPED IMMUNITY**

Number two enough of us will have developed an immunity either because we have had the virus and have healed or because some people may have a natural immunity. That's a possibility being explored because they are fast-tracking the medications that will give us the immunity either through vaccination or through the medications to mitigate what's already in the body.

## **SOCIAL DISTANCING HELPS THOSE MOST VULNERABLE**

So it's still going to sweep through our population but by social distancing we are regulating how quickly that happens and helping those who are most vulnerable.

**I was asked, "Do you think this is a long-term thing like a Spanish flu where we could have multiple spikes before we come out the other side?"**

This is a new virus and this is where the unknowns are. Again, I'm a scientist, I'm not an epidemiologist. I'm working with an epidemiologist and I made some notes so I can be absolutely accurate and most up-to-date

## **THE INCUBATION PERIOD IS PART OF THE PROBLEM**

What we know right now is the incubation period is part of the problem. It can be as brief as two days means you can show symptoms two days after you're infected. It can be as long as 14 days, the average is about 5.1 days and that average is with a 97 percent confidence interval so they're pretty certain about 5.1 days is when the symptoms begin to appear.

## **THE PROBLEM IS YOU MAY NOT HAVE SYMPTOMS AND MAY NOT KNOW YOU'RE INFECTED**

Between the time you are infected and when those symptoms appear, you don't know you have the virus. So you might be going to grocery store, you might be hanging out with your friends and then all the other things infecting them at the same time and not even knowing it. You may not even have the symptoms

## **YOU MAY JUST FEEL A LITTLE OFF FOR A DAY OR 2**

If you've got a relatively healthy immune system, some people may feel a little off for a day or two, maybe a low-grade fever, and maybe no fever at all, maybe a little shortness of breath, maybe not.

## **IS IT POLLEN OR IS IT COVID-19?**

This happens to be allergy season here in northern New Mexico. Juniper pollen is so thick there are clouds of it when the wind blows and it's like dust you can see on the sidewalks. And people are having respiratory issues they don't know if their respiratory issues are now from the juniper pollen or from Covid-19 but here's where it gets really interesting

## **EVEN AFTER YOU HEAL, YOU CAN STILL INFECT OTHERS FOR UP TO 14 MORE DAYS**

Even after someone heals, even after they survive and they are no longer showing the symptoms, they can still infect others for up to 14 days after they stop showing the symptoms

## **WE ONLY NEED TO ISOLATE 37 DAYS IN THE BEGINNING**

So what that means all in all is they're saying about 32 to 37 days that we need to be isolated to not only be sure that we don't have it but to make sure that we're not infecting others. When the bans are lifted we will probably see some kind of an upsurge in some populations, maybe not in others.

## **CAN WE RE-INFECT OURSELVES? WE DON'T KNOW.**

Another question is can we re-infect ourselves? The answer is we don't know. The indications are probably not and let me tell you why this is really interesting there.

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## THERE IS THE S STRAIN AND THE L STRAIN

From the original strain of the virus, there appear to be two strains that are active right now. The original is called the S strain the derivative of that the mutation is called the L strain.

The L strain is a little bit more aggressive but for all intents and purposes to your body it means the same thing.

## THE GOOD NEWS IS IT'S NOT MUTATING MUCH

If there is any good news from this virus, one piece of good news is that it is not mutating very much. That's good news because it means:

**Number one** whatever medicines are made are probably going to be effective because the strain they were made for is going to be in place

**Number two** it means that once an individual has created the antibodies for that virus, if the virus comes back because it hasn't mutated very much, the body knows what to do and you will have natural immunity.

So the thinking is probably we're not going to be re-infecting ourselves and probably whatever medications are developed are going to be effective because the virus is not mutating like influenza.

For example influenza you hear a new strain you know multiple strains per year so you take the flu vaccine but it may not be effective because now the strain that you have is not the strain the vaccine was made for.

## CAN WE GIVE IT TO OUR PETS? CAN THEY GIVE IT TO US?

That doesn't appear to be happening with this virus, I think that is an inkling of good news as well another question it comes up is can we give it to our pets or can our pets give it to us? As a scientist where I'll say the scientific literature does not show it in any indication that you can give Covid-19 to your dogs or your cats, these are the domestic animals they're watching right now, or that you can get it from your dogs and cats as a carrier.

## STAY OUT OF YOUR PET'S FACE JUST TO BE SAFE

The recommendations from the World Health Organization and CDC are still if you are infected maybe not have as much intimate contact, don't get your cat's face right in your face or wash your hands before you interact with

your pet just like you would with anything else. But the indications are right now is that it is not being passed in that way.

## ON BOOSTING OUR IMMUNE SYSTEM

Some suggestions when we talk about our immune system. First of all, this is where I'm going to take exception with what a lot of medical doctors are saying because they are not oriented to thinking that supplements and supplementation is a good thing. I've had a lot of medical doctors tell me you know you're throwing your money away on the supplements because you know they'll pass through your body or you pee them out and they're not even really helping you.

## HIGH QUALITY THERAPEUTIC DOSAGES OF STANDARDIZED SUPPLEMENTS ARE BENEFICIAL

If you've got high quality therapeutic dosages of standardized supplements, I believe personally and I've experienced I think they're beneficial because the reality is that our soils are so depleted even the most organic vegan diet is not going to give you the nutrients you need for your body to be at its best. So I think supplements are necessary to be at our best in this day and age right now.

## VITAMIN B COMPLEX IS IMPORTANT

Maybe that will change but right now so all of the supplements the whole array of B complex is important because so many of our cellular factors are hinge on that B complex.

## ASCORBATE BASED VITAMIN C IS THE BEST

Vitamin C is a very powerful antioxidant and it provides so many other functions in our bodies. The issue is that the forms of vitamin C that we typically see, our bodies don't tolerate well. Ascorbic acid, rosehips for example, those are the inexpensive kinds of vitamin C. They're better than nothing if that's what you've got. They're going to help however your body probably can't sustain a high dosage of vitamin C in that form. There's another form of vitamin C that is called ascorbate based Vitamin C. It's not ascorbic acid, it's ascorbate based.

What the ascorbate based C does is it gives our bodies what our bodies need to create that vitamin C and we can do it in very high doses to 3000 milligrams a day with typically no problems I don't like to talk about brands a lot but I want to be useful here there are some brands there's a packet that's called **Emergenc-C**.

There's another one by **Trace Minerals** that is these are ascorbics that work together to create the vitamin C in our bodies. **Emergenc-C** is about a thousand milligrams per packet **Trace Minerals** 12 milligrams per packet so we can tolerate higher doses of those maybe not every day but if you want to do it you know in special times like this.

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## PEER-REVIEWED SCIENTIFIC INFO ON MUSHROOMS

I want to talk about the mushrooms because there is a lot of peer-reviewed scientific literature on mushrooms and what's called TCM traditional Chinese medicine.

## MOTHER NATURE GIVES US HERBS AND SUPPLEMENTS THAT WILL DISABLE THE VIRUS

The Covid-19 is a coronavirus spherical covered with these protrusions. Those protrusions are key in allowing that virus to dock onto the cell, to the receptors on a human cell. **Mother Nature** it gives us herbs and supplements that will either blunt those protrusions or they will disable the proteins so that even though the virus can come in contact with a cell, it has no way to communicate with the cell. We're not infected.

## AGARIKON MUSHROOMS, TURKEY TAIL AND REISHI

Some of the mushrooms that have peer-reviewed, scientifically documented antiviral properties so this isn't anecdotal this isn't you know just hearsay that are being studied right now. One of those it's a mushroom called **Agarikon mushroom** you don't hear as much but it is an antiviral, has antiviral properties for this reason blunting those protrusions and interfering with the proteins so the virus can't connect to the cell.

**Turkey tail** is another mushroom has been studied extensively.

**Reishi mushrooms** is another one that has both anti bacterial as well as anti viral properties. Most of these mushrooms are also anti-inflammatory so you're getting 2-3 purposes fulfilled, one antimicrobial, one antibacterial antiviral, and anti-inflammatory mushrooms.

Not all mushrooms have these properties so you have to look at what are called medicinal mushrooms. Those mushrooms are often incorporated into **Traditional Chinese medicine** as well as other compounds

## YUN CHAO -- TRADITIONAL CHINESE MEDICINE

There's a compound called Yun Chao that many people are very familiar with. It is a complex compound of a lot of flowers and pollens and they're put together in a very precise way, they have antiviral properties.

I've done Yun Chao for years when I travel on airplanes. I don't feel sick, it's just prophylactically so it's like a protection, strengthens immune system as well as all the other things.

## PROPER SLEEP BOOSTS THE IMMUNE SYSTEM

Sleep there's a very important thing I left out the factor of sleep so it's important to do what you need to do to get that good sleep as well so Mother Nature gives us ways to honor ourselves and to honor our immune system that's designed for times just like this. To do exactly what we need our bodies to do so as we embrace those mechanisms and incorporate them into our lifestyles and not just today because it's a special time because they have a pandemic, but to make it a part of your everyday life.

## RAW FOODS HAVE MORE NUTRITION

The supplements and the kinds of food that really give life to our bodies, the closer you can get your food to its raw form the more nutrition you're going to have and I think we all sense that intuitively.

I'm a student of ancient cultures, ancient traditions, ancient texts and there was a society that existed about 500 years before the time of **Jesus** called the **Essenes**. They did not call themselves the **Essenes** but others did.

## THE ESSENES KNEW HOW TO OPTIMIZE THE HUMAN BODY

The **Egyptians** called them therapeutic because the **Essenes** knew how to heal and they knew what it took to optimize the human body. The master **Jesus of Nazareth** was raised in the **Essene** traditions and he understood these principles. In some of the texts that were recovered in the 20th century of his writings and his teachings that were edited in the 4th century, they were edited and removed from the biblical canon.

## EAT THE THINGS THAT GIVE LIFE TO YOUR FOOD

I'm going to talk about **Jesus** not as a religious icon in any way but is a learned student of therapeutic traditions 2,000 years ago. The students asked, "Master what is it that we need to eat so that we can heal ourselves?" and the answer that he gave them, he said the things that steal the life from your food will also steal the life from your body and the things that give life to your food will also give life to your body therefore eat the things that give life to your food.

That principle is such a powerful principle I think about it all the time when we consume the foods that have been reduced chemically or through cooking into something less than they were in their raw state.

## BRUSSELS SPROUTS, BROCCOLI WILL SAVE YOUR LIFE

We're not getting that full nutritional component, we know that intuitively so maybe this is a time to put a little bit more raw food in the diet. You can eat broccoli, broccoli will save your life. I've eaten it since I was a kid. Broccoli, Brussels sprouts, you put those kinds of things, the grains that had been demonized.

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## WHOLE GRAIN RICE, WHOLE GRAIN OATS

Whole grain rice, whole grain oats, oats are a magical magical food. Raw oats are very very powerful. Raw rolled oats is very powerful in our diet for a lot of reasons. So those are the kind of things that I can mention right now.

We're in a living system and this system is in a process of auto correct. We can auto correct our own health, stress, sleep, nutrition and Mother Earth is a living system correcting itself and the corona virus is actually assisting in our purpose. I think it's up to us to recognize the opportunities we have for the first time that we are facing as a planet.

## THERE IS NO LONGER A "THEM" AND AN "US"

There's no them and us. We're in this together now. For the first time we have the opportunity for the leaders of the nations of the earth come together and look at one another eye-to-eye about something more than trade, more than economics, more than defense, more than terrorism.

## WE NEED EACH OTHER

We need one another and I think if our leaders can see one another as humans with families rather than as technology with military might behind them, if they can embrace the humanists in one another and I'm actually seeing this happen between nations that often aren't odds with one another

If we can continue this even when the pandemic passes, then we will have embraced the opportunity.

I don't think it's the purpose of the virus but I think it is an opportunity that we are presented with and I think it had to happen at some point because of the world we've created.

## WE HAVE GLOBALIZED THE PLANET

We have globalized the planet so what it means is whatever happens for one is going to happen for all.

We don't live isolated nations the way we did 100 years ago, so this had to happen at some point on some level. Maybe not the coronavirus but some event that would influence the entire planet to the degree that we had to stop and look at it because everything else grinds to a halt. And that's precisely what we're seeing now.

## I AM ENCOURAGED BY WHAT I'M SEEING

So I hope individually as well as collectively we can recognize the opportunity that lies before us and embrace that opportunity in a healthy way. And I am encouraged. I'm seeing that happening right now.

## IT'S IMPORTANT TO SHARE THIS KIND OF INFO

It's important to share this information, to help us to recognize where we are in the process, that we are in grief and that we are going through these stages and there is an opportunity there for all of us. I'm also seeing an embrace of science is being demonized in recent years.

## SCIENCE CAN ONLY SERVE US IF WE KEEP IT HONEST

Science has been hijacked and cherry picked for data that supports very specific agendas. I'm seeing a movement back to pay a respect and embrace the science.

I have some predictions I think we're going to see I predict we'll see a lot of young people that want to become scientists biologists epidemiologists.

I think it's inspiring a lot of young people I think we will probably see a baby boom around nine months from now we've seen this in the past we saw a baby boom after 9/11 when people were confined and surprised and looking for comfort. I wouldn't be surprised to see that I think we're all going to be better for and I think we're going to have a better world.

When I was a kid in a very dysfunctional and unhealthy alcoholic family, my father left, my mother gave me a book that became a cornerstone in my life by a man named **Khalil Gibran**. The book was called **The Prophet** and it is a philosophical book very short chapters, deep insights into things that are important in our lives.

## WORK IS LOVE MADE VISIBLE

He wrote a chapter on work that I read when I was 10 years old and what he said is "work is love made visible" and that inspired me throughout my life.

I have a very strong work ethic and when I say yes to do something I give it over 100% and what I know is that that is my love made visible. Because I've said yes to doing something, I'm going to put my love into that in all the ways I know how.

It takes work to change the way we live. It takes work to change the way we think. And what we're asking ourselves is **do we love ourselves enough to put the energy into those changes?**

I believe we do and I believe that that is what is emerging from from the pandemic, the coronavirus that we're seeing right now.

So I'm going to invite everyone reading this, if they haven't to ask themselves this question -- **do I love myself enough to put the work in to giving myself what I need to be at my best every day?** And if your answer is yes, if you do those things, the virus is nothing to fear and we will all get through this together.

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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.  
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