

Andrea de Michaelis presents

HORIZONS

May 2024

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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar dr.tomsannar@gmail.com

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

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

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

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

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

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

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

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

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

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

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

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

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

The greatest optical illusion is separation

HORIZONS

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

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



Horizons thanks everyone willing to take the risk

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

Hello and welcome to the May 2024 Horizons Mag. I wanted to share powerful words from Eckhart Tolle's wife Kim Eng on expectation and also share Dr. Joseph Murphy's technique for how to win the lottery by visualizing it.

"The below is from Eckhart Tolle's wife, Kim Eng <https://eckharttolle.com/kimeng/> For me, Andrea, being in a (romantic/sexual) relationship was never fun for long bcz it brought with it all sorts of expectations and the arguing over them.

Kim Eng writes, "During my travels, one of the most frequently asked question is *"What is it like to be in relationship with an enlightened being?"* Why this question? Perhaps they have the idea or image of an ideal relationship, and want to know more about it. Perhaps their mind wants to project itself to a future time when they, too, will be in an ideal relationship and find themselves through it.

What is it like to be in relationship with an enlightened being?

As long as I have the idea in my head "I have a relationship" or "I am in a relationship," no matter with whom, I suffer. This I have learnt.

With the concept of "relationship" come expectations, memories of past relationships and further personally and culturally conditioned mental concepts of what a "relationship" should be like.

Then I would try to make reality conform to these concepts. And it never does. And again I suffer. The fact of the matter is: **there are no relationships. There is only the present moment, and in the moment there is only relating.**

How we relate, or rather how well we love, depends on how empty we are of ideas, concepts, expectations.

- Kim Eng

DR. JOSEPH MURPHY'S TECHNIQUE FOR HOW TO WIN THE LOTTERY BY VISUALIZING IT

Cynthia P. Stafford was a single mother raising five kids. In **May 2007, Stafford won \$112 million in California's Mega Millions lottery.** She read books about positive thinking by Divine Science minister **Joseph Murphy.** Thru **Murphy's** teachings of self-healing and visualization, **Stafford** set her mind on winning \$112 million. She wrote the figure "\$112 million" constantly, meditated on it, and imagined how excited she would be once the money finally came into her life. After four months of obsessive focus -- the first couple of weeks took considerable discipline, she says -- she stopped and let go.

"Once you're in the flow of the energy," she says, "it's going to happen." And in May 2007, she won \$112 million in **California's Mega Millions** lottery. And she's using it wisely. "The ones who blew it also said they were going to blow it," she says. "They said it before it happened. It's what you believe. They attracted that. We have two choices in life. We can choose to see the best situation in our lives, or bemoan why things are not working."

Basically, Dr. Murphy said: *The healing presence of God is within you. This miraculous healing power in your subconscious mind, if scientifically directed, can heal your mind, body, and affairs of all disease and impediments.*

HE GIVES THE STEPS IN HEALING: The first step in healing is not to be afraid of the manifest condition -- from this very moment. The second step is to realize that the condition is only the product of past thinking, which will have no more power to continue its existence. The third step is mentally to exalt the miraculous healing power of **God** within you. This procedure instantly will stop the production of all mental poisons in you or in the person for whom you are praying. Live in the embodiment of your desire, and your thought and feeling will soon be made manifest. Do not allow yourself to be swayed by human opinion and worldly fears, but live emotionally in the belief that it is **God** in action in your mind and body.

Lottery winner **Cynthia P. Stafford** knew that she could heal the thinking that had her struggling in today's economy under hardship conditions. She began an active plan of working on her inner self and a daily spiritual practice including reading.

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ABRAHAM-HICKS



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

ABRAHAM ON JOYFUL CREATION:

It's good now, it's clear now, it's fun now. We want you to vacillate between clarity and fun and feelings of elation and feelings of contentment and satisfaction. It's supposed to feel good to you all of the time. It feels good to us all of the time. And you are the providers of the new terrain which make it expansive and exciting for all of us.

You said, "I'll go forth as pioneers," but not one of you said, "I will go forth and I will be a pioneer, and I will sacrifice my joy for your expansion." Not one of you said that. Not one of you said that. It wouldn't be asked of any of you. Not one of you said it and none of you mean it. You meant to come forth and live in joy. That is your natural legacy. That is Who-You-Are. That's what's right for you. That's how you're supposed to feel.

You're not supposed to be all wadded up in tension, and trying to get it right, and punishment of yourself and punishment of others. It's not about that. It's about love and joy and expansion and feeling good and never-ended-ness and Eternalness. That's what you keep signing on for, you see?

And the reason that you come again and again is because life just keeps giving you more expansive arenas

to play in, more contrast in order to launch rockets, more calling of Source Energy, more potential for more living of life, greater ability to comprehend the life that you are living, a greater ability to experience the appreciation that we all feel.

ABRAHAM ON DECIDING TO LIVE A JOY-BASED LIFE:

QUESTION: You know why I take such great delight participating in these events is because I always take away something new. The synthesis of 8 years of this material now, 11 years of this space, 15 years of a seed event, materializing in my quest for understanding the meaning of life... this moment has significant meaning.

ABRAHAM: Is it disappointing for you to find out that it was just all for fun? [...laughter...]

GUEST: Can't argue that one! The synthesis of 11 years in my own personal experience brought clarity this weekend, and I want to explore and bring clarity to what we're learning here in this workshop this weekend. And it started yesterday in recognizing the difference between motivation verses inspiration. And recognizing the difference between living a life of being a "should-head" to a "led-head" (i.e. being led by Source inspiration). And the reason why I express it in that way... the way I've leveraged this material is to understand where I am on my competency level. So, from when we first started this dialogue...

ABRAHAM: And we're just going to interrupt really briefly. If you will let the competency level be the JOY level, the competency level be the FUN level, then you'll always know right where you are. That's the measure. If you are having a lot of fun, you are at your height of allowance.

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NON - RELIGIOUS SPIRITUALITY

Jim Palmer is the Founder of the Center for Non-Religious Spirituality. A critically acclaimed author, Jim also writes for professional journals and major publications. Jim is an adjunct professor of Ethics, Philosophy of Religion and Comparative Religion. He is a Spiritual Director, Founder of the Nashville Humanist Association and Chaplain with the American Humanist Association. He is a trained religious trauma and spiritual abuse counselor. <https://nonreligiousspirituality.com> & <https://jimpalmerauthor.com>

“Hey, Jim. I have deconstructed my absurd religious beliefs I held since childhood. But there are still days this voice of fear pops up that says I am backsliding. It says, “Sara, what if you are wrong? What if you've been deceived? What if you have turned your back on God and going to hell?” Yes, I know it's silly. But the struggle is real. Thoughts?”

Hi, Sara. I understand. If I put on my philosophy hat, I could easily show you that whatever **“God”** might be, it's not possible to be separate or separated from this ultimate reality.

If I put on my theologian hat, I could easily show you that the **Bible** does not teach a literal hell and that the whole point of **Jesus** was to show that humankind and **God** are inseparable and one.

If I put on my science hat, I could easily show you that the universe, existence and all things are attributes or expressions of one source and ground of being.

If I put on my spirituality hat, I could easily show you that peace, harmony and absence of all fear is a quality of your innermost being.

If I put on my religious trauma counselor hat, I could easily show you that a common residual effect of toxic religion is to experience this angst you described from time to time. You were indoctrinated into these toxic beliefs in childhood. It's a process. Be patient with yourself. The thoughts and feelings you have are real, but the fears themselves have no validity and are the lingering impact of toxic religion.

So now, I'm going to take off my philosophy hat, theology hat, science hat, spirituality hat and religious trauma counselor hat. **I'm going to put on my human being hat.**

Sara, you are a good, beautiful, extraordinary, and powerful human being. Who you are is your gift to the world. There is nothing wrong with you. You are not bad or defective. You are worthy and deserving of love and acceptance just the way you are without condition or performance. For every one thing you can find that is “wrong” about you, I can find ten that are right and good and beautiful about you. You have a particular brilliance and magnificence that is unique to you that no other person has except you. You are deserving of your own love, acceptance, patience and compassion.

Never apologize for who you are or your life. There is nothing for you to defend or prove... ever! Your worth and value is settled and secure. You are good. Not just a little good. Like, super wow dang good. Believe it. Don't ever let anyone tell you any different.

Sara, there is nothing to fear. If I were to say “I love you,” I would not be speaking as just myself as one human being. I am speaking with the voice of the universe, the voice of **God**, the voice of the ground of all being... in which we are inseparable and one.

10 THINGS ABOUT CHRISTIANITY THAT JESUS WOULD NOT ENDORSE IF HE HAD A SAY:

It's unfortunate for all those years as a pastor that I cheapened Jesus by making him into supernatural being who would save the world, and not as a courageous and revolutionary human person who came to love it.

I can't relate to the religious **Jesus** as a sinless saint, but I feel like I understand the **Jesus** who found deep peace within himself, but could also become unhinged by the abuses of religion.

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SOUL SONGS • 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

SLIM 'N TRIM

If I want to lose weight, I might approach it in a conventional way: berate myself for gaining excess poundage in the first place, worry about how bad I'll look if I keep on expanding, and set up a dietary regimen for myself and then feel guilty as heck each time I cheat.

Berate-worry-feel guilty is one way to motivate myself to change my eating habits. But it's unlikely to bring long-lasting results, for negative emotion is possibly why I overate in the first place - to soothe and de-stress myself. Hello, vicious cycle.

A more successful approach will be, first, to discard the phrase "losing weight," as it causes me to focus on what I don't want (excess weight.) I can substitute a word such as the British have used: "slimming."

Next, I make peace with the shape my body is in right now. I appreciate it. I marvel at its intricacies and the way it serves me day-to-day.

Last, I hold an image of how I want to look and feel. I savor that image. I delight in that image. I relax and enjoy moderate meals while allowing that image to manifest.

No more obsessive wars with food. No more battles with the bulge. I release negative emotion, accept where I am, focus on what I want, and make way for my awesome new bod.



TRYING TO EXPLAIN THE INEXPLICABLE

There are people in the world committing shocking, repugnant, inexplicable acts against fellow humans.

Nevertheless, the amount of time that most people go about their lives untouched by tragedy is exponentially greater than anything reflected in the nightly news. Well-being is far more likely than disaster. The deck is dramatically stacked in humankind's favor.

It is not my job to figure out why some people perpetrate atrocities. It is not my job to try to stop terrorists, warmongers, and the like. My job is always the same - to keep my focus on that which uplifts me, makes me happy, helps me feel good. As I keep my thoughts as upbeat and positive as possible, I align with my joyful inner self and easily and automatically manifest my needs and desires.

My focus is powerful. When I agonize over world events, I actually feed them more energy, helping no one. But when I choose optimism and joy and model that for others, I give a wondrous sweet gift to the planet.

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO MAY 2024

Welcome to May! We're half way through spring now, and I hope you are still enjoying beautiful weather with friends and family. While **May** might not quite be the official start of summer (that's one of **June's** important dates), it sure feels like it. Schools let out for summer vacation, high school and college grads receive their diplomas, and mother figures get their day in the sun. **May** is a fun-filled month full of big events.

THE MAY QUEEN - ALFRED TENNYSON

You must wake and call me early, call me early, mother dear;
To-morrow 'ill be the happiest time of all the glad New-year;
Of all the glad New-year, mother, the maddest merriest day,
For I'm to be Queen o' the May, mother,
I'm to be Queen o' the May.

Lord Tennyson's poem describes May 1st, or **May Day**, a festive day of dancing around the **Maypole** or gathering flowers and greenery for garlands. There was more dancing on village greens, archery contests and exhibitions of strength. The highlight of the day was the crowning of the **May Queen**, the human replica of **Flora**, a Roman Goddess of flowers and spring. By tradition she took no part in the games or dancing, but sat like a queen in a flower-decked chair to watch her 'subjects.

The Month of **May** was named for the **Roman Goddess Maia**. In ancient **Rome**, grains ripened toward the end of **May** and early **June**, so **May** is a busy month for farmers. They had to keep their fields clear of weeds and anticipate the coming harvest. There was little time for festivals as there were in **April**, when the agricultural and fertility gods were honored to ensure a bountiful harvest.

April 15 – May 27 The Eta Aquarid meteor shower 2024 is active between April 15 and May 27 and peaks on the night of May 4 and predawn hours of May 5. The peak of the Eta Aquarids is around the time of the new moon, therefore moonlight will provide minimal interference to meteor hunters, unlike the fully illuminated moon in 2023

April 30 - May 4: Maidyozarem Gahanbar, Mid Spring Feast, Zoroastrian

May 1 - 31st: Month dedicated to Egúngún

(Commemoration of the Ancestors, including community founders and illustrious dead), Yoruba

May 1: Beltane/Walpugis, Pagan, Wiccan This holiday celebrates spring at its peak, and the coming summer. It is traditionally held on 1 May, or about midway between the spring equinox and summer solstice. Historically, it was widely observed in Ireland, Scotland, and the Isle of Man.

May 9: Ascension Day, commemorates Jesus' ascension into heaven, Christian

May 7: New Moon in Taurus

May 12: Mother's Day, USA

May 20: Sun enters Gemini

May 22-23: Declaration of The Ba'b, commemorates the announcement of the Ba'b, Baha'i

May 23 – Buddha's Day: Also known as Vesak, this is a Theravada Buddhist festival that observes the birth, death, and enlightenment of the Buddha

May 23: Full Flower Moon in Scorpio

May 27: Memorial Day is a federal holiday in the United States for honoring and mourning the U.S. military personnel who died while serving in the United States Armed Forces. From 1868 to 1970, it was observed on May 30. Since 1971, it is observed on the last Monday of May.

Blessed Be!

HERB CORNER

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

HERBAL HELP FOR SINUS CONGESTION

Your sinuses filter out dust particles and bacteria, they warm and moistens the air that we breathe in. If your sinuses are leaky or drippy, if you are sneezing or sniffing, or if you are constantly clearing your throat, you may have problems with sinus congestion.

Sinusitis is an infection that has settled in the sinus cavities. It may be the result of a cold, sore throat, infected teeth, or a blockage of the sinus cavities. If sinusitis is not treated correctly it may lead to other problems like a **middle ear infection, or hearing loss, chronic headaches, bronchitis, asthma, or pneumonia.**

Congestion caused by fungal or a bacterial infection may do good with **Yerba Manza**. It has astringent properties that tightens and restores tone to sinus tissue, lessening secretions.

Rosemary is another herb with astringent actions.

RECIPE: You can make a nasal spray with either **Rosemary** or **Yerba Manza** using 10-30 drops of their tincture to 1tsp. glycerin and 2oz. purified water in a spray bottle. Spraying up to 4 times per day if necessary.

Other herbs that help fight sinus infections are **Echinacea, Goldenseal and Garlic.** **Goldenseal** is helpful when the mucous membranes of the **sinuses are chronically congested or inflamed**, especially if you are blowing your nose and the mucous is not clear.

The herb **Licorice** helps when your **head is congested** and the mucous is so thick it is hard to blow your nose, plus helps repair damaged sinus tissue.

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CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

Scolecite

Photo by Karin Wolf



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

I was just outside in my yard this morning among the flowers of the day watching the butterflies fluttering about in search of the proper plants to deposit the eggs for the next generation.

The birds were announcing their presence from the treetops and a hummingbird darted in to taste the nectar from the red coral bean flowering just in time to welcome her arrival on her epic migratory journey south. **May** is the month when our **Earth** has fully awakened to burgeoning life. Our own physical essence responds and we open to the fire of being alive.

Cultures all over our planet have celebrated this since the dawn of humanity. **May 1** is a joyful expression of fertility and the triumph of the great love that connects us all to one another and the ground that supports and nurtures us.

Children dance around a **May Pole**, weaving together the exuberance of the glorious way body and soul dance together around the **Great Tree**. Bonfires blaze up into the night sky while fireflies blink their signals of light and lovers find bowers among the trees to explore the delights of communion.

This year, as many folks see the world as hopelessly divided, I would like to share with you a wonderful combination stone I discovered at the **Tucson Gem and Mineral show** this year. It represents what I hope will help us receive the great changes to come in a way that can serve us all. We yearn to reconnect with one another, but in order to do this we must mend the disconnect within our own being and fully feel the oneness of the universe from the core of our planet to the infinite vastness of the universe.



Scolecite, chrysocolla and copper - India

Our talismanic stone ally is an unusual mix of **scolecite, chrysocolla and copper from India**. **Scolecite** is one of the many wonderful **zeolites** from **India**.

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PSYCHIC MICHELLE WHITEDOVE

Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: She Talks

To Angels, Ghost Stalker, A Psychic Medium Relays Messages from the Heavens. As of Dec 2022 her physical body could no longer contain her Spirit, but she is still with us sending her guidance. Her work continues. She's done much writing that has not yet been published and Horizons has been given permission to continue to publish it. Visit www.MichelleWhitedove.com

GHOST STALKER



Excerpt from 'Spirits that Roam the Earth'

Since the beginning of time, man has sought to converse with loved ones on the other side; death seems so final, for the humans left behind. Grief is a natural emotion, but there is something you need to know: our departed loved ones do not grieve for us! In fact, now and then, they look in on us, and sometimes they even

try to get a message through. They are curious, and want to see how we are fairing; but they know that our earthly existence is only a brief moment in the scheme of eternity.

So, for those seeking to make contact with departed loved ones, I would encourage you to find a legitimate medium. Don't try to hold a séance, or purchase a **Ouija** board. A **séance** is a gathering of people who are trying to conjure up and communicate with the dead. People don't realize that, during a séance, you can be susceptible to dark entities coming through. These dark entities will lie, draw you into their web of deception, and make you feel more confused and upset than you were before you began.

...continued on page 45 ...

YOGA SHAKTI MISSION



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Ma Yoga Shakti

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Tuesday 7-8pm Mary LaMarre -- Gentle Hatha

Wednesday 7-8pm Kate Hunt/Shyama -- Yin Yoga

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ON BEING A COOK IN A RESTAURANT WITH ABSOLUTELY NO EXPERIENCE

Mitch Ditkoff is a writer, poet, and storyteller enjoying life in Catskill, NY. More of his writing can be found on Medium, where he posts daily (www.mitchditkoff.medium.com)

The Old Stone Bakery and Restaurant in Oak Bluffs, Massachusetts was not what I would call a 5-Star restaurant. Not a 4 and not a 3. I'm guessing it was somewhere between a 2.3 and a 2.7, depending on the day of the week and how hungry you were.

Known more for its fresh baked goods than cuisine, it was the kind of place tourists, watching their budget, went.

Other than the fact that my good friend, **Steve**, was the baker, I wouldn't have even noticed it. Why should I? Unemployed as I was, going out to eat was not an option for me. And with **Steve** returning to our commune at the crack of dawn each day with bags of scones, breads and cookies the size of **Frisbees**, what need did I have to work? **God** was providing, big time.

And besides, working in the summer, was against my religion - the "**First Church of the Long Hang.**"

Working seemed so uncool, so boring -- a premature concession to "entering the real world" which I, as a graduate school drop out and aspiring yogi, was putting off as long as possible. And besides, my overhead was next to nothing, sharing a house as I was with 12 friends.

My girlfriend didn't quite see it that way.

She needed stuff and whatever small amount of money she had saved from her last job was running out. So when **Steve** returned home after yet another night shift and told me the cook had quit, she was suddenly inspired for me to be employed.

"But I don't know how to cook!" I exclaimed. "I mean, beside an occasional omelet and grilled cheese sandwich, I'm useless."

But she would have none of it, nor would **Steve**. And so the next day, I found myself standing face-to-face in a job interview with **Peter White**, the owner of the restaurant.

"**Steven** tells me you're a cook," he said.

"Yes, I am," I said.

"Good," he said. "Be here tomorrow, 6:00 am. The restaurant opens at 7."

Steve was tickled I got the job. Both of us would now have a chance to eat fresh baked cookies as his shift ended and mine began. My girlfriend was tickled because I was now a working man. I was not tickled.

"Tickled" is not at all the word I would use to describe what I was feeling.

"Terrified" was more like it. Or "confronted," "shocked," "conflicted", and "paralyzed."

In an odd way, I was up for the challenge but knew I had some major homework to do in the 14 hours that remained before my shift began.

My girlfriend, who was an excellent cook, found her favorite cookbook and began instructing me on the basics: how to cut vegetables, how make a sauce, how to make soup, and how to make a stew. To comfort myself, I took notes on little scraps of paper which after my four hour cram course was over littered the table like a kidnap letter torn into odd little strips by a psychopath.

Four hours later there I am at the restaurant, donning my apron, being greeted by fast-moving waitresses, and surveying the kitchen.

The first thing I noticed was the stove in full view of the customers. What? People are going to be watching me cook?

Pan heated, eggs, butter, green pepper, onions, pancake mix, milk, spatula, bread on the table and I am ready for prime time.

The first few orders are a breeze -- cheese omelets, scrambled eggs, and pancakes. Easy peasy. I could have made those in my sleep. The waitresses were impressed. The customers were pleased. Even I started to feel like I could do this.

...continued on page 32...

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

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VENDORS/READERS

We keep a balance of vendors in all categories: Alternative Practitioners, Massage & Energy work, Aromatherapy, Astrology, Aura Photography, Gifts, Crystals, Jewelry, Health & Nutrition and Psychics. I look forward to seeing you at our next event! Blessings & Light! Candyce Strafford



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

You have a right to say "no." In the great affirmation of your being, you are conscious. You are therefore able to make a distinction. You can like something better than something else! Within the great affirmation of your being, you can deny.

You can say "no" to a situation freely and joyfully and exuberantly—and feel free, and that you are using the abilities of your consciousness, your spirit, and your creaturehood. If you say "no," you say "no" for a reason. Find out what the reason is. You have a right to it.

Never say "no" to your own feelings—accept them. Hate will lead you back to love, if you allow it to. All emotions come from love. Hate shows you the distance between yourself and another person for whom you feel love.

If you think that the majority of your fellow men are stupid, idiotic, and leading the world toward destruction, it is only because you love the race so strongly, and feel the race falling short of the expectations of your love.

If you allow yourself to experience that emotion, then it will lead you back to the realization of your love. But if you deny what you think of as hatred, disgust, or dissatisfaction, then it cannot lead you toward the destination for which it was meant.

If you think you hate a parent, it is because there is in your mind such a separation between yourself and | the love for that parent that you feel. If you allow yourself, therefore, to feel the hatred, you will also experience the love.

You do not hate those for whom you have no regard. They do not bother you in any way | whatsoever. They are outside of your notice. You love your enemies

whether you know it or not. You are bound to them, for in your mind you constantly compare them with what you think they should be in the vision of your great love for them and for yourself.

Whenever you think you hate, you love. But unless you allow yourself to feel the hatred, you will never know. If you hate someone and you beat a pillow, and pretend | you are beating that person to death, then when the murder is committed you will realize the great love that you really feel, and the death will be the death of the hatred, not of the person.

You cannot love yourself and hate your emotions. You cannot love yourself and distrust the reality that | is your own. And within the great affirmation and joy of your being, you can deny and say "no." For when you deny and say "no" you are doing so comparing what you say "no" to, to what you want to say "yes" to.

You are comparing in terms of an ideal that exists in terms of love within your mind. If we bloodless old ghosts are not afraid of emotion, I don't see why you should be.

There are no clear mirrors to look through [to a student] that will show you one impeccable, immaculate reality, and no one, no one ideal Carlos who can say, "I shall and must do this and that to fulfill my abilities."

There are, instead, an infinite number of probabilities, and you, my dear friend, have freedom to move within (hem. You want me to say, "You should do thus and so," or you want yourself to say, "I must do thus and so.")

But if you flow with the feeling of yourself, you will go where your being goes. Trust—trust—the lives that are within you now. Go along with your own living that flows through you. In your here and now, you are here and now. Feel that here and nowness! Know its knowing! And you will be where the being of you wants to go!

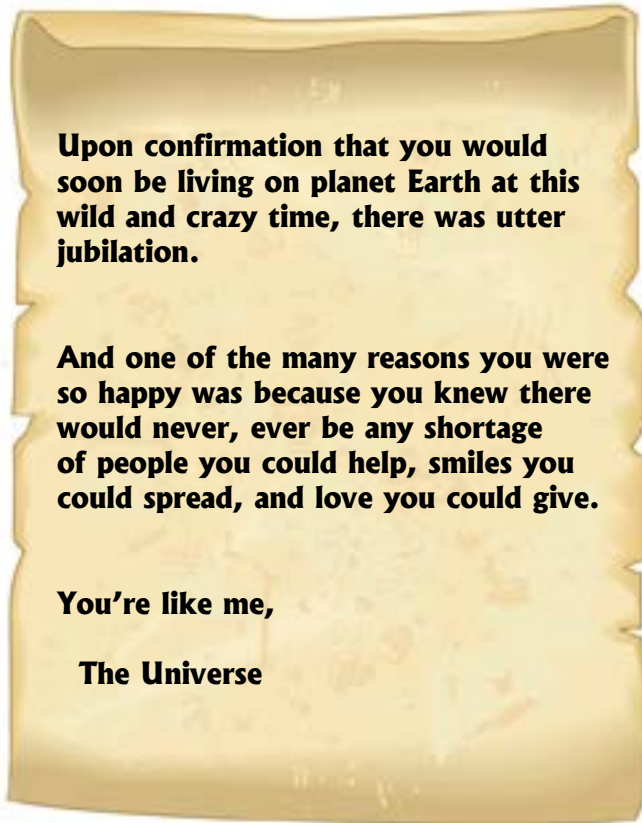
Feel yourself flowing and moving as easily through your life situation as a hair grows out from your head—as easily and naturally. Feel events that you want happening, as hairs grow out from your head. Go with your being. Go with your being.

Imagine what you think of as doubts as a beautiful, inner, natural phenomenon, as a rock glowing in the sun, in the stream of your being. They are beautiful and natural. They are not impediments. You flow around them beautifully. They are a part of your being. Now, remember that last sentence particularly.



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>



Upon confirmation that you would soon be living on planet Earth at this wild and crazy time, there was utter jubilation.

And one of the many reasons you were so happy was because you knew there would never, ever be any shortage of people you could help, smiles you could spread, and love you could give.

You’re like me,

The Universe



SPIRITUAL GRAFFITI

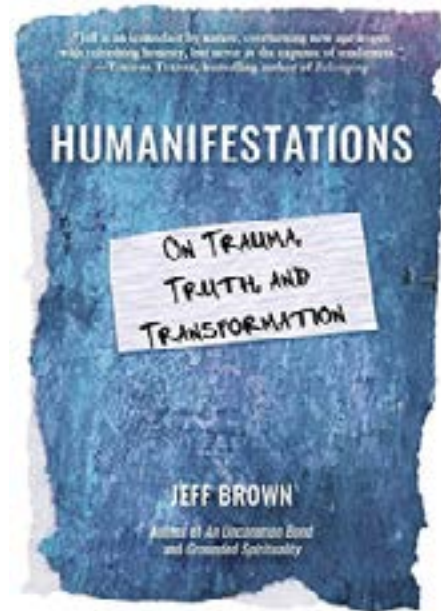
Jeff Brown is author of Spiritual Graffiti, Ascending with Both Feet on the Ground, Love It Forward, An Uncommon Bond, Apologies to the Divine Feminine From a Warrior in Transition, Karmageddon, an award winning documentary, and Grounded Spirituality. Visit www.Soulshaping.com and www.Soulshapinginstitute.com

We linger in the realms of potentiality, until we are ready to actualize our callings. It can be a great test of faith, particularly if we have a great number of internal blocks and external challenges to overcome first.

Most of us do, at this stage of human development. The key is to not get so discouraged that you stop doing the work to align your inner world with the life you long for.

You must go on, patiently working the threads, healing the remnants, constructing your wholly weave. It can take years, decades, to clear enough debris before you see the light.

But you can, and you will, if you continue to sculpt dutifully. And then, one day, you will notice that it has all shifted. Your potentiality has morphed into actuality, and your sacred purpose has become all that you are.



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SPEAKING ONE'S TRUTH HELPFUL TO YOURSELF AND OTHERS

David A. Cronin is a sometime meditation instructor, speaker, photographer, and writer. He is the prior owner of Changing Times Books in South FL Now retired in Atlanta, GA. His favorite pastimes include being 'Gramps' to 2 adorable grandchildren, volunteering and training to walk the Camino de Santiago pilgrimage. You can follow him on Facebook: <https://www.facebook.com/david.cronin.79/> He can be reached at: davidcronin490@gmail.com. All photographs shown here were taken by him.

“Happiness is when what you think, what you say, and what you do are in harmony.”
~ Mahatma Gandhi

I love this quote by **Mahatma Gandhi**. He certainly spoke his truth and through doing so was able to help affect the course of history for an entire country. Learning to speak one's truth is a rite of passage we all undergo. One can work at this their whole life. Sometimes we hold back expressing our truth out of fear of being rejected, disapproved of, or judged. Depending on the circumstances of our upbringing we may have learned behavioral patterns that lead us to believe that it is simply not safe to express our truth.

As the quote implies, one definition of speaking one's truth is having your thoughts, your speech, your feelings, and your actions all in alignment. We are not thinking or feeling one thing but saying something completely different. We do not say 'yes' when we really want to say 'no'.

It is not uncommon that we may hold back from speaking our truth because we do not want to upset someone else. Yet it is helpful to remember what is happening, energetically. When we are not speaking our truth, when we are saying one thing but feeling another, we are sending out a discordant, unbalanced energy wave. This can create more confusion and imbalance in the dynamic between the two of you. However, if your speech, feelings, and actions are in alignment you are sending out a very coherent energy wave that can help the other person rise into a greater experience of their truth.

For example, let's say you are coming home from a long day at work, you are feeling spent, and what you need most is to spend some quiet time at home relaxing. You then receive a phone call from a friend who is having a hard time and wants you to come over and be with them. You are unsure what to say right at that moment, so you tell your friend that you will call them right back. Now you are torn between needing to care for yourself and wanting to be supportive of your friend. What I find helpful is to ask myself, "What is really, really, REALLY true in this moment, not want I want to

be true, or hope is true, but what is REALLY true?" This usually will bring me clarity and helps me drop into my truth. Now it is just a measure of expressing my truth with compassion.

You might in that moment you feel that yes, you can go over to your friend's house that evening. You can always arrange to have another night off for yourself. Or you might feel that no, what you need is time for yourself to rejuvenate. You may say something to your friend like, "I hear that you are struggling. Unfortunately, I do have other important plans so I will not be coming over. However, I know that you have deep inner strength, and you will get through this night. I will hold you in my heart and call you first thing in the morning to see how you are doing."

If you decide to spend the evening at home and do so without feeling guilty then you have honored your truth. If you decide to go to your friend's and do so without feeling resentment, you also have honored your truth. If you had felt that it was important to go home but didn't because you were afraid of disappointing your friend, then energetically speaking, you would be of lesser service to them by being there full of resentment than going home and being in your truth and thinking of them in that consciousness.

Learning to speak our truth with compassion is a rite of passage. As **Gandhi** indicates, doing so can help bring about a state of happiness. It also will benefit you and those around you.



ESSENTIAL LIFESTYLE HACKS



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

REPROGRAMMING THE SUBCONSCIOUS MIND

Think of the subconscious mind as a huge memory bank. It takes literally all ideas and images that we accept as truth that validate our intrinsic beliefs. It stores whatever has happened to us. Every moment we are awake our senses are taking in a constant stream of information which is stored as memories. All our mundane acts, habits, and memories are controlled by the subconscious.

We also bring with us in our subconscious and DNA certain beliefs and imbalanced vibrations which we created in past lifetimes. We know this as **karma** or others call it **original sin** to rectify and heal in this lifetime. In addition, we have our chosen ancestral lineage.

Our conscious mind contains those things that we have accepted as valid and true, either positive or negative. It stores and is influenced and controlled by impulses, beliefs, addictions, and the worldly collective consciousness via our subconscious. The conscious mind is constantly affected by our subconscious mind and brings in all past experiences into the present. This is why we are so resistant to change unless we make an effort to change.

Our minds are constantly talking. It does not stay quiet; it is programmed to think. If we are not consciously engaging the mind, the self-talk that we are not aware of comes directly from the subconscious. This in turn reinforces any discordant energies. My guru **Mataji** kept repeating “an idle mind is a devil’s workshop.”

The question arises are we what we think? We are not the voice in our mind, just the one that hears it. We do not need to identify with the mental chatter. It is best to observe that chatter and bring it into the light, examine it and try to find the cause. We know the chatter by our emotions. A particular unconscious thought crosses the mind, and we begin to feel a certain way but nothing outside has really caused it. What was the cause?

Psychology indicates that unconscious impressions influence 90 to 95% of our behavior. The subconscious

causes us to feel emotionally and physically uncomfortable whenever we do anything new or different from established patterns. Change creates a sense of fear or discomfort. This is why habits are so difficult to break. We want to go back to our comfort zone.

Because the subconscious has such a control over our positive and negative behavior, we need to train it in our favor. We use our conscious mind to reprogram the subconscious. Right now, we are reading or listening to this discourse and trying to absorb the meaning, while doing so the subconscious is busily either rejecting or absorbing information on existing perceptions we have stored there from the world around us. We are never really absorbing information as is, but according to our previous impressions. All this is stored below our conscious awareness. Many limiting beliefs such as “I am not good enough” come from the subconscious rather than who we really are.

Every action, every thought, every experience creates conclusions or judgement that are stored within us and guide us in the future. If in a moment you are feeling that you are not good enough, the subconscious will look through the memories to confirm this belief. But if someone tells you that you are good enough and you feel it, a conflict will arise. The subconscious will either reject or change depending on your present confidence of that statement.

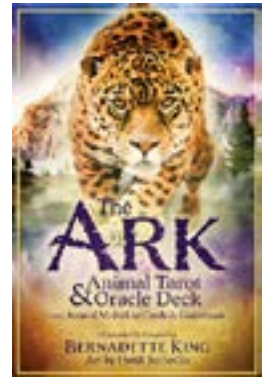
Since the unconscious is mostly focusing on the negative, we will know that we are successful if our life begins to change. We attract what we project emotionally and mentally from both conscious and subconscious mind. If our life is not where we would like to be we need to examine what our mind is doing.

It is important to limit negativity because our subconscious is absorbing information constantly. We need to avoid spending too much time with negative people, gossip, and watching news. Instead, we need to sur-

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WHAT IS MY SPIRIT ANIMAL



Bernadette King, creator of The Ark Animal Tarot & Oracle Deck has for 20+ years helped folks get closer to their Animal Allies, become more accurate psychic mediums & animal communicators & stronger intuitive tarot readers. Thru WhatIsMySpiritAnimal.com

folks are learning about their own Spirit, Totem, & Power Animals. The Ark is a 100 card deck which practitioners can use for divination & healings. Visit WhatIsMySpiritAnimal.com



CATERPILLAR SYMBOLISM & MEANING

Going through difficult changes in life? Need to learn how to pace yourself? The **Caterpillar**, as a **Spirit, Totem, and Power Animal**, can help! **Caterpillar** teaches you how to evolve with grace and in your own time. Delve deeply into **Caterpillar** symbolism and meaning to find out how this **Animal Spirit Guide** can enlighten, aid, and support you!

The life cycle of **Caterpillar** symbolizes times when you're dealing with potential and transformation. **Caterpillar's** cocoon stage takes it into a new and glorious life. It's akin to an inner search where everything else endures a pregnant pause until you emerge anew.

The **Caterpillar Animal Guide** embodies fresh ideas, renewal, and unexpected outcomes. **Caterpillar** doesn't wrap itself up in warm solitude while expecting to awake with wings: This natural process whispers of the glorious order of the Universe. Metamorphosis is evolution at its finest and loveliest. **Caterpillar** is not elegant beforehand. Be patient: The best of you is yet to be!

The soft, tiny nature of **Caterpillar** may seem without defense. Their colors make it hard for many predators to find them, while other hues are off-putting; their color attributes make them teachers of when it's time to camouflage one's self and when it's time to shine. **Caterpillars** sample potential edibles to see if they like them. But they carry the lesson that some things appearing delectable are not always good for you.

Caterpillar, in **Butterfly** form, is an omen of good luck, health, and joy. Like a baby, the **Caterpillar's** new form opens new horizons. If you are starting a new endeavor, seeing a **Caterpillar** is a presage to experiencing strikes of creative inspiration. However, slow change is lasting. "Haste makes waste," in **Caterpillar's** reality.

Caterpillar symbolism reveals something about your willingness to let go of the past. **Caterpillar** cannot grow in its current form. They must bravely shed their former body; this is a great act of trust driven by **Caterpillar's** natural instincts.

In nature, the **Caterpillar** grasps food with strong jaws. They treasure what nourishes them and will not release it without good cause. What is in your life you want to latch onto with such gusto? Also, **Caterpillars** use their antenna for sensing the environment. Likewise, you might need to fine-tune your intuition to sense the non-verbal and non-physical things around you.

Woolly Bear is the **Groundhog** of insects! Folklore tells of the **Woolly Bear's** ability to let you know how bad the winter will when you examine the bands of color in its fur. Wide bands mean cold, nasty weather. The fur on **Woolly Bear** is not for protecting it from the cold. Instead, akin to bears, it helps them freeze and hibernate! Here the creature symbolizes a period of waiting before making a big transition.

If **Caterpillar** comes inching into your life today, it heralds a time of change. You need to break out of your cocoon and embrace your personal and spiritual inheritance as a child of the Universe; this can be scary because you can't see beyond what is around you. The outside world is hazy until you liberate yourself.

People who feel stuck in old thought forms will find **Caterpillar Spirit Animal**, a helpful companion. **Caterpillar** knows the development of something we're hoping for seems to take forever. **Caterpillar** says, "Everything in its time and season."



WHAT IS MY SPIRIT ANIMAL

... from page 20



Caterpillar Medicine helps you discover all the little things you're overlooking that make every moment something magical. You cannot judge life or others in one glance. There is so much in the world you must experience with more than your five senses. Open your inner eyes; breathe in energies-taste the truth.

The creature often crawls into your awareness with good news. A surprise is coming like a financial win or promotion; the rewards are the wonderful bits of serendipity for which you should give thanks. Let it warm your heart and soul!

Caterpillar warns of "bugs" in your life too: It may be people who lie or give you false hopes. If you feel like **Caterpillar's** fur is "up," take a step back. Don't rush into any fast decisions, especially in business. Let things evolve.

In England, finding a **Caterpillar** and placing it in the garden brings good luck, and carrying the **Caterpillar** in a neck pouch protects you against colds and cough. Likewise, in the Hindu Upanishads, the **Caterpillar** brings good fortune for travelers because of its graceful movement between leaves.

CATERPILLAR SPIRIT ANIMAL

If **Caterpillar** comes inching into your life today, it has one of several potential messages for you, depending on your circumstances. By far, **Caterpillar** heralds a time of change. You need to break out of your personal cocoon and embrace your personal and spiritual inheritance as a child of the Universe; this can be a little scary because you really can't see beyond what is around you currently. The outside world is hazy until you've liberated yourself and dried those wings in the sunlight.

People who feel totally in a rut and stuck in old thought forms will find **Caterpillar Spirit Animal** a very helpful companion. **Caterpillar** knows that it sometimes feels

like the developments and modifications for which we hope take forever in the making. **Caterpillar's** motto is, "Everything in its time and season." For some, that span is but a few months; for others' it's years. **Caterpillar** is undauntedly patient and steadfast. Keep your eyes firmly on the horizon and move onward.

Individuals who tend to see things superficially also benefit greatly from **Caterpillar** Medicine. You cannot judge life or people based on one moment or one glance. There is so much in the world that you must experience with more than your five senses. Open your inner eyes; breathe in energies - taste the truth. Discover all the little things that you've overlooked that make every moment something magical. That includes yourself!

In some cases, **Caterpillar** crawls into your awareness with good news. A very unexpected surprise is on the horizon, and it's a grand one. It could be something like winning sweepstakes that you'd wholly forgotten about; or, perhaps you'll get a promotion. In either case, these are the wonderful bits of serendipity for which you should give thanks. Let it warm your heart and soul as a novel dynamic form, giving you improved positive energy.

Note, however, that **Caterpillar** can warn of "bugs" in your life too. These are people who lie and give you false hopes. If you feel like **Caterpillar's** fur is proverbial "up" take a step back. Don't rush into any fast decisions, especially in business. Let things evolve more naturally.

...continued on page 46 ...



Jim Palmer

NON--RELIGIOUS SPIRITUALITY

... from page 8

With that in mind, here are 10 things about Christianity that Jesus would not endorse if he had a say:

1. That his vision for a transformed society, got twisted into an afterlife fantasy about heaven.
2. That a religion was formed to worship his name, instead of a movement to advance his message.
3. That the gospel says his death solved the problem of humankind's separation from **God**, instead of accepting that his life revealed the truth that there is no separation from **God**.
4. That the religion bearing his name was conceived by the theories and doctrines of **Paul**, instead of the truth **Jesus** lived and demonstrated.
5. That he was said to exclusively be **God** in the flesh, putting his example out of reach, rather than teaching that we all share in the same spirit that empowered his character and life.
6. That the religion that claims his name, teaches that his wisdom and teachings are the only legitimate way to know truth and **God**.
7. The idea that humankind stands condemned before **God** and deserving of Divine wrath and eternal conscious judgment, requiring the death of **Jesus** to fix it.
8. That people are waiting on **Jesus** to return to save the world and end suffering, rather than taking responsibility for saving the world and solving suffering ourselves.
9. That people think there is magical potency in uttering the name of **Jesus**, rather than accessing our own natural powers and capabilities to effect change.
10. That people have come to associate **Jesus** with church, theology, politics and power, rather than courage, justice, humanity, beauty and love.

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Photo by Karin Wolf



CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

... from page 12

Our talismanic stone ally is an unusual mix of **scolecite, chrysocolla and copper from India**. Scolecite is one of the many wonderful **zeolites** from **India**.

It has been widely used by metaphysical practitioners to enhance and invigorate the aura by streaming in white light. To me this symbolizes transcendent enlightenment.

Visualizing this helps a troubled mind rise above the petty tribulations that can bedevil us through unconsciously. However, when we feel we have risen above "the surly bonds of earth" we can feel ungrounded and unable to understand why we felt so disconnected in the first place.

To fully heal this rupture, we must be able to accept the causes of it. We need to feel the nurturing power of the earth. The **chrysocolla** in this mineral is the blue of the water that brought forth life on our home planet and the sky that arcs over us during the day. It is one of my favorite stones for earth healing work.

In this combination we are reminded that in healing the **Earth** we are also healing ourselves. Because we can all use a little help in strengthening our connection with our bodies and the earth, this combination also contains lovely flakes of copper which is a powerful metallic connector.

Since this stone is so new, I am not aware of places you can source it. I got a flat of it at the gem show, so you can contact me through my [Facebook page at SharronRocks](#) if you feel the need to work with it. You can also try using separate pieces of **scolecite, chrysocolla and copper** in a grid formation - these are available at any good rock shop or online.

May you all delight in the fullness of spring as we move towards summer. Many blessings to you.

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HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



ABRAHAM HICKS

... from page 7 ...

Esther Hicks

GUEST: So, the competency level that I'm referring to says that I came from a place of unconscious incompetence, meaning that I did not know what I did not know. I then became aware of this material, and then became consciously incompetent.

ABRAHAM: But, let's say that softer, and we know that you are leading this deliberately, but there is slowing down in the discussion that isn't necessary. It's about not yet being as conscious as you want to be, and now are, about how important it is to feel good. It's a willingness to give up feeling good that you picked up along your physical trail that is at the heart of every bit of everything that you are saying here. "I was just willing to not feel as good as I could feel." Let's not call it incompetence. Let's call it "doing my level best to do what others taught me that I should be doing." Let's call it "seeking approval from others and, in the process, losing my relationship with my own guidance system."

GUEST: So, you come from the basis of the joy-based life; I'm coming at it from my experience of the gaining the knowledge... being able to bring this knowledge... being able to bring this to fruition. In so much that...

ABRAHAM: Toward what end?

GUEST: To... the Fruition is the end to being divinely led.

ABRAHAM: But, toward what end?

GUEST: To create my life experience.

ABRAHAM: Toward what end?

GUEST: To live a joy-based life. [...laughter and applause...] But it's not always easy for people to... recognize how to bridge that gap...

ABRAHAM: That's why we've written 10 books [...laughter...] to say something this big... because you all want to make it way harder than it needs to be... because there's something within you that says, "Well, if it really was that easy, I wouldn't have gone so long de-

priving myself of it, so let's make it at least 12 Steps." [...laughter...] "At least. At least 12 Steps. Then I can at least be respectable." [...laughter...]

GUEST:...but the reason why I said in context of moving from "should-head" to "led-head" - and this is bridging motivation to inspiration - is... recognizing that you're firstly in a motivated environment, and moving away from that motivation... and becoming more aware of an inspired way of living.

ABRAHAM: Well, maybe the big question is... as a teacher, we want it to occur to you because we know that's what this is all about, a room full of teachers here... So, let's pose the question, let's find this inspired question that is coming out of this discussion, and let's savor the question for just a moment:

Is it necessary for so much time to go by in a person's life before they return to the realization that they are worthy?

Here's another inspired question: *Why is it that if we are extensions of Source Energy, and at the basis of that which we are is love, how is it possible that we would get separated so much from our understanding of our individual value?*

And then the question: *Isn't there a shorter route back to it?*

ANOTHER QUESTION: How is it that joy, which we've all come clearly into recognition is the target and that, if we focus upon it, everything else will fall into place... how is it that something that we want so much, and recognize so easily, can be pushed to the back shelf, while things like motion forward and responsibility and cooperation take a front place?

How do we get so far from our willingness to just be happy when we are so naturally happy? How did so many layers of responsibility pile on top of our nature?

And so, then we say, just look around and watch the way people are behaving with people, and you'll see it every single time... and then you just be an example in the world of someone who is living joyfully and successfully - and the measure of success is joy as far as we are concerned, but there are a lot of other trappings to - joyfully and successfully in your happy, positive, loving approach to life.

...continued on page 29 ...



ABRAHAM HICKS

... from page 28...

Esther Hicks

Be an example... teach through the clarity of your example, not by pushing against the misunderstanding or misguided approach that so many are offering to life. But, by offering your joy-based, conscious awareness of life.

Let your answer be to anybody who asks you, "How is that you are doing so well?" "I decided that I wanted to be happy and I gave that my top priority." "What? That seems like madness?!" "I know. It seemed weird to me at first too, but it really worked, it really worked." [... laughter...] "Well, what did you do?" "Well, I just kept saying to myself, 'I can say that better.' And by better I meant I could say that in a way that feels better, I can think that better, I can say that better, I could approach that better, I could perceive that better. And I just sort of hooked up with a broader perspective."

GUEST: That's a piece in bridging motivation to inspiration because... we spoke yesterday and you articulated it far better than I did, and I can't find it now... but we spoke about the intersection of desire and belief generating the emotion...

ABRAHAM:...which is the intersection between what I think and what Source thinks... because of your desire... Source now holds and that's also an intersection. It's an intersection where you meet You. That's the best way to say it... where you meet You.

GUEST: And then, the question of the "whys" and the "hows." Why do I want this? How would it feel? How would I experience this that I desire? And tuning into yourself...

ABRAHAM: When we ask you the question, "Why do you want that?" And your answer is every time, "Because it feels good." Then, you're there. "Why do you want that?" "Because I believe that I will feel better in the experiencing of that, and I wanna feel good."

GUEST: And then, the wobble-factor is how much belief exists within you versus how much resistance is created...

ABRAHAM: So let's take that a little further, "How much permission am I willing to give myself to feel good without justification?" Which means, "How...willing... am I to sync up with the Source within me who asks for no justification, as compared with syncing up with others who all are asking for justification?" Or nearly all. Almost all humans are asking for some sort of justification from you. And so, if you put them in the equation ahead of your own alignment, then you deceive yourself temporarily.

GUEST: Right. I totally get that. I totally get that... When I found that desire and that belief, and the emotion, the emotion being the waves of the goosebumps... I know then in my creative workshop that my work is done because what I have found in my own experience is the waves of goosebumps are my divinely recognizable, tangible feeling...

ABRAHAM: Of?????? Breakthrough.

GUEST: Breakthrough. Clarity. Alignment. A repeatable approach. A gaining of momentum. Creating the leverage.

ABRAHAM: If this is truly a co-creative experience. And if you are, as we say you are, and you are... the Leading-Edge of that which is us... then, when that energy runs, when you have that recognizable harmonic experience or manifestation, emotional manifestation - hold that thought, that's so good - then, can you acknowledge that it wasn't you being led to something that Source already knew, it was you and Source collaboratively moving forward in creation.

Evolution. You have to accept the premise that you are Creators. You have to accept the premise that we are Co-Creators. And then you'll understand what those feelings are. In other words, we've talked about it in lots of different ways, as we've been bringing you into your awareness of what that alignment is. But when we say to you that those feelings of goosebumps are a breakthrough, we mean not just for you, we mean for All-That-Is. That's that sensation of momentum, of moving into a new place. And it is essential to the eternalness that we all are. And it is natural to the equation.

And when you start doing it on purpose, when you start understanding, when you get these fundamentals under your belt - and you have them... you've got these fundamentals under your belt, you are living this - you are now ready to co-create with Source. And, until you

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Mokshapriya Shakti

ESSENTIAL LIFE HACKS

... from page 19

round ourselves with positive information to read or watch, and successful, positive people. Both conscious and unconscious respond well to what we see whether real or visualized. Virtualization is a wonderful way to reprogram the mind. My first yoga teacher used to project a scene of nature on the wall for us to meditate on. Then he requested us to feel as if we are in that scene. So, if we are on the beach at sunrise, we need to feel the glow of the sun, the ocean air mist against our skin, the breeze, the sand between our toes and so on. By doing so we give the mind something to bring up that was positive. The subconscious is continually running in the background and needs something to chew.

Affirmations are also effective. But we must word them in the “now” moment. “I am abundant,” rather than “I will be abundant.” Words are empty if not coupled with emotions. Feel abundant while saying the words. Not in the future, but right now even though you may not be. Take a breath, straighten the body, and feel as if abundance has arrived. Whatever words we say we need to feel the corresponding emotion so that the unconscious will believe.



Esther Hicks

ABRAHAM HICKS

... from page 29...

are deliberately co-creating with Source, you have not yet begun what you came here to do. You didn't come to regurgitate something. You didn't come to compare yourself to others. You didn't come to resist each other. You didn't come in competition with one another. You came as collaborative, co-creative inspirers of more. And when and only when you get into that modality, into that framework, into that approach, into that experience, then and only then are you Who-You-Are. That's the juncture where you meet You, you see? Yeah.

And you know, when you meet others, and when you hook up with other humans, don't you just love conversations with those who are on your wavelength, but who are not trying to teach you what they know, they're willing to hear what you know and, together, you know something that neither one of you knew before you got together. That's co-creating at its best. And now, put that on steroids and play with your Inner Being!

And also you can find the place. You can feel it. You can feel the place where... enough said about that. In other words, you can feel when you've found it, you can feel when you've had your breakthrough, and then... enough said.

Repetition is important. Recite affirmations as many times during the day as possible.

When the mind is relaxed or in an alpha state our subconscious is more receptive. Relaxation and meditation has a positive influence because the subconscious is not running around searching for past experiences and therefore can more easily absorb that we wish to program in.

Regular practice of a gratitude journal and meditation will automatically change the subconscious mind. Other methods are hypnosis, subliminal audios, vision boards and a determination to change.

If the mind holds us back from pursuing something that we love, it is because we hold conflicting beliefs. Therefore, we need to identify our resistance. Helpful is also to have a master plan for our life, our core values and what is the ultimate goal that we want to accomplish. What legacy do we want.

We have more control of our life than we think, if we are willing to make an effort to change our mind. Discipline is difficult. But more difficult is living in a place of lack. They say what is difficult in the beginning is sweet at the end and what is sweet in the beginning is difficult at the end. Most accept their present situation as a fact, but that is not necessarily true.

“Your subconscious is a powerful and mysterious force which can either hold you back or help you move forward. Without its cooperation, your best goals will go unrealized; with its help, you are unbeatable.” — Jenny Davidow

HERB CORNER

... from page 11...

Tulsi is a powerful germicide. Because of its phytochemicals and antioxidants, **it can help locate germs, viruses, and bacteria** the moment they enter your body and destroy them.

If you are really inflamed try making a pot of soup, adding some Ginger, Turmeric, Horseradish or Cayenne to the soup. These open your sinuses and reduce inflammation to the sinus cavities.

Eyebright and Goldenrod are anti-inflammatory herbs these would be better in teas or tinctures.

Eucalyptus is one herb that most people know for the sinuses and the respiratory system; it is antibacterial and antiseptic as well as an expectorant to the whole respiratory system.

RECIPE:

Eucalyptus oil can be used in a steam by adding 20-30 drops to boiling water. Set the pot on a table leaning over the pot with a towel draped over the pot and your head; breathing this solution deeply helps to clear your sinuses.

CONGESTION RELIEVING TEA RECIPE:

A nice tea to relieve congestion might be one that contains 1 part Yerba Santa, 1 part Mullein, 2 parts Peppermint, 1 part Golden Rod, 1 part Eucalyptus, ¼ part Lobelia and ¼ part Ginger.

Beyond herbs, try removing mucous forming foods such as milk, wheat, pasta, bananas, and even orange juice from the diet. Instead drink more water to thin out the secretions of mucous. Getting **more vitamin C** through foods, herbs or supplements can also help because this antioxidant assists the body in battling allergic reactions acting as a natural antihistamine. Plus it helps protect you from possible infections from congestion.

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Mitch Ditkoff

ON BEING A COOK IN A RESTAURANT WITH ABSOLUTELY NO EXPERIENCE

... from page 14...

Then came the moment that was not supposed to be in the script.

Jenny, the most abrasive of the waitresses, comes barging into kitchen and, five inches from my face, bellows “poached eggs”.

Poached eggs? Poached eggs? I had no clue what poached eggs were. Yes, I had heard of them before and I knew they had something to do with breakfast, but that was about it.

No time to spare, I turned to one of the less intimidating waitresses and, in a half whisper, asked, “What are poached eggs?”

Amused, she proceeded to explain not only what they were, but the fine art making them (without a poacher, I might add, which we did not have) - the boiling of the water, the cracking of egg, the tilting of egg into the boiling water, the brief immersion, the scooping egg motion, and the “plating” of the egg.

OK. Simple. Definitely not rocket science.

The first five times I tried it, the egg exploded in the water, leaving a trail of yolk that wasn't on the menu. The sixth time the same thing happened. And the seventh. And the eighth. And the ninth. Nine times I tried making a poached egg and nine times all I got was a strange, yellow floating hieroglyphic in the water.

This was the moment of truth, especially since a truckload of other breakfast orders were stacking up.

I knew I had to do something. I knew I had to rise to the occasion. So I grabbed the poached-egg-ordering-waitress by the shoulders, looked deep into her eyes and, with all the “don't-get-our-crazy-chef-pissed-off-on-a-Monday-Mornng” mojo I could muster, instructed her to tell her customer, with absolutely no hesitation in her voice, that “OUR CHEF DOES NOT MAKE POACHED EGGS” - the implication being that there was something hopelessly wrong with the out-of-town-poached-egg-ordering people for even considering that kind of request.

This, I realized, was not the Last Supper. This was the First Breakfast, but by the end of it I was having a kind of out-of-body experience. Not only was there a **God**, he/she/it would never even think of ordering poached eggs at the **Old Stone Bakery and Restaurant**.

Lunch was breeze. The special? **Mediterranean Egg Drop Lemon Soup** right out of my now very stained, “**Vegetarian Epicure**.” It was a huge hit.

A week later, one of our “regulars” made me one of those white, puffy chef's hats - a kind of papal proclamation of my emerging culinary genius.

A week after that customers started asking for my recipes which gave me the opportunity to exit the kitchen, approach my suitably impressed customers and, in a very thick mid-eastern accent from a mythical country somewhere between **Bulgaria** and **Hungary**, I would do my best to explain my secret, “How you say, in America, ze limon rind - to be scraping just right amount from top of lemon” or whatever the mythical culinary Gods were channeling through me at that particular moment.

Six months. I cooked for six months. I had a ton of fun and became quite good at making soup from scratch. Never once did I make a poached egg.

SO WHAT? **William Shakespeare** said it best: “All the world's a stage and all the men and women are merely players; they have their exits and entrances, and one man, in his time, plays many parts.”

My job as a cook at the **Old Stone Bakery and Restaurant** was simply one of those parts, one of my entrances, one more role to play. Did I know my lines before I stepped on the stage? Not really. But I learned them quickly. Which is the challenge all of us are facing these days.

With the speed of change increasing exponentially, each and every one of us needs to be willing to enter from the wings and wing it.

Will it work in every time? No, it won't. I was making scrambled eggs and soup, not performing brain surgery. Still, the spirit of what I'm talking about prevails. Step up! Step in! Step on stage and begin!

NOW WHAT? Think of an opportunity before you that you are, technically, under qualified to do. Maybe it's a new job or a project with a high degree of difficulty. Yes, there's probably somebody way better suited to do it than you, but guess what -- you are at the right place at the right time to make a go of it.

What can you do this week to learn what you need to learn so you can give it your best shot? What are your resources? Who can you ask for help?

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HOROSCOPES MAY 2024



ARIES – (March 19 – April 18)

ARIES: ASTRAL CLIMATE FOR APRIL 2024

You redouble your zeal, audacity to highlight your talents and explore new potentials. Both determined and inspired, you are tempted to connect with your inner voice that encourages you to do what you like, but also to obtain the just reward for your talents and merits.

Mood

ARIES: MOOD FOR MAY 2024

Not particularly expansive and even less extraverted, you are more inclined to isolate yourself to reflect than to party. This mindset temporarily distances you from the noise of the world but brings you back to the essential, which is knowing how you function.

Love

ARIES: LOVE FOR MAY 2024

You think more about the best way to showcase your potentials than to flirt. Saturn encourages your tendency to internalize, to take stock of life rather than take a chance in love or rekindle the flame.

In a relationship: you seem more absorbed in your inner thoughts than in the attention to those you love. Even if one does not prevent the other, you may be perceived as secretive, even a bit absent.

Single: you don't particularly feel like partying, meeting people, having a good time; you are concerned with learning from the past and developing your inner life and talents.

Money

ARIES: MONEY FOR MAY 2024

You are unlikely to be seized by a buying fever; you don't feel concerned about external matters. You have better things to do than spend your money, all concentrated on developing your talents.

Work

ARIES: WORK FOR MAY 2024

You think a lot about how to dig into your potentials to improve your skills. You review past experiences that help you chart the course with knowledge and in full possession of your means.



Leisure

ARIES: LEISURE FOR MAY 2024

Not sure you want to hang out in the evening, socialize, or have a blast at a club. You prefer activities that bring you closer to yourself.

Key dates

ARIES: KEY DATES FOR MAY 2024

The 1st: a project allows you to orient your life differently. Do not demand unlimited financing for your plans. It's not certain that others will follow you.

The 3rd: determined to win, you impose your desires and tend to force your way through. Spare your partners to secure your position.

The 13th: new talents emerge, showcase them to stand out. Express repressed creativity fading due to complexes.

The 18th: you express an originality that pays off. People want to include you in the team and do everything to keep you.

The 23rd: heightened creativity, a path opening up promising to be fulfilling because it finally reflects your deepest aspirations.

Advice

ARIES: ADVICE FOR MAY 2024

A month where some unfold more folded in on themselves than genuinely open to others. Nothing reprehensible about it since you are working on deepening your abilities and need to withdraw for a moment into yourself.

HOROSCOPES MAY 2024



TAURUS – (April 19 – May 19)

TAURUS: ASTRAL CLIMATE FOR MAY 2024

For some, a change of direction is a concern and must be handled as wisely as possible by valuing their potentials rather than banging on the table. Others are laying the groundwork for a turning point that takes time. Finally, some are crossing a threshold, entering a new cycle of expansion with enthusiasm to break with the past and fulfill a dream.

Mood

TAURUS: MOOD FOR MAY 2024

You don't take too much time to relax. Focused on your long-term goals, you take everything too seriously. You are preparing to open a new cycle of expansion.

Love

TAURUS: LOVE FOR MAY 2024

All your energy is directed towards the realization of a project that takes time. You put your heart into it and secure your foundations, your future. A long-term goal that you pursue more than you devote time to others. But it's for a good cause.

In a relationship: you are not inclined to fan the flames but concerned with ensuring a serene future. No one around you thinks of reproaching you.

Single: you are so focused on your future and on the means to develop it to be as reassuring as possible that you don't feel available to search for a soulmate.

Money

TAURUS: MONEY FOR MAY 2024

If your projects require funds to be completed, you have no lack of support from those around you. You inspire confidence, count on your close ones, friends, a clientele, or an audience to come to your aid.

Work

TAURUS: WORK FOR MAY 2024

You focus on a project that requires all your attention. You put your heart into it, open constructive debates, and commit to advancing the situation slowly but surely.

Leisure

TAURUS: LEISURE FOR MAY 2024

No question of spreading yourself too thin. Don't hesitate to seek the support of your close ones and friends who take care to offer you precious moments of well-deserved relaxation.

Key dates

TAURUS: KEY DATES FOR MAY 2024

The 7th: you are progressing towards a goal that takes time to materialize. Therefore, do not try to go too fast; measure the consequences of your initiatives.

The 17th: you are tempted to force your way through; lower your tone and do not confront a hierarchy temporarily impervious to your ideas and proposals.

The 19th: you have a dream in mind that you aspire to materialize. Rely on your ability to involve others in your universe so that they explore it with you.

The 23rd: your personal radiance, your magnetic aura, your talents earn you numerous successes. In love or in business, you have no difficulty.

The 25th: it is through your talents and potentials that you win approval and steer your destiny differently. You have all the assets to accelerate the movement.

Advice

TAURUS: ADVICE FOR MAY 2024

May is conducive to the realization of projects. You approach this period with courage, certainly, but also with the certainty of achieving goals that hold water.

GEMINI – (May 20 – June 19)

GEMINI: ASTRAL CLIMATE FOR MAY 2024

Take the time and necessary distance to consider the changes that are underway, a reevaluation of your deepest values, a professional shift to manage, or a radical turning point in life. Do not try to accelerate the change. Even if you have active support, wait for the path to begin to open.

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HOROSCOPES MAY 2024



Mood

GEMINI: MOOD FOR MAY 2024

Neither sad nor happy. You are busy serving your personal interests. More meditative than focused on others, explain to your loved ones that you have better things to do than amuse the gallery.

Love

GEMINI: LOVE FOR MAY 2024

You are more absorbed in your career plan than in a somewhat neglected love life. This priority does not prevent you from probing your heart to bring some order to it.

In a relationship: Venus invites you more to reflection than action. You will catch up in June.

Single: emotionally stable but not inclined to charm, to take a step back. This mindset is ideal for preparing your rise towards the light in June.

Money

GEMINI: MONEY FOR MAY 2024

If you mobilize to evolve your activity, to make an impression, it does not necessarily mean that you are getting richer.

Work

GEMINI: WORK FOR MAY 2024

Mars strengthens your desire to overcome obstacles that hinder the realization of your projects. This disposition does not prevent you from pondering the direction to give to your initiatives. This time of reflection is necessary and allows you to take action in July.

Leisure

GEMINI: LEISURE FOR MAY 2024

Focused on your professional development, you do not display your good mood. You withdraw far from the noise of the world to refine your strategies.

Key dates

GEMINI: KEY DATES FOR MAY 2024

The 1st: your values and ideals are evolving. Channel your feelings that disrupt the frequency. It's time to break free from emotional patterns of the past.

The 8th: the new moon invites you not to rush, to take the time to look back on the past, to apprehend the future with knowledge.

The 13th: realizations change the game, external events shake your references. Listen to your intuition and count on support.

The 22nd: you establish certain principles that influence your existence by expanding your horizons or developing a more spiritual vision of your life.

The 23rd: everything that is preparing makes you joyful and contributes to an expansion of your perspectives. You radiate and touch an ideal of life.

Advice

GEMINI: ADVICE FOR MAY 2024

May invites you to sharpen your arguments and anticipate to manage the future to your advantage.

CANCER – (June 20 – July 21)

CANCER: ASTRAL CLIMATE FOR MAY 2024

For some, a metamorphosis hinders a project, and they must understand what is at play to unlock the outcomes. Others cling to a vision of the future that aligns with their lofty ambitions. Finally, some benefit from the help of destiny to shape the future as they wish, in connection with an ideal.

Mood

CANCER: MOOD FOR MAY 2024

You are not too inclined to distract yourself; you want to accomplish your serious program. But you take the time to exchange with those around you about what motivates your commitments and distances you from more festive activities.

Love

CANCER: LOVE FOR MAY 2024

You put your whole heart into advancing a project. Whether it concerns your love life or not, you invest yourself to make changes and find the right arguments to convince those around you to follow you.

In a relationship: you want to build a project on strong foundations and values, sensitizing those you love to a future that you hope for.

Single: you find the right words to share with those around you a project that corresponds to your desire to connect with values that hold water.

HOROSCOPES MAY 2024



Money

CANCER: MONEY FOR MAY 2024

You want to broaden your spiritual, professional, social, and material horizons. Even if your financial expansion is not among your priorities, one does not prevent the other.

Work

CANCER: WORK FOR MAY 2024

You involve yourself wholeheartedly in initiatives that align with your aspiration for rigor. You commit in the long term to what you really want to make of your life.

Leisure

CANCER: LEISURE FOR MAY 2024

Allow yourself to go out with your friends, to involve your loved ones in a future where they have a place to share your ambitions.

Key dates

CANCER: KEY DATES FOR MAY 2024

The 7th: a project takes shape and corresponds to your moral values. You work consistently to contribute and broaden your horizons.

The 17th: to keep your arguments convincing and your projects realistic, don't pressure anyone to follow you in what concerns only you.

The 18th: unexpected and happy events, and doors open. Don't hesitate to jump in; they are rich in opportunities to fulfill a dream.

The 23rd: it's the opportunity to enter a path, your path, to realize a project that is dear to you and to soar. It's happiness.

The 25th: take a step back from your love life to understand what troubles you and pushes you towards the metamorphosis of your priorities in love.

Advice

CANCER: ADVICE FOR MAY 2024

You act to achieve serious goals. Nothing discourages you, and you are convinced that you have taken the right path. Persevere.

LEO – (July 22 – August 21)

LEO: ASTRAL CLIMATE FOR MAY 2024

Some confront others and try to evolve their relational universe, while others mobilize to change things on the social and professional levels to integrate dearly acquired values that help them progress. Finally, some benefit from unprecedented opportunities to stand out and secure a rewarding job or finally find their place.

Mood

LEO: MOOD FOR MAY 2024

You are not intimidated by recurring situations that prevent you from evolving as you wish. Success comes not from rebelling, but from remaining serene.

Love

LEO: LOVE FOR MAY 2024

It is through communication that you best manage challenging events that slow down your momentum. You creatively change things.

In a relationship: no room for hesitation, but rather to approach your relational universe seriously to face the difficulties that hinder your fulfillment.

Single: you turn problems into solutions, make the right decisions that can get you out of a deadlock.

Money

LEO: MONEY FOR MAY 2024

Saturn blocks your income and returns on investments. Take these obstacles as an invitation to caution. It is with time that you succeed in unlocking this sector.

Work

LEO: WORK FOR MAY 2024

If you constantly feel stuck or caught up in lingering difficult situations, rely on your authority, charm, and communication skills to clarify issues and get out of this impasse.

Leisure

LEO: LEISURE FOR MAY 2024

You don't take risks, you secure your foundations. Opt for activities that clear your mind and relax you.

...continued on page 38...

HOROSCOPES MAY 2024



Key dates

LEO: KEY DATES FOR MAY 2024

The 1st: you aspire to charm your interlocutors, but deal with disturbances or pressures that could spoil your pleasure. Don't give up.

The 8th: the new moon illuminates your social life and expressly invites you to mobilize and integrate certain lessons recently received.

The 13th: an exciting proposal thanks to your charm and dedication to the common cause. You tip the balance in the right direction.

The 22nd: you make plans that help you open the future, taking into account external pressures that push you to transform and evolve.

The 23rd: your existence pleases you, it corresponds to the deep desire to broaden your horizons, to project yourself into a future that inspires you.

Advice

LEO: ADVICE FOR MAY 2024

May is important for the future if you approach the inevitable structural changes without holding onto the past, but by adapting and giving up what is passing.

VIRGO – (Aug 22 – Sept 21)

VIRGO: ASTRAL CLIMATE FOR MAY 2024

Some are mobilizing to evolve their relationships, others take advantage of an exceptional situation to commit after a beautiful encounter. Finally, some navigate between their romantic ambitions and challenging transformations that could short-circuit their aspirations to live their love.

Mood

VIRGO: MOOD FOR MAY 2024

If you face blocked exchanges, don't give up. You overcome divisions by communicating enthusiastically about what motivates your initiatives. Trust yourself.

Love

VIRGO: LOVE FOR MAY 2024

You establish clear communication with the other. If your relationships suffer from a lack of fluidity, if you struggle to contact your partner, you find a way to reconnect, even to elevate the discussions.

In a relationship: to overcome a possible romantic deadlock, to warm up the atmosphere between you and the chosen one of your heart, you need to speak frankly and invite them to broaden your horizons together.

Single: if you find it a bit difficult to build a connection, overcome some resentments, a too limited and frustrating vision of the relationship, and warm up the atmosphere.

Money

VIRGO: MONEY FOR MAY 2024

Your partners are reluctant to let you manage resources. To get them on board with the adventure you are planning, defend it as best as you can.

Work

VIRGO: WORK FOR MAY 2024

Your social partners seem impervious to your proposals. You no longer know how to express your ambitions to them and convince them to follow you. To unlock exchanges, share with them your dreams and ideals.

Leisure

VIRGO: LEISURE FOR MAY 2024

You don't find many playmates. So, to entertain yourself, go beyond your limits by choosing an activity that tests your boundaries.

Key dates

VIRGO: KEY DATES FOR MAY 2024

The 3rd: you spare no effort so that some necessary transformations take place without too much difficulty.

The 13th: an event surprises you and changes the course of your existence. An expatriation, the sudden realization of your ambitions.

HOROSCOPES MAY 2024



The 17th: do not impose your view on others. If daily life weighs you down, broaden your horizons in your mind rather than forcing destiny.

The 23rd: everything seems to happen as if by magic. It's time to engage in an ideal relationship. Doors open. Dive into this promising space.

The 28th: it is by relying on your arguments and your clear vision of the issues that you succeed in convincing the other to believe in you and follow you.

Advice

VIRGO: ADVICE FOR MAY 2024

You'd better hold on to restore contact with the world around you. You are determined to convince, and your determination eventually pays off.

LIBRA – (Sept 22 – Oct 21)

LIBRA: ASTRAL CLIMATE FOR MAY 2024

Some want to evolve situations blocked in daily life, others channel their desires that disrupt the frequency between them and their loved ones. A climate of tension prevails and must be managed calmly. Others see their existence disrupted by external events that could orient their lives differently and appreciate the challenge thrown by the heavens.

Mood

LIBRA: MOOD FOR MAY 2024

Even if your path is strewn with obstacles, rely on strategy and your ability to transform any situation to your advantage. You evolve a stagnant situation, regain confidence in yourself and your powers.

Love

LIBRA: LOVE FOR MAY 2024

You don't feel concerned about the evolution of your emotional life; you have to manage a complicated daily life. Delays, even obstacles, pollute your path. You evolve things in this area. The rest can wait.

In a relationship: you don't have time to devote to the other, but your concerns involve the well-being of your loved ones. You transform what needs to be transformed daily to keep the flame alive.

Single: you overcome difficulties that weigh you down daily, and you are not inclined to surrender to love.

Money

LIBRA: MONEY FOR MAY 2024

If you have to negotiate a bonus, financial advantage, or credit, rely on your power of persuasion and the ease of changing things for the better.

Work

LIBRA: WORK FOR MAY 2024

Saturn slows down the pace of your activities. You face hard work, stubborn or very demanding interlocutors, but you can convince them that you are up to the task.

Leisure

LIBRA: LEISURE FOR MAY 2024

You're not in the mood to distract yourself; you focus on finding openings to unlock the daily routine. If you can take a moment off your responsibilities, opt for an outdoor activity.

Key dates

LIBRA: KEY DATES FOR MAY 2024

The 2nd: a metamorphosis is necessary in your emotional life or in your creativity; there's no ignoring it, ask yourself the right questions.

The 7th: you evolve a blocked situation. A bit of goodwill, strategy, and determination, your lucid approach works.

The 18th: a quick and unexpected change on the sentimental level, your body ignites, your appetites multiply, you appreciate these emotions.

The 23rd: the course of your life seduces you, fulfills you. Changes respond to a deep need to engage in a path of service or love.

The 31st: in exchanges with those around you or on a more personal, even unconscious level, you see more clearly, and your relationships evolve.

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HOROSCOPES MAY 2024



Advice

LIBRA: ADVICE FOR MAY 2024

You are going through a period where responsibilities weigh heavily; take the time to decompress. Treat yourself to a little comfort massage or an outdoor getaway.

SCORPIO – (Oct 22 – Nov 20)

Some address recurrent tensions within the family and clarify issues that pollute the atmosphere. Others open a dialogue with their partner to warm up the polar atmosphere of the relationship. Yet, some impulsively commit, but not without reason. Sudden decisions positively impact their love life.

Mood

SCORPIO: MOOD FOR MAY 2024

You are not very expressive; you do your work and communicate more seriously than superficially with those around you. It's a good time to build relationships that can stand the test of time. You make others want to trust you.

Love

SCORPIO: LOVE FOR MAY 2024

You struggle to express your feelings and even to believe in love. Rely on careful listening to those involved to unlock what is blocking and evolve in this area.

In a relationship: it's time to discuss with your partner about the difficulties you are facing. If unspoken words, resentments prevent you from opening up, overcome your reservations and initiate a dialogue.

Single: you are not ready to surrender to love. Saturn makes you doubt everything, yourself, and the other. To break free from this confinement, sincerely address the issue with your potential partner.

Money

SCORPIO: MONEY FOR MAY 2024

Saturn slows down your excessive desires. Whether it's money or pleasures, you are going through a period more conducive to moderation than extravagant spending.

Work

SCORPIO: WORK FOR MAY 2024

You prioritize a methodical approach to work; your creativity takes a back seat. You are expected to be efficient, to focus on form, and to respect the rules.

Leisure

SCORPIO: LEISURE FOR MAY 2024

You prefer activities that promote reflection and require discipline. If you have never learned to play chess or had a taste for reading, now is the time to start.

Key dates

SCORPIO: KEY DATES FOR MAY 2024

The 1st: maintain a benevolent dialogue to overcome tensions that disrupt the frequency between you and your loved ones. Take a step towards the other.

The 8th: the new moon invites you to collaborate with a circle that appreciates your listening skills. An ideal disposition for engagement or separation, but gently.

The 13th: bet on a necessary open-mindedness to reestablish a complicated bond. Sudden events accelerate commitment or a breakup.

The 22nd: accepting to evolve is how you best manage a tense atmosphere in the family. Don't resist, be willing to debate.

The 23rd: you believe you are ready to merge. You appreciate this atmosphere that makes you want to sign in front of the mayor.

Advice

SCORPIO: ADVICE FOR MAY 2024

You are not very demonstrative, but you maintain solid exchanges with those around you. It's an opportunity to build lasting connections and express yourself on essential matters with others.

HOROSCOPES MAY 2024



SAGITTARIUS – (Nov 21– Dec 20)

SAG: ASTRAL CLIMATE FOR MAY 2024

Despite a sincere desire to do well, some encounter difficulties in making themselves understood, while others handle their family problems with the utmost seriousness to succeed in positively changing things, in the right direction, without making too much noise or fuss. Others redouble their zeal and audacity in daily life to ensure protection, well-being, and harmony for their surroundings by changing their environment to one that more closely aligns with their ideals.

Mood

SAGITTARIUS: MOOD FOR MAY 2024

Stable and eager to do well, you do not express personal claims. Your selfless attitude pleases those around you who understand that they can count on you and your support. This behavior allows you to address issues smoothly.

Love

SAGITTARIUS: LOVE FOR MAY 2024

You improve your living environment and the atmosphere at home. If the management is a bit heavy, if some responsibilities weigh on you, you manage to secure your foundations and reassure those around you.

In a relationship: your availability and benevolence are appreciated by loved ones. This attitude is unanimous.

Single: you come to the aid of those who seek your help and multiply initiatives to make their lives easier. It's not a time of great romantic excitement. There is a time for everything.

Money

SAGITTARIUS: MONEY FOR MAY 2024

You have more pressing commitments than strengthening your income. More focused on restoring harmony in the family, your financial appetites remain modest.

Work

SAGITTARIUS: WORK FOR MAY 2024

Diligent, conscientious, and eager to collaborate, you display your willingness to help others. This attitude pays off at work and ensures the sympathy of your colleagues. Continue on this path.

Leisure

SAGITTARIUS: LEISURE FOR MAY 2024

If your family commitments leave you some free time, take care of yourself through a sport practiced moderately or a small thalassotherapy cure. The urgency is to refocus on your needs.

Key dates

SAGITTARIUS: KEY DATES FOR MAY 2024

The 3rd: you address your partner directly and communicate on topics likely to be debated. Rely on your determination to clarify the exchanges.

The 7th: you assure your loved ones of your commitment to effectively manage issues that darken the family atmosphere.

The 13th: you have the opportunity to break away from a boring daily routine, helping relatives in difficulty and likely in demand.

The 23rd: your daily life evolves, and the changes attract you. Step out of your comfort zone to seize the chance to try something else.

The 26th: Jupiter invites you to engage or disengage under the best auspices. It's an opportunity to take a step forward in terms of relationships and social life.

Advice

SAGITTARIUS: ADVICE FOR MAY 2024

You struggle to free yourself from family responsibilities that occupy most of your time. Allow yourself to decompress from time to time, if only to stay effective.

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HOROSCOPES MAY 2024



CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: ASTRAL CLIMATE FOR MAY 2024

Some fall into excess, demanding a lot from their partners, while others open a clear but benevolent dialogue with those they love to tighten the ranks around the essential. Finally, some experience events that could revolutionize their lives: a birth, a commitment, or an unexpected encounter. The sky contributes to their personal and emotional fulfillment.

Mood

CAPRICORN: MOOD FOR MAY 2024

Not very talkative, you analyze, dissect, scrutinize everything with reason. If the approach is necessary to see more clearly, rely on your charm to loosen up a bit.

Love

CAPRICORN: LOVE FOR MAY 2024

If you struggle to communicate with those around you, rely on a beautiful disposition of mind and heart to take a step towards others, free yourself from a burden, warm the atmosphere, and achieve better understanding.

In a relationship: you wallow in silence in front of a partner helpless in the face of your silence, or even your coldness. Count on your increased personal radiance to take the first step.

Single: you find it difficult to break free from an enclosure that limits your ability to communicate and seduce. Reconnect with your charisma to overcome your current reserve.

Money

CAPRICORN: MONEY FOR MAY 2024

If you need to talk about money, the combination of your Cartesian mind and a reborn creativity serves your ambitions. Take advantage of it.

Work

CAPRICORN: WORK FOR MAY 2024

Take advantage of a renewed creativity to break with a tendency to communicate only the essential. Not that this disposition is bad, but it has contributed to isolating you in recent times.

Leisure

CAPRICORN: LEISURE FOR MAY 2024

Enjoy a renewed appetite for light, the quest for happiness, and love to treat yourself to a recreational break, whether it's starting to write a book or simply going to the cinema.

Key dates

CAPRICORN: KEY DATES FOR MAY 2024

The 1st: excesses do not contribute to a cordial understanding with the partner or your children. Restrain excessive spending and appetites that are found to be excessive.

The 7th: you communicate sincerely with those you love. This attitude does not warm the atmosphere, but allows you to find solid ground.

The 13th: you feel your heart beating faster, you communicate to be understood by the other, and you strengthen your bond in simplicity.

The 23rd: a feeling of osmosis, of fusion fills you and invites you to soar. Take advantage of these intense tendencies to take off without notice.

The 25th: by managing daily life simply, by putting yourself at the service of the community, you exploit your potentials and talents to the fullest.

Advice

CAPRICORN: ADVICE FOR MAY 2024

May allows you to decompress, to distance yourself a bit from your insistence on getting to the essential, which keeps you away from others.

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: ASTRAL CLIMATE FOR MAY 2024

A profound inner transformation impacts the lives of some who wisely manage relationships with those around them. Others strive to secure their foundations by spending their money wisely, while still, others see their private universe transform through a change of environment or even life.

HOROSCOPES MAY 2024



Mood

AQUARIUS: MOOD FOR MAY 2024

You are too focused on building your projects on solid ground and advancing without jeopardizing your achievements to be tempted to let go.

Love

AQUARIUS: LOVE FOR MAY 2024

Your only goal is to secure your foundations, to protect your loved ones through reasoned investments that reassure you and allow you to use your money wisely.

In a relationship: if you are not inclined to reignite the flame, you protect your home from the vicissitudes of life. By buying a house, by renovating a property.

Single: you are more inclined to think about the future and protect yourself against any risk of shortage than to do what pleases you. This choice prioritizes reason over matters of the heart. There is a time for everything.

Money

AQUARIUS: MONEY FOR MAY 2024

You do not exceed your budget; you do not indulge in extravagance. You invest for the long term, spend wisely, without conceding the slightest fancy.

Work

AQUARIUS: WORK FOR MAY 2024

You are cautious and move forward without seeking recognition that is nevertheless deserved. Rely on your regularity, your method, and an economy of means to keep your distance; your superior or associates will appreciate it.

Leisure

AQUARIUS: LEISURE FOR MAY 2024

You want to spend time with family. Not to distract yourself, but to discuss what concerns you: your long-term investments.

Key dates

AQUARIUS: KEY DATES FOR MAY 2024

The 3rd: you will not lack arguments or determination to make others understand that your evolution is inevitable and that they will have to adapt.

The 8th: the new moon invites you to take care of your own. Do your best to secure your foundations and reassure your loved ones.

The 18th: the situation favors your fulfillment through an unexpected event or settling in an environment that you like.

The 23rd: better income allows you to improve your living conditions. You invest in a place that ticks all the boxes for happiness.

The 26th: Jupiter invests in the sector of love and your personal radiance. It strengthens your popularity and promotes your fulfillment.

Advice

AQUARIUS: ADVICE FOR MAY 2024

If your priority is to make the right choices, lift your head from your estimates and bills to look at the weather and give yourself a well-deserved break.

PISCES – (Feb 18 – March 18)

PISCES: ASTRAL CLIMATE FOR MAY 2024

Some must be cautious about the messages they send that affect those around them, others master their communication based on solid ground. Yet others express their whimsy in their exchanges and thus attract unexpected events that could help them realize a dream.

Mood

PISCES: MOOD FOR MAY 2024

You seek to remain honest in your speeches and not deceive anyone. You may seem a bit austere or even severe, but you stay true to yourself.

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HOROSCOPES MAY 2024



Love

PISCES: LOVE FOR MAY 2024

You don't indulge in lengthy speeches; you communicate the essentials. You are starting a new cycle of maturity, addressing serious subjects, limiting your interventions and jokes, but no one complains.

In a relationship: you engage in a dialogue with yourself rather than with your loved ones, but you show them that they matter to you.

Single: serious and in search of authenticity, you exchange with those you love without playing with love or multiplying humor.

Money

PISCES: MONEY FOR MAY 2024

You don't feel very concerned about the state of your finances. You are more inclined to save, invest in safe values than to throw your money out the window.



Work

PISCES: WORK FOR MAY 2024

Even if you seem more concerned with your personal growth, you are trusted when it comes to delivering. You honor your responsibilities, even if you are going through a period of inner commitment rather than external accomplishments.

Leisure

PISCES: LEISURE FOR MAY 2024

You isolate yourself to read, cultivate a solo hobby, or explore the countryside rather than mingle with the crowd. But grant those who are close to you a bit of your precious time.

Key dates

PISCES: KEY DATES FOR MAY 2024

The 1st: your subliminal messages disrupt the frequency between you and those you love. So, think carefully before speaking.

The 7th: no risk of verbal slip-ups. You grasp the essentials without letting your emotions take over and short-circuit your intentions.

The 13th: some are not hesitant to surprise. Unless they receive unexpected messages themselves. Others master their talking points.

The 22nd: don't let your subconscious lead the discussions; intervene based on your intuitions; it's an opportunity to discover more about yourself.

The 23rd: if you are pursuing an ideal, someone throws you a lifeline; you could also benefit from an unexpected opportunity to get closer to your dream.

Advice

PISCES: ADVICE FOR MAY 2024

You find more satisfaction in reflecting, laying the groundwork for a new way of being and thinking than in socializing with the world, and you are right.



MICHELLE WHITEDOVE

...continued from page 13...

The same is true for **Ouija** boards. People first started to experiment with these boards around **1892**.

Seekers would place their fingers on a small pointer, and ask for a specific person to come forward to communicate with them. When a spirit came through, it would use its energy to direct the pointer to letters spelling out short, often obscure, messages. ***But how can you be sure what you are summoning, if you are placing your trust in a wooden board with painted letters?*** Experienced mediums know how to protect themselves; more importantly, they know the difference between dark entities & spirits resonating love & good will.

When you think about seeing a **ghost**, usually you think of it in a human form—perhaps ethereal, or transparent with a face, a body, and some type of clothing. But the fact is, a ghost is not usually seen as a person; instead, it is often seen as a **white splotch, a streak of light, or a passing shadow**. One of the most common images is that of an **orb**, which is a ghost taking form as a floating, luminescent sphere. Orbs can vary, in size and color, and frequently show up in photographic images. An **orb** is the most common mode of travel for wayward spirits. During our trip, I saw the ghosts primarily with my psychic ability: they appeared to me visually, but usually I was the only one who could see them. On several occasions, I pointed to an area and said to my companions, “Look, right there is a ghost!” We quickly snapped a photo, but what appeared in the picture was an orb of light—replacing the human-shaped ghost that I had seen psychically.

Even if you can't see them, there are other indicators of ghostly or other paranormal activity in your vicinity. A common way to recognize when a ghost is near, is to feel the dramatic drop in temperature that occurs. Sometimes, it gets cold enough for you to see your own breath!

Paranormal activity almost always causes a flux in the energy: almost anything that runs on batteries or electrical currents will start to malfunction; the hands on the clock will spin; appliances and lights will flicker on and off; and compass dials will twirl in crazy circles. Some ghosts can become more physically aggressive, but it takes an enormous amount of their energy to affect us in this way. Some of the more powerful ghosts and entities can actually accumulate enough energy to move objects, throw things, brush against you, or touch you by pulling, pushing

or pinching. These more experienced ghosts are able to take form, and manifest for us to see, but a sighting is rare.

It is easier for most people to capture these ghostly energies on film, or with video or audio equipment. Spirits show up as light globules, orbs, shadows, light streaks, or fog. Less often, people can capture details such as facial features, colors and items of clothing that are worn, or the reflections of translucent faces in mirrors. Perhaps the most interesting aspect about these energies that are captured on film, is that when the photographer takes the picture, he often does not see anything unusual. He took a photo of an object or a place because it interested him. When the film is developed, a paranormal image appears, which had not been previously seen with the human eye.

While on this ghost trip, we frequently had this type of experience. Also, some ghosts exhibit discretion: they will make themselves appear in front of one person, but not another. If a group of people are in the same room, and a ghost appears, only one or two of them will probably see it. Just because people want to see a ghost, doesn't mean that they will. It is more common to collect photographic evidence, than to witness a manifestation.

As I stated earlier, people make contact with ghosts through **Ouija boards, séances, channels, mediums, meditation and dreams**. I encourage everyone to pay close attention to their dreams, because this is a way in which everyone can connect to the other side. The dream state is a doorway to the spirit world, it is a way that Spirits can contact us, especially if we do not heed them in physical form. Many people tell me that they dream of deceased loved ones; I then explain to them that the person was really there, speaking to them in these dreams.

Dreamtime visitations are very common. But it is not necessary for you to wait for your loved ones to contact you. Obviously, as you can tell from the title of this book, people can, and do, successfully make these contacts on their own.

And now, you are ready to begin the travelogue, and decide for yourselves whether or not you believe in ghosts.

[GHOST STALKER is a psychic's personal journey to some of America's most haunted locations. As an investigator, Michelle WhiteDove wanted to demystify the supernatural and answer age-old questions: "Why do ghosts choose to remain earthbound? How do they travel from place to place? Why are they visible to so few people? What kinds of messages are they trying to relay? Are all earthbound souls evil? Why do some ghosts reenact the same scene, night after night?" In GHOST STALKER, the author is able to answer these questions, because she has the ability to see and directly converse with those souls who live between this world and the next.](#)



Bernadette King

WHAT IS MY SPIRIT ANIMAL

... from page 21

Many born with the **Caterpillar Totem Animal** gravitate toward vegetarian lifestyles since this creature is herbivorous. That doesn't mean you have a tiny appetite, however! **Caterpillar** is ravenous, but at least it's healthy fixings.

CATERPILLAR TOTEM ANIMAL

Those with a **Caterpillar Totem Animal** have a very paced approach to everything they do. They feel no need to rush, but maintaining progress is essential. Such individuals adapt to change on a dime. Nothing really seems to shake them because they know that transformation is simply part of nature's plan.

If this is your **Birth Totem**, you have a knack for sensing the weather both figuratively and realistically. If the winds are fair, you know. If a storm approaches, you prepare. And in either case, you simply keep-on-keeping'-on with those things deemed important.

Patience is the **Caterpillar Totem** Person's middle name. You know that you have a lot more inside than what most people see (or what you LET them see). You also trust that, with time, all your talents gain momentum until they evolve into distinction. It never really occurred to you to question this, which other people find a bit odd, but also comforting.

When you walk with **Caterpillar** energy, there is a tendency to keep certain plans to yourself. There is magical power in secrecy. When that butterfly is ready, the whole world will see it clearly, but not until then. **Caterpillar** people also lean heavily on their instincts. In nature, **Caterpillar** has 12 eyes but does not see actual images. Light guides them along with other senses. So, it's not surprising to find you just going with your gut for a decision rather than reviewing 20 pages of information with footnotes.

Your **Caterpillar Totem** has an urgency about quality living. This creature lives for a very short time before the transformation, and again after that. So, the time you have is quite precious. You make efforts toward protection so that every sweet moment can be savored with the least amount of worry.

Some born with this **Totem** can be a little irritating, but thankfully it's usually only toward people with an unhealthy agenda. The hairs on **Caterpillar's** body creates "itching" like a secret weapon to defend against predators. So, if someone seems irked by you for no apparent cause, be wary of them.

CATERPILLAR POWER ANIMAL

Call on **Caterpillar** as a **Power Animal** when you want help safeguarding your creative domain. At the same time, **Caterpillar Medicine** can help you when you are looking to step back, heal, and make changes in your life. Just as **Caterpillar** protects itself inside a cocoon during its metamorphosis, it can help you protect your ideas when you choose to work with the creature's Energy and Medicine.

When you are ready, you can invoke **Caterpillar** as a **Power Animal** for the moment when you want to reveal that bold, new idea in all its glory. Remember, when **Caterpillar** emerges from its cocoon, it's an exquisite **Butterfly**! The fact the creature makes such a magnificent transformation also makes **Caterpillar** suitable as an **Animal Ally** when you are reaching for that figurative brass ring, or you want to understand your true potential.

When **Caterpillar** enters the pupa stage and forms a chrysalis, it is a time where it isolates itself from the outside world; this makes **Caterpillar** the ideal **Power Animal** to call on when you are looking for some solitude, or you're searching for a clearer perspective. **Caterpillar** Energy supports you in finding freedom from whatever may distract you from essential tasks. Working with **Caterpillar** as an **Animal Ally** lets you take the time to make crucial decisions so you can put plenty of forethought into conditions before acting.

CATERPILLAR DREAMS

Dreaming of **Caterpillars** can sometimes call your attention to people in your waking life who are deceitful or gossips; the dream is pointing to those you do not see as they truly are. If the **Caterpillar** is in a cocoon, this is a very good sign. Things are moving in a better direction. You will see success, new friends, resolutions, and feel far more positive about the future. **Caterpillars** falling around you like rain imply that you have been selfish and given up a chance at personal transformation because you wanted things differently, but not necessarily better.



THIS MONTH'S THOUGHTS ABOUT THINGS

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

... from page 6

Dr. Joseph Murphy's books are not about making money, they are about thinking in accord with accepting the fullness of what the Universe offers you every day. The lottery win was simply one expression of that. Stafford wants you to know that you, too, can win the lottery. "Even if it seems that nothing is going your way, in regards to your goals, you are going to reach them," she says. "Have strong beliefs. Everything you wish to have will happen."

HERE'S DR. JOSEPH MURPHY'S SPECIAL PRAYER FOR EYES AND EARS: I am the Lord that healeth me. My vision is spiritual, eternal, and a quality of my consciousness. My eyes are Divine ideas, and they are always functioning perfectly. My perception of spiritual Truth is clear and powerful. The light of understanding dawns in me; I see more and more of **God's** Truth every day. I see spiritually; I see mentally; I see physically. I see images of Truth and Beauty everywhere.

The infinite Healing Presence is now, this moment, re-building my eyes. They are perfect, Divine instruments, enabling me to receive messages from the world within and the world without. The glory of **God** is revealed in my eyes. I hear the Truth; I love the Truth; I know the Truth.

My ears are **God's** perfect ideas, functioning perfectly at all times. My ears are the perfect instruments which reveal **God's** harmony to me. The love, beauty, and harmony of **God** flow through my eyes and ears; I am in tune with the Infinite. I hear the still, small voice of **God** within me. **The Holy Spirit** quickens my hearing, and my ears are open and free. Amen.

HERE'S AN EFFECTIVE PROSPERITY PRAYER BY DR. JOSEPH MURPHY: I know there is only one **Source**, the Life-Principle, from which all things flow. It created the universe and all things therein contained. I am a focal point of the Divine presence. My mind is open and receptive. I am a free-flowing channel for

harmony, beauty, guidance, wealth, and the riches of the Infinite. I know that health, wealth, and success are released from within and appear without. I am now in harmony with the infinite riches within and without, and I know these thoughts are sinking into my sub-conscious mind and will be reflected on the screen of space. I wish for everyone all the blessings of life. I am open and receptive to **God's** riches - spiritual, mental, and material - and they flow to me in avalanches of abundance. *End of Dr. Joseph Murphy*

Remind yourself that how you thrive depends on how you think. Don't be spooked about the state of the economy. Not everyone is in a downturn. Remind yourself that doesn't have to be your experience. Remind yourself you can attract a different result. How you thrive depends on how you think, what you expect and believe can be possible.

Remind yourself that opportunities can be found everywhere. Remind yourself that God/Spirit/the Universe is your supply. Remind yourself that you attract what you focus on, then focus on noticing all the good things there are around you.

The way to happiness is through training yourself to think thoughts that bring you joy and give you hope. The way to think thoughts that bring you joy is to look for the good in every person and situation you see in front of you, to look for things to appreciate in each Now moment.

The way to have hope is to bring to mind all the good times and know they can be again. Convince yourself of it, cheerlead yourself on to it with your self talk and internal dialog until you believe it and expect it.

The more you talk about how bad you've been feeling and what your hang-ups are, then the more difficult it is for you to see the light at the end of the tunnel.

We know there is a reality that you are facing, and we don't want to diminish the discomfort you're feeling, because if you didn't really have a strong desire, then you wouldn't be involved in any of this at all. We understand the importance of the relationship and how you want to make it better.



The easy way to do this is to just get off the topic and pick another focus, pick another stick in the bundle. But to most humans,

Andrea

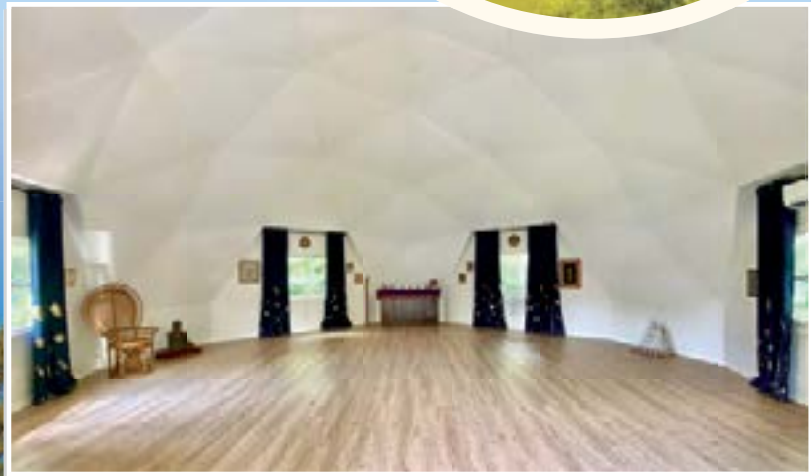


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