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**JUNE 2018**

Andrea de Michaelis presents

# HORIZONS

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# THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; Crystal Intentions Oracle; The Essential Guide to Aromatherapy and Vibrational Healing; and Animal Totems and the Gemstone Kingdom. She has many oracle decks and spoken audio CDs. See [TheCrystalGarden.com](http://TheCrystalGarden.com) and [MargaretAnnLembo.com](http://MargaretAnnLembo.com)

## Allies, Totems, and the Gemstone Kingdom: Parrot and Watermelon Tourmaline



**Everything is energy and has a vibration. Each gemstone has a mental, emotional, spiritual, and physical teaching within them based on their color, structure, and how they grow – or their process of becoming that mineral or stone.** Every animal, insect, plant, bird, or fish has a teaching as well. Symbolism is everywhere. Gemstones hold the history of the Earth and all this planet has to offer you to evolve your soul and spirit in this incarnation. Nature offers guideposts and lights the path on this sacred journey here on Earth.

Do you find benefit from crystal alignments or working with gemstones? Crystal healing is a good way to balance your energy. Essentially, every gemstone has a matching vibration. In the world of crystal healing, **parrot** is an ally and a totem ally when you are working with color—in art, in gemstones, in clothing, in décor—in all aspects of life. **Parrot's** energy helps you remember to sparkle and shine. Look to **Parrot** to increase your self-esteem and willingness to be seen and heard. **Parrots** are intelligent and encourage you to uncover your own innate intelligence. **Parrot's** matching gemstone is **watermelon or bi-color tourmaline**. **Bi-color tourmaline** increases your awareness of your thoughts, whether they are positive or not. **Parrot medicine** paired with bi-color or **watermelon tourmaline** helps you to acknowledge your magnificence.

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Tuesdays – Course In Miracles 7:00pm  
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optical illusion is  
separation**

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

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



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

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

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

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Calendar \$.50 per word. page 18  
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# 12 Steps of Spiritual Freedom

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

- 1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
- 2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
- 4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
- 5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



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



**Andrea de Michaelis**  
Publisher in 2016

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

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

**WELCOME TO THE JUNE HORIZONS MAGAZINE.** It barely feels like June. With the cool nights, I was able to keep windows open thru most of May. I've got mulberries on the tree out back! I love hanging in the shade beneath and picking them. I notice mulberries are like opportunities. You pick one section of the tree until you've taken all the berries you can see and you think there are no more. Then you step 6 inches to the right and you're in a whole new world of mulberries. Opportunities, too. Just step a little to one side and look again.

I used to be someone who took every opportunity to say some smart aleck or sarcastic remark. Now I try to take every opportunity to say something kind. One thing I did growing up - my fatal flaw - was smart talking my dad, which wasn't smart at all. Typical self-centered teen, I felt justified in "hating" him for limiting my freedom, when all he was doing was raising me the best he could.

My dad wasn't always fair when I was growing up. My mom was my saving grace, she was a very fun loving and caring and playful, best kind of mom there was. Not everyone was as lucky, as I discover in my psychic reading practice as maybe 20 people a week tell me their mom and dad stories. This is for them.

Not everyone grew up with a loving father/child experience. Some tiptoed thru the shadows, some had to raise themselves, protect their siblings from a father who never anticipated how much loss of freedom fatherhood would entail. He had no idea how much his life would change. He had no idea how ill-equipped he would be when it did and no idea how much it would feel like a prison sentence.

Bless these fathers for doing what they felt they had to do to get thru what must have been a very difficult life. Bi-polar and unmedicated, mine drank, had mood swings and acted out in anger. That made me stronger and taught me independence. Yours did the same.

Thank the Universe for showing you how powerful you were in overcoming such a father/child experience with as much presence of mind as you have.

And for those who grew up with abusive dads, and into whose care he may have fallen in his elder years, know this: Even as his seemingly selfish hateful comments continue even into dementia, he's simply a troubled person who doesn't understand the physical and mental changes he's going thru and he's afraid of death, if he's even aware enough to know we're all dying. In the end, only kindness matters. You're the father now.

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



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Reading gives us someplace to go when we have to stay where we are.

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# LIFE IS A PIECE OF CAKE... WHEN YOU FOCUS ON THE GOOD STUFF!

Pam Grout is the author of 16 books, three plays, a television series, and two iPhone apps. She writes for People magazine, Cnn.go.com, Huffington Post, and her travel blog, [www.georgeclooneysleptthere.com](http://www.georgeclooneysleptthere.com). Find out more about Pam and her out-of-the-box take on life on her website: [www.pamgrout.com](http://www.pamgrout.com).

**I have four main intentions: peace of mind, surety of purpose, clear, unmistakable guidance and unceasing joy. I used to keep that last intention to myself. People tended to think it was foolhardy and not at all possible.**

"What?" they'd mock. "How can anybody be joyful 24/7?"

What I now know is that any other goal is simply irresponsible.

Our only function here on Planet Earth is to having a rollicking good time. I mean, we are meant to laugh and have fun and enjoy ourselves at every moment. And I refuse to feel guilty for proclaiming that.

Recently, I've been getting emails from people wanting more tips on how to manifest, how to kick their natural, create-their-dreams skills into high gear. So, here are the three best techniques I can offer for letting go and letting your every intention happen:

1. Focus on the end result. Period. Do not give any air-time in your thoughts-and especially your feelings-to the way it appears now. What appears now is history. It only appears that way because you think about it. You don't even need to worry about how you're going to get to where you want to be. In fact, one of our biggest stumbling blocks is obsessing about the process for getting to your goal. It is irrelevant. Just keep focusing on where you want to be. Tune in to that reality just like you tune into your favorite radio station. Ignore the other channels. Ignore what appears so real now. Again, it's only "real" until you get clear focus on where you want to be.

2. Live by Bobby McFerrin's mantra: "Don't worry. Be happy." The more joy you can have in your life, the wider the door opens for life's largesse to flow in. The only person who can erect walls that keep it away is you. If you're in a state of perpetual joy (again, this is your natural, God-given state), all the security forces in the U.S. Army can't keep it away.

3. Throw this phrase overboard: "It's hard." Do you know how often I hear this from people, even people who know good and well how to manifest? I even hear myself saying it sometimes. But the moment I catch myself, I turn it around immediately and remember that it's my choice. Life can be hard, complicated and difficult to manage. Or it can be a pleasure trip down easy street. Whatever it is you want to accomplish, affirm often that it's easy to get there. The only reason life is anything but a piece of cake is our focus on hardship.



Rev. Andy Conyer



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# ABRAHAM-HICKS



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

## MENOPAUSE, AND CULTURAL ASPECTS OF PHYSICAL AGING?

### My question is about aging, specifically menopause.

I have friends who believe they are sliding down a slippery slope of weight gain and unlovableness, etc. and I've heard that in some cultures menopause does not happen, and that it's possibly a social construct that has come about.



**ABRAHAM** Well, in all humanness, there is an evolution. In other words, none of you look like you looked the day you were born. Remember what squatty little clumsy things you were? You were not walking, you had no hair, usually, not any teeth, you are evolving continually. And so, we would say that the biological evolution happens in all cultures. But your response to it varies tremendously. When you understand the perfection of your beingness, and you love your motion forward, then there's no resistance within your Being, and every aspect of you is pleasurable.

You loved it when you were a baby, you loved it when you were a toddler, you loved it when you were a teenager, you loved it as you were coming into your relationships, you loved it in your middle age, you loved it in your old age. In other words, you love it in your physical; you love it in your Non-physical.

In non-resistance, it is a delicious experience. But what makes your experience less delicious, is the resistance that comes about by pushing against. So certainly, it is a very cultural thing where in your culture you are taught that you are declining. We would not say... The culture that is abounding here, goes something like, you start out incomplete, you reach a place of prime, and then you begin to decline from that prime. And what we know from our Broader Non-physical Perspective is that we are Eternal Beings always becoming more. So there is not ever a decline, it is always an expansion.

But you've got this thing called birth and death, where you are watching yourself as you are moving through the evolution of your human experience, and you choose, in most cases, to think in terms of a climbing and then a declining. So, as your society says to you, at a certain age you become inappropriate for this reason or this reason, and then you begin to push against that, that pushing against that causes a disallowance of the Life Force that would cause those experiences to be somewhat different. It is a very natural experience for you.

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When you begin to come into your cycle of being fertile in order to conceive, the coming into that cycle is actually more difficult than the moving out of it. And most people do not even think about... When you think about ornery people, you usually think about two sets of them. They're usually teenage girls and menopausal women. And it is for the same thing as they are moving into and out of.

So, what's happening is the infusion of energies. What happens is that sometimes you are not up for the infusion of Energy that is occurring as a result of what the cells of your body are asking about. If you are vibrationally up to speed with your Source Energy, then whatever your cells are asking for, you are in perfect vibrational alignment with. But if you are not up to speed with the vibration of your Source Energy, and the cells of your body are asking for something that you're not up to speed with, then you have that disoriented feeling.

We think far too much is made of this. And we think that it is economically driven. And that if economics were taken out of it, so that there was not need to try to motivate from a place of lack, as we were talking about earlier, there would be very few that would have negative experience in any of that process. So, what we would say to try to soothe someone in moving up the vibrational stick to a better-feeling place...

So, let's say that a woman is in this place of menopause. Her body is changing. And she is understanding that it is the nature of her Being. And she really has no personal lack in this. She is not wanting to conceive children anymore, and so, there is no great lack that is being felt there. She has really not enjoyed her menstrual cycle, so the leaving of it behind is no big loss.

So, what is the big lack that is being amplified here? In other words, someone has said to her, *"You are not as much as you once were. You are less of a woman now. Or this is an indicator... Or now your body will not be producing this, you will have lack in this way or the other."*

There are lots of different things that people believe that this is a symptom of. And so, we would address it individually, by just reaching for a thought that feels better. And one that almost always works is, there is always someone that someone knows that has gone through that process and not experienced great discomfort in the process.

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



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# Herb Corner

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

## MANAGING DIABETES

**With so many sugar free products on the market is alarming how the rate of Pre-diabetes and Type II Diabetes is increasing. These were once thought to be conditions of the 40-50-year-old age group but not anymore. Fortunately, in some cases it can be controlled with diet, exercise, herbs and supplements.**

Proper diet helps regulate blood sugar levels; eating more foods with a low glycemic index affects the rate at which food is turned into glucose. Foods that are higher in the glycemic index raise your blood sugar levels and stress your pancreas forcing your body to produce more fat causing you to gain weight. This may be why 80% of **Type II Diabetics** are over-weight. At the supermarket watch for foods with fructose, sucrose, glucose or other forms of sugar on the labels; these get absorbed in the blood stream and turn into fat quickly.

**Gymnema** has been used for over 2000 years in India for diabetes in **Sanskrit** it means "destroyer of sugar". It stimulates the beta cells in the pancreas to produce insulin and it slows down the absorption of glucose through the intestine. What most people like about this herb is that after you have tasted it, it blocks the taste of sweets this can help curb your cravings of sweets and carbohydrates.

**Fenugreek** has also been used for a long time and is well documented. Studies found this herb to reduce blood sugar and cholesterol which seems to be a problem for many diabetics it was also found to significantly drop blood glucose levels protecting the body from free radical damage associated with diabetes. **Fenugreek's** unique compounds surround fats and sugars slowing down their absorption making it great for weight reduction (this may be of help for many diabetics who are having trouble losing weight) plus it contains amino acids stimulate production of insulin.

**There are other herbs that can be of benefit to Diabetes**

**Cinnamon** helps lower blood sugar levels and cholesterol plus it helps to stimulate metabolism. **Devils Claw** helps decrease blood sugar levels helping curb sugar and carbohydrate cravings. **Sandalwood** helps to rejuvenate insulin production, the sulfur in **Onions** and **Garlic** have insulin-like actions and they help to protect the circulatory system. Finally, **Stevia** helps control blood glucose levels reducing glucagon plus it can be used as an artificial sweetener with no calories, no carbs and no sugar.





# YOUR DAILY WALK<sub>r</sub>

Richard A. Singer, Jr. is author of Eastern Wisdom for Your Soul: 111 Meditations for Everyday Enlightenment, Your Daily Walk with the Great Minds: Wisdom and Enlightenment of the Past and Present and Now: Embracing the Present Moment

“Who dares nothing, need hope for nothing.” Johann Von Schiller

## MEDITATION

Life is a series of tests, challenges, and difficulties that we must work diligently at getting through on a daily basis in order to fulfill our Ultimate Purpose. If we give up, or take the effortless path, we will never reach the potential that resides within us. We must risk, we must dare, and it is imperative that we make life adventurous. If nothing is risked in life, nothing remarkable will ever be accomplished.

## PERSONAL JOURNALING

How will you dare to live an adventurous and growth filled life today?

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Today, I will look at everything that enters my path as an opportunity for growth and adventure.

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# USE THIS EXERCISE TO REVIEW YOUR LIFE CHOICES

REPEATING THE SAME MISTAKES IS NOT NECESSARILY INEVITABLE

James Van Praagh is a NYT bestselling author of Talking to Heaven, Reaching to Heaven, Healing Grief, Heaven and Earth, Looking Beyond, Meditations, Ghosts Among Us, Unfinished Business,

Growing Up In Heaven, Adventures of the Soul, How to Heal a Grieving Heart (co-authored with Doreen Virtue) Power of Love. He shares insights and messages from the Spirit realm at <http://www.vanpraagh.com>.

**Sometimes this school called Earth can be a daunting destination and the lessons put in front of you can be staggering.** The most difficult thing to do when presented with challenges is to react with love on a consistent, daily basis, regardless of what life is putting before you. Choosing love in these situations may seem counterintuitive, painful, or even impossible - but this is your reason for returning to our school called Earth.

I just had an amazing encounter at a demonstration in **Dallas, Texas** that reminded me just why I was guided to write The Power of Love.

After a demonstration where my Spirit friends were especially forthcoming with loving and healing messages, a woman came up to me and said, "I want to say thank you - you're the reason I'm here today!" She went on to explain her situation, and reminded me of a time, over 25 years ago, when I had met her parents.

Her mother and father had come to me, devastated after the loss of their young daughter in a tragic accident. I brought the child through and could clearly see her holding out a doll to her mother. "Please tell her to give this to my sister," she said. When I shared that message her mother exclaimed, "That can't happen. Michelle was an only child, and I will never have another - I can never, ever, risk feeling this pain again." The young girl in the Spirit world shook her head, and pleadingly held out the doll. "She said don't be afraid, please try again - she will always be there to protect the baby." I explained to

the grieving parents. I begged them to trust the power of love, and to try to have another child.

I never knew if they took my advice until the young woman in **Dallas** introduced herself. She was the child that I had encouraged this couple to have! Not only had she brought joy and healing to her parents, but she had grown up to be a teacher and was sharing the ripple effect of love with the children in her classroom every single day.

Having the faith to choose love isn't always easy. This exercise will help you to see the effects of decisions you have made, and reinforce the impact that going down the path of love has on your life, and the lives of everyone you touch.

## EXERCISE: THE RIPPLE EFFECT OF LOVE

In your mind's eye, visualize two giant screens side by side. On the left screen is a timeline of your life arranged in years and decades. Choose a year or decade to observe. Very quickly, a few significant situations will begin to stand out. See them, live them, and be them. As you do this, you will find that there are one or two particular events that are emotionally prominent. With an objective eye, immerse yourself in the particular circumstances surrounding the event and become aware of the various choices and decisions you made at that time.

Now, turn to the right screen and observe the outcomes resulting from the choices you made—for not only the other recipients but yourself as well. Clearly see the energy you created with your actions and the rippling effect caused by your words and deeds. As these memories and events come into clarity, begin to see the sources of and reasons for the decisions that you made. Become completely aware of the motives, insights, and reasoning that were involved. While doing this, it is important to be as objective as possible, remembering that you are now at a very different place and time in your life. You also might find that nothing has changed very significantly in your decision-making process and you might make the same choices again, given the same circumstances.

Imagine the light of love entering both screens until they are both clear. Realize that the power of love can expand your life choices and extend to all those within your sphere. All choices are based on either fear or love. Become more aware than ever of which one has been the most frequent cause of your decisions. See how it has shaped the life you now live. From this moment on, you know you want a life full of love, so begin to choose love as the cause of your choices. As you express love in all you do and are, you will see its ripples expanding beyond your everyday existence.

Learn why love is the lesson you were sent here to learn.



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# WHAT STEPHEN HAWKING TAUGHT ME ABOUT LIFE WITHOUT LIMITS



James Van Praagh

*"Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious. And however difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up." Stephen Hawking*

**Stephen Hawking just passed away at age 76, and while many consider it remarkable that he lived so long with ALS, I'm not surprised. It just proves what I've always believed - that we are all truly limitless beings.** Hawking didn't let his disease or his body hold him back, his brilliant mind carried him beyond his wheel chair, even beyond the confines of this planet, to test the limits of the universe!

*You can't control everything that happens - but you can choose to live life with curiosity, humor and passion.*

While it might seem that a physicist like **Stephen Hawking** and a spiritual medium like myself would have very different philosophies, the way he approached life resonates with me. In fact, I think this quote sums up what I mean when I say that we have to let go of the need to control everything, and allow ourselves to embrace what life has to offer. "When I turned 21, my expectations were reduced to zero," **Hawking** said. "It was important that I came to appreciate what I did have. . . . It's also important not to become angry, no matter how difficult life is, because you can lose all hope if you can't laugh at yourself and at life in general."

## Quantum Physics and Spirituality – it's all connected

**Stephen Hawking** was determined to fully understand the universe and quantum physics, and those same principals hold the answers to many of the questions my students ask me. Here's why. Quantum physics is based upon the fact that the smallest atomic level, we are all energy and we are all connected.

I often say that the two biggest illusions are death and separateness. Quantum physics supports this theory. Because we are all energy, we are part of everything - **God**, the universe, the stars, and everyone else who has ever lived. It all exists at a sub-atomic level inside you. And because energy isn't limited by time or place, soul energy can exist in different lifetimes, on different frequencies, all at once.

Since you and I are not physicists, it might be hard to wrap your head around these concepts until you accept that we are all made up of tiny particles of energy - and that energy that we all share is conscious. Quantum physics proves that what we can physically touch and see isn't our complete reality. Instead, we are all connected by tiny particles and waves of energy that make up the universe.

Another interesting aspect of quantum physics is that it proves atoms are influenced by each other, even if they are not in direct or physical contact. To me, this explains why affirmations, meditation, compassion and unconditional love create a ripple effect far beyond where they originate. It also illustrates the power of your thoughts - since thoughts are energy that can alter the behavior of your cells and actually affect your health and your very being.

In short: everything is energy, energy influences other energy, and energy has consciousness of it's own. Since we are all energy, we are all connected, and that connection transcends time and space. As a medium, I open myself up to receive molecules of thought and action from the spirit mind, which merge with my own consciousness and allow me to deliver messages that prove that the dead are there, watching over us.

**Carl Sagan** sums it up beautifully. "The cosmos is within us. We are made of star-stuff. We are a way for the universe to know itself."



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# FROM THE HEART



Alan Cohen is the author of many popular inspirational books, including the forthcoming *The Tao Made Easy*. Join Alan in Hawaii this December for his life-changing seminar *Transformer Training* to develop your skills and/or career as a teacher, healer, or leader. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).

## THE FAITH FACTOR

**I went to perform a wedding for my Goddaughter on the island of Hawaii.** In order for me to return home to Maui that evening, I had to book the last flight out of Kona. The airline reservation agent informed me that I would have to change planes in Honolulu, and my connection time would be an illegal 25 minutes. If I missed my connection, the airline would not be responsible for me. Okay, I thought, I'll take my chances. I love my Goddaughter and would not miss this opportunity.

I performed the ceremony and sat in the Kona airport reading an inspiring book, waiting for my flight. Suddenly a voice came over the loudspeaker announcing that my flight would be departing 15 minutes late. Hmmm. That whittled my time to change planes down to 10 minutes. My mind started to spin off into "what if" scenarios, but I decided to not go there and just practice trusting. Why waste precious moments of life worrying? I decided to use the experience as an opportunity to stay happy no matter what.

The plane took off late and I refused to look at my watch. I remembered one of my favorite quotes by Emerson: "The wise man in the storm prays to God, not for safety from danger, but for deliverance from fear." Instead of trying to dictate how things should work out, I simply asked for peace. I looked out the window and enjoyed the sunset.

We arrived 15 minutes late, I calmly exited the plane at Gate 53, and walked to the monitor to find out what gate my next flight was departing from. You can imagine my surprise when I saw that my flight was leaving from Gate 53. My flight to Maui was on the same plane I had just sat on! I laughed as I found my way to the very seat I had just left. No matter how late my first flight was, I would have been on the second flight.

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I believe there was a direct connection between my practicing trust and the serendipitous result that occurred. Have you ever noticed that when you are impatient, frazzled, and upset, things go worse, and when you are relaxed, patient, and trusting, things go better? Ernest Holmes, founder of **Religious Science**, taught that there is an Intelligent Power running the universe, and that Power responds to the thoughts we think in harmony with it. Thinking and acting with faith changes the results you get. When you find yourself in a situation in which you seem to have no control, point your thoughts toward peace, and the universe responds.

I met a waitress who had quit culinary school because she wanted to have a more direct connection with the people she served. "I can't imagine being a chef creating wonderful dishes and not seeing people enjoy them," she told me. In a sense, we are all like both the chef and the waitress. Part of us is creating our life by the inner thoughts we think, generating dishes - for better or worse - in private, and dispatching them out into world from behind a curtain. ("We think in secret, and it comes to pass; environment is our looking glass.") But there is also a part of us that sees the dishes when they reach the table and we watch the expressions on the faces of those who receive them - including our own.

You have a very real relationship with God, a Force that responds to your every thought. Not that you are telling God how to run the universe; you are simply aligning with the Force for your good, or not aligning with it. The more aligned you are, the better your life goes. Unlike what you may have been told by fearful teachers, all God wants is for you to be happy. When that is all you want for yourself, that is what you will have.

I love the character in the movie **Shakespeare in Love** who kept telling worried people, "Somehow it will work out." When they asked him how he knew, he would simply answer, "It's a mystery!" To the mortal mind that thinks it has to control and figure everything out, how things will work out is indeed a mystery. Yet to the part of us that knows we are connected to Spirit, deeply worthy, and infinitely loved, it is a Universal Law. **A Course in Miracles** tells us, "Miracles are natural; when they don't occur, something has gone wrong." Einstein put it this way: "There are only two ways to look at life: One is as if nothing is a miracle. The other is as if everything is a miracle." Once you become miracle-minded, they show up wherever you do.

Unity minister **Eric Butterworth**, while changing planes in Chicago, was informed that his connecting airplane was disabled, and passengers would be transferred to a smaller aircraft; passengers would be chosen for this flight by lottery. Most of the passengers became anxious and angry and lined up to do battle with airline agents. **Rev. Butterworth** decided to just relax. He saw one other fellow who was sitting calmly and went over to talk with him. When the airline finally announced the lottery selectees, he and the other calm fellow were called first. **Attitude is more influential than action. Attitude is a very powerful form of action. Faith is the most powerful form of attitude.**



# ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle White dove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: Ghost Stalker: A Psychic Medium Visits America's Most Haunted Sites • She Talks with Angels: a Psychic Medium's Guide into the Spirit World • Angels Are Talking: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

**Dear White dove,** I've read several books including yours, about Near Death Experiences. I'm grateful because each story has lessened my fear of death, for myself and the loss of my loved ones. Just wondering why so many NDE's stories now? And do you feel that they are accurately portrayed?

**Dearest,** Over the past few years and even now, more people than ever are sharing their Near Death Experiences. Why now? "Great Spirit" the creator, wants to eliminate fear of the transition that we call death. We're being asked to recall the beauty of Heaven and to remember our home.

The human language is limiting when we try to talk about these experiences and interactions with angels, God and the heavens. Our language is unable to express with clarity the profound wisdom, the feeling of grace, deep empathy and the overwhelming expression of unconditional love that is a very intense sensation in the Heavens. The moment that you cross over into the light, the soul has an extrasensory overload of seeing, hearing, feeling and knowing. You can't even finish thinking a sentence before the knowingness of your expanded consciousness understands the answer. In the Heavens we understand and feel that we are part of this greater consciousness.

You see, each Near Death Experience is unique to the soul that is crossing over: yet there are many similarities too. Some spirits will see a tunnel of light or they will find themselves pulled into a different plane. This is where NDE's very: people report seeing **Jesus** or **Buddha** or **Mother Teresa** and this has to do with the individual's earthly belief system. You see there are many masters, and **Great Spirit** helps to make the transition more comfortable for each soul. Although once you arrive, everyone experiences a home welcoming party. We are greatly celebrated for our bravery: coming to **Earth** and working through many harsh soul lessons.

**Dear Michelle,** Every day as I read the news headlines I worry about what will become of us. Is there hope for this world?

**Dearest,** When I hear people that say "Oh these are such difficult times. What do I do? Should I stockpile? Should I build a bunker?" Don't get swept up in that hopelessness. Turn off the TV. Our thoughts create the future, so when you have millions of people dwelling on the negative news headlines - you can help to create the very thing that you are fearing. This is the time to go within. To build your relationship with "Great Spirit," the creator.

It's easy to say "I know this" and "I believe that" but what's more important than that? You must put it into practice by developing a daily ritual of communing with God, Great Spirit, The Creator, The Universal Consciousness - whatever name that you are comfortable with. Through prayer and meditation you can develop a personal relationship. It's work! Although you can tune-in like I do, to seek answers and solutions. Knock and the door will be opened. This is how you can raise your vibration and your consciousness. Daily spiritual work will open many doors for you. Remember God helps those who help themselves.

**DEAR White dove,** I hear that there is a spiritual upgrade for those that are ready. Is this true?

**Dearest,** Many souls have chosen to come here at this particular time because it's a big deal in the spirit world, there is graduation event that were coming into. This is the first time in the earth's history that humanity, the collective consciousness, human souls and the earth can go into the light at the same time.

The Mound Builders did it! A large group of Aborigines did it and a large collective of modern souls came here to walk-over to the spirit world too.

As we raise our vibration or frequency, we do not have to experience a physical death, the soul can just basically walk-over and disappear. We are walking out of the third dimension and going into the fourth by our free-will. It's a choice that you can make when you've evolved to that point. This can happen when you've attained a stage of enlightenment which is like being in a state of grace or unconditional love full time, twenty four hours a day. Are you ready? Let's do this!

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# HOW USING A BALANCE BOX CAN HELP BALANCE YOUR LIFE

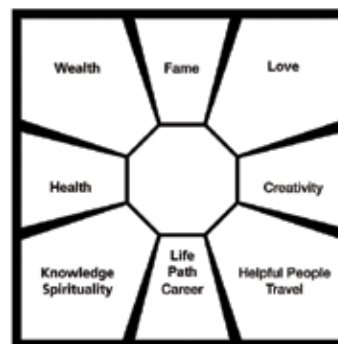
Lauren McLaughlin is an ordained Unity minister; an author, teacher, speaker, writer, counselor, retreat facilitator. Certified in several modes of energy management, Lauren enjoys helping people who are feeling anxious or are suffering physical or emotional distress by introducing them to the many blessings of EFT (Emotional Freedom Technique) and Psych-K. Lauren is also a dedicated Spiritual Coach - helping people to discover their own path to a Spirit-fed life. Lauren lives in Palm Harbor, FL with her husband John and their cat, Pusser. [www.thehandbookofspiritualtools.com](http://www.thehandbookofspiritualtools.com)

**Did you ever notice that when something happens that captures your full attention - for example, you lose your job, get sick, or have a hitch in a major relationship - or you get married or get a big promotion - while you are working out the details of the upset, all the rest of your life seems to fall apart.**

Life is intoxicating and we tend to get mindlessly caught up in it, putting out fires, and answering calls for help which keep us pumping adrenalin much of the time. Whenever our security is threatened, our health is endangered, our relationships are in trouble or we're in Spiritual crisis, we tend to focus our attention only on that most "needy" area of our life experience and in turn, we neglect everything else. And when that happens, everything gets skewed out of proportion. Then, when the crisis is over, we feel exhausted, overwhelmed and even lost. It can take weeks for you to restore balance to your everyday experiences.

What if I told you that a map exists that would show you precisely how to live a life that is balanced, orderly and fulfilling, and that all you have to do is to follow that map to experience a consistent sense of well-being?

Well, such a map does exist and it has for over 3,000 years. It is called the Bagua Map and it is a vital part of the practice of the ancient Chinese art of placement called Feng Shui. Thou-



sands of people around the planet use the Bagua Map every day to design their outer environment for the purpose of drawing to them the specific energies they need to feel fully and peacefully in balance in their living and working spaces. But did you know you can use the same system to achieve "Internal Feng Shui" for the purpose of attaining a deep, inner sense of balance as well?

The Balance Box is a tool that can help us avoid getting into that place of imbalance in the first place, but even if we forget to follow it, we can use it to quickly regain our sense of balance when our crisis time is over.

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

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# ABRAHAM FUN



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

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### Soulson #207 An Angle on Addictions

**I may feel I have an addiction to alcohol, drugs, tobacco, or food. But those addictions are usually secondary - symptoms of an underlying addiction to self-defeating thoughts and the emotional pain they generate.**

These thoughts seem to arise spontaneously. It might seem that I can't shut them off. When they run unbridled in my mind, I feel emotionally bad and it seems I have no recourse but to soothe myself with another cigarette, beer, drug, or bag of Oreos with double stuff.

And yet this addiction to self-sabotaging thoughts (such as resentment, self-pity, self-criticism, or it's-a-scary-world) isn't really an addiction at all. It's merely a long-practiced habit that is comfortably at home in my cranium.

**Countless people have been able to move beyond addictions, and I can too.** But it will probably require more than simply swearing off the Marlboros or Bud Light. It will mean getting proactive with the painful thoughts that keep me reaching for that Marlboro or a Bud Light.

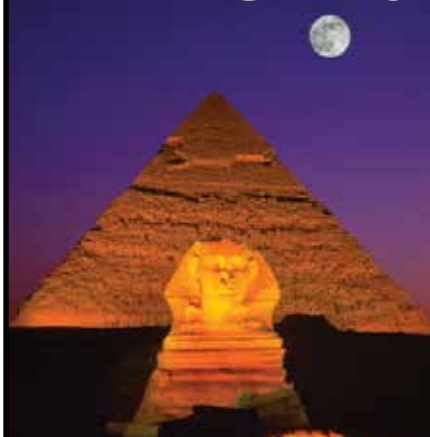
Step 1) I place a band on my wrist.

2) I flip myself whenever I notice I'm going down that familiar feel-bad thought path, and I change the subject in my mind to something that feels better.

3) Each day, I spend some time alone in silence, relaxing and allowing loving energy from my Source to flow unimpeded to assist me.

The road to recovery rises up ahead.

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

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

Thursdays 7pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 308 Pine St 32796 321-543-3674

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

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

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

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

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

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

Sundays MELBOURNE 10am Center for Spiritual Living Space Coast 2401 N. Harbor City Blvd, Melbourne, FL 32935 (Chapel Room inside Unity of Melbourne) 321.474.2030 [www.csllspacecoast.org](http://www.csllspacecoast.org)

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

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

June 24 MELBOURNE Open House - Noon-2:00pm Atlantean Healing Arts, 2401 N Harbor City Blvd 321-543-8882

Friday July 21, 2018 PENSACOLA at 7:30 pm An Evening of Spirit with World Renowned Psychic Medium and NY Times #1 Best Selling Author, James Van Praagh will be "Live" at Skopelos at New World Landing 600 S Palafox St, Pensacola, FL 32502 (850) 941 4321 <http://www.newhorizonsexpo.com/>

August 31 thru Sept 2nd - Retreat with Moksha Priya Shakti at Yogashakti Mission, Palm Bay, FL (see page 26 for details). The Ashram was created by [Ma Yogashakti](#) and is purified and energized by her. Take part in 3 Hatha Yoga classes; Learn Deep Relaxation. Six home-cooked vegetarian meal will be provided. Accommodation is shared or you may bring a tent. **REGISTRATION:** In advance before June 30th - \$130 per person, families \$180. At the door \$140 per person or \$200 for families. **WHERE:** Yogashakti Mission 3895 Hield Road, Palm Bay FL 32907. (321) 725-4024 **WHAT TO BRING:** Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook. **E-MAIL:** [yogashaktipalmbay@gmail.com](mailto:yogashaktipalmbay@gmail.com) to register or call 321-725-4024



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## NOTES from the Universe

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

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

**But did you know that the glowing is actually made up of zillions of minute sparkles? And that these sparkles receive as much energy as they create?**

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All when you feel love.

**It's true,  
The Universe**



## SPIRITUAL GRAFFITI

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

**When we flee the shadow, we flee ourselves. It's not all light in there, of that we can be sure. And that shadow that we fled with all our might, doesn't go away. It waits around the next bend to trip us up and to remind us that it wants to be seen.** Not because it wants us to suffer, but because it wants us to heal. Because it wants us to grow. Our shadows aren't the enemy. Our resistance is.

There is a time to adventure heartily into new possibilities, but there is also a need for quiet integration time on the self-creation journey. We can have all the peak experiences we want but the real work happens between the peaks, while laying down and integrating on the valley floor. Lasting transformation is an incremental process, one soul-step at a time. This may frustrate us, but it's the only way to craft an awareness that is authentic and sustainable.

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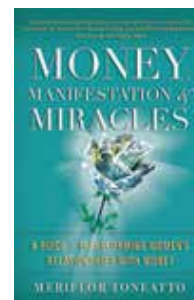
# TIMELESS MONEY TRUTHS



## AN EXCERPT FROM MONEY, MANIFESTATION & MIRACLES

Meriflor Toneatto is the author of Money, Manifestation & Miracles. As the CEO and founder of Power With Soul, she specializes in helping ambitious women entrepreneurs, professionals and leaders reach financial prosperity and success while fulfilling their social promise to the world. Her work has been featured internationally in media outlets like Yahoo! Finance, Washington Post, International Business Times, Los Angeles Times, and more. Visit her at [www.meriflor.co](http://www.meriflor.co).

**To gain a deeper understanding of the meaning of money, we need to**



**move beyond the dictionary definition of it as “a measure of value or a means of payment.”** This deeper comprehension will give you a new perspective on money, which will help you pave the way toward your desired reality. In my work over the past twenty years, I have discovered some essential truths about money, both for myself and for my clients.

**THE FIRST ESSENTIAL TRUTH** is that money is a uniquely human creation; it does not exist in nature or in the animal kingdom. The first form of money was used as early as 3000 BCE. And from that time on, humankind has conferred value and power on money. Yet money as an object has no value. It may as well be the artificial currency we use when we play Monopoly. The meaning we assign to money is what gives it such prominence, power, and emotional value in our lives. Money has become its own force.

**THE SECOND ESSENTIAL TRUTH** is that money is an exchange of energy. We expend energy through our work in exchange for money, another form of energy. In turn, the money enables us to use it in various ways, from acquiring the basic necessities of life to enhancing the quality of our lives and the lives of others. We can also use money to facilitate achieving our goals and dreams.

**THE THIRD ESSENTIAL TRUTH** is that money is a form of love. The most powerful force in the Universe is love. It magnifies all the positive qualities of life, such as kindness, faith, hope, generosity, joy, well-being, patience, forgiveness, compassion, peace, courage, happiness, friendship, and more. Therefore, connecting money with love opens up tremendous possibilities for joy because you are the source of all your prosperity and wealth.

Money is a tool you can use to take care of yourself and others by showing your love, nurturing, and appreciation. As women, we feel gratified when we can share what we have and help those in need.

A tremendous positive domino effect occurs when women are empowered with money. They can help their families and communities while contributing to the economy at the same time. Having said that, it is also essential that as women we give in a way that is balanced, so that we avoid over-giving and sacrificing ourselves.

You can also use money to care for yourself and demonstrate self-love. A key way to do this is to maintain the mind-set that prosperity begins with you. Feeling good about yourself and what you have in your life is crucial. Self-love is the entryway to being your best and most powerful self. It is a deep appreciation of who you are right now.

It is not about loving yourself at some future date when you earn a higher income, or lose weight, or have more confidence, or find the right partner, or have more money in the bank, or meet any other conditions that you may place on yourself in order to feel worthy. Self-love includes accepting each and every part of you. Yes, every part, all the good — your talents, strengths, beauty, wisdom, and many more qualities — as well as the not-so-good, those imperfections and faults we all possess. When you are committed to loving yourself, a positive flow occurs. You will be happier and will make better choices, attracting the right circumstances for prosperity and abundance.

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



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# A NEW WAY OF SEEING THE WORLD

Author Corinne Zupko undertook her study of psychology out of necessity when debilitating anxiety threatened to derail her life. As Corinne healed her own mental anguish, she compiled the perception-shifting process she describes in *From Anxiety to Love: A Radical New Approach* for Letting Go of Fear and Finding Lasting Peace. This is an excerpt.

**We hold many false perceptions in our mind. These false perceptions are purposeful blocks to our peace of mind. Paradoxical though it may seem, we hold on to mistaken ways of seeing because they make us unhappy. We're all addicted, to some degree, to being afraid and miserable.** But we're not usually aware of this addiction, and that's what can make the world seem cruel or scary. We think our problems or enemies are "out there" in the world, but in fact they're mostly within our own habitual, unproductive ways of seeing. And they are hard to undo without extraordinary help.

Fortunately, you have an effective way to change your ways of seeing, and that is through your **Inner Therapist**. What I call the Inner Therapist is also known as the **Holy Spirit**, your **Higher Mind**, or your **Inner Teacher**. You can call it whatever you like. I capitalize terms like these when I am referring to concepts beyond this world of form. Your Inner Therapist is not separate from or external to you, but it is outside fear.

Our **Inner Therapist** holds the key to inner peace because it knows what really makes us happy. It is that small, quiet Voice inside that always tells us that we are loved, that we are safe, and that we have done nothing wrong. It does not analyze or judge us: it simply sees our inner light.

You won't hear this Voice if you are regretting the past or worrying about the future; your Inner Therapist is always heard in the present moment. The feeling of connection with your Inner Therapist is deeply gratifying and enormously comforting. It engenders pure joy. It is like coming home.

But this happy, carefree childhood feeling can be easily drowned out by busyness, worry, and all the distractions of the world. When you learn to stay consistently in touch with your Inner Therapist, however, you can literally be a miracle worker.

My perspective on healing anxiety through the Inner Therapist is chiefly inspired by **A Course in Miracles**, which is a unique psychospiritual system for changing the way we look at the world.

Diving into the Course completely and wholeheartedly was my way out of an internal hell. For me, accepting its radical view of our existence was the key to overcoming chronic anxiety.

I needed an explanation of a crazy world that made no sense to me. I needed another way to look at everything, because the way I was seeing constantly frightened me.

*...continued to page 28...*



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## USE A BALANCE BOX TO HELP BALANCE YOUR LIFE

*...continued from page 16...*

**By creating a Balance Box like the one shown here, and checking in with it regularly to see if you are giving some attention to each of these major areas of your life experience, you will save yourself from ever feeling out of balance again.**



## HOW TO USE YOUR BALANCE BOX

Visiting your Balance Box several times a week will be all you need to do to maintain a balanced life experience. Sit quietly, breathe and center your attention on your Balance Box. Begin by drawing a mental line between the center square - where **God** is represented - and then draw a mental line from the God square to each of the other squares - one at a time.

Example - God to Wealth. Begin by giving thanks for all the wealth you have in your life right in the present moment - large or small. Then give thanks for all the wealth you've ever drawn to you (mentally add up your pay checks from the first to now and be amazed at how much money has flowed through your hands). Finally, give thanks in advance for whatever wealth you wish to accumulate in the future.

Repeat this exercise for each of the areas on your Balance Box - the entire exercise should not take more than 10 minutes. By focusing on balance at least three times a week, however, you will begin to live a much more satisfying life from now on.

## POINTS OF BALANCE

Starting in the upper left hand corner of the box and working your way around the map from left to right, down the right side, across the bottom and up the left side

**1) WEALTH.** Money is simply a commodity of exchange - but wealth is an energy of growth and appreciation and satisfaction. Keeping some attention on what is attracting money in your life - some to save, some to give and some to spend - is essential to your well-being

**2) FAME.** Most people would deny that fame and recognition is important to them, but they would be wrong. It is part of our human nature to be as good as we can be at many things and to be recognized for our accomplishments. Ignoring that need is hurtful

**3) LOVE.** All human beings require an element of love in their lives - both given and received. To pretend otherwise is self-defeating. Making sure an exchange of love and caring takes place regularly assures a much happier life than on that runs from low to high and back again on love.

**4) CREATIVITY.** Creativity- frequently expressed - is essential to our growth process. Perhaps you are not a painter or a writer or a dancer or an actor, but you do create every element of your future - including the home you choose, the job you do, the hobbies you pursue, the places you travel and the good deeds you do. All those things are better because of your unique creativity.

**5) HELPFUL PEOPLE.** No one is entirely independent - we all have armies of people working on our behalf every day - and life works best when we attract the people we need on purpose. Not only our friends, family members and employees help us to live comfortably, but so do doctors, dentists, plumbers, roofers, landscapers, clergy - all sorts of people who make our lives feel fuller, more comfortable and more satisfying.

**6) LIFE PATH.** Your life path, and how often you plan where you want it to take you, will make the difference between living your life by accident or design. Knowing where you're going and paying attention to where you've been are important - but so is enjoying the path as it is right now - the only moment in which you are truly alive.

**7) SPIRITUALITY.** We are all naturally Spiritual, all connected energetically to the same God - however the more often we acknowledge that connection and take steps to deepen our awareness of it, the more glorious our life experience becomes.

**8) HEALTH.** A wise man said, "If you don't take care of your body, where are you going to live?" Good question. This square in your Balance Box reminds you to make wiser choices in the care and feeding of your body temple, so that it will remain clean and pure and healthy for as long as we need it

**9) THE ETERNAL LIFE FORCE.** God, or The Eternal Life Force is represented in the Center square by the little ELF - short for Eternal Life Force. All of the other attributes that are necessary for balance emanate from that center square.



## TIMELESS MONEY TRUTHS

...continued from page 20

**THE FOURTH ESSENTIAL TRUTH** is that money is a catalyst for your personal growth. As entrepreneur and author **Jim Rohn** once said, "After you become a millionaire, you can give all of your money away because what's important is not the million dollars; what's important is the person you have become in the process of becoming a millionaire." Mastering money and abundance is a wonderful journey of personal and spiritual growth — you can become the best and highest version of yourself in the process. And once you understand the concept of wealth creation, you essentially hold the keys to abundance, regardless of the state of the economy. This means that you can become your most powerful self and be in full control of creating the prosperity you desire. Money is not just a means to buy material possessions; it is a tool for vitality and growth. Understanding this can help you let go of residual anxiety, guilt, or fear you might have regarding money.

**THE FIFTH ESSENTIAL TRUTH** is that money is part of your spiritual purpose. I have found that many women who are soulful often feel conflicted about generating more money in their business or career. They often say, "It's not about the money. I just want to help lots of people." Does this ring true for you? On the one hand, this sentiment is admirable, while on the other, it is a misconception. In fact, here is the irony of this situation: It is far more difficult to reach people when you have no money. You have an opportunity to help many more people and can do more good in the world when you have money, which provides you with the practical means to do so.

Even **Mother Teresa**, who lived very simply and was a champion for the poor, the dying, and the unborn, once stated, "It takes a checkbook to change the world." This is a key secret understood by the masters of wealth and success who use money as a powerful force for good. The truth is, the more money you earn, the more you can help others, be of service, make a bigger impact, and fulfill your soul's purpose. In other words, let your prosperity reflect the good you contribute to the world. Poverty is not a spiritual or higher state of being, nor does suffering exalt the soul. Money is often required to accomplish your life's work.

Money is part of your spiritual purpose, and you can use it to help you fully express yourself through your life's work, and to realize your full potential and higher purpose. Since you have a big mission, money is the tool that will help you accomplish your important work in the world — including transforming lives.

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**WHAT TO BRING:** Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook.

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# A NEW WAY OF SEEING THE WORLD

...continued from page 21...

A Course in Miracles turned everything in my world on its head — and then answered every big question I'd ever had in a completely new way.

## Who Are We Really?

You are not who you think you are — and this is glorious news. You are not your fear, your anxiety, or your worry. You may feel that these things define you, because they are really good at capturing and overpowering your attention. That is their purpose. But the fearful, freaked-out, anxious you is not the true you, despite how compellingly real that fear and anxiety seem. What you really are is way more awesome. I promise.

If, like me, you have struggled with deep anxiety about death, sickness, and suffering, I've got good news for you. What you really are is love, and love only. Your true nature actually exists in an eternal state, a creative state in which you are entirely happy and at peace.

You cannot die; you cannot become sick; you exist forever; and you will know yourself even after this body is laid aside.

You've probably heard teachings like this before. But we're going to work toward experiencing the truth of these words, for it's the experience of these teachings that provides relief from anxiety.


You have forgotten the eternal love that you are made of because right now you believe you are confined in a body, in a particular time and place. But, in fact, you are a pure, Loving Mind. This Loving Mind exists independently of your ego personality and also of the "mind" generated by your brain. Your reality is actually abstract, not physical. You are not your body. Yes, you do seem to have a body right now, just like you have clothes — but everyone knows that their clothes aren't their real selves. The clothes are just something useful to keep us warm and protected, and perhaps to express our personalities.

The idea of existing beyond your body may be hard to grasp or even imagine at first, because we are literally asleep to it most of the time. We have forgotten our existence in eternity and mistakenly think that the world we see is our home. I've always gained comfort from this Course quote, which helps me begin to understand a world that is very different from the one we see:

Sit quietly and look upon the world you see, and tell yourself: "The real world is not like this. It has no buildings and there are no streets where people walk alone and separate. There are no stores where people buy an endless list of things they do not need. It is not lit with artificial light, and night comes not upon it. There is no day that brightens and grows dim. There is no loss. Nothing is there but shines, and shines forever." (ACIM T-13.VII.1:1-6)

So in truth, we're perfectly at peace. We are eternal, united in joy, equally loved and loving; we shine forever.

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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."*

*... from page 7*

If I am seeing someone as a pain in the ass who's making my life rough, then I'm not seeing the situation clearly. If I see the situation clearly, I see it's not what THEY are doing that's causing me grief, it's MY REACTION to what they're doing that's causing me grief.

If you think someone complains too much, you don't know how much mud they're having to walk thru. While it's only up to your ankles, they may be up to their ears. What's barely noticeable to you may be overwhelming for someone else. Instead of looking at them as a pain in the neck for complaining, think of them as someone who's struggling and see if they need a hand.

I watched **Sphere** on **Netflix** and what I learned from that was that one person with focused faith, expectation and belief can entrain the thoughts of everyone around them and bring everyone to a better place.

Which brings me back to opportunities. Opportunities are presented to us in response to our self talk. Ask for new doors to be shown to you, then ask (within/silently) in every situation and as you stand before every person, what good does this person or situation have for me? If your thoughts are wrapped up rehashing past problems, you're not actively looking for your good.

When you look for your good, people will come into your life to help you achieve it. Situations will unfold that will delight you. Be on the lookout for WHAT GOOD DOES THIS DAY HOLD FOR ME?

And if you're hoping the day may hold a new romance for you, I'd say Don't waste time trying to find a partner. Find a purpose, then the right partner will show up. And if they don't? Don't take score too soon. As soon as you stop thinking you're missing out by being on your own, you'll release that final bit of resistance. Find things to be excited about and to do on your own. If you wait for a friend or partner to do things with you, you'll look back on many, many years and wonder where those years have gone.

Enjoy our offering this month.  
Hari Om.

Andrea



## ABRAHAM-HICKS

*...continued from page 9*

*Even those people in other countries that you are talking about that have different mindsets, the different mindset that they have is that there is not a large group of people trying to make them feel less than what they are, in order to get them to buy something to make them feel more than what they are. That's why we say, it is economically driven, for the most part.*

Why couldn't anyone just get on the other side of anything? Why are any of us dragging our feet through the struggle of everything? It is always resistance that slows everything down. All you have to do is make a decision of what you want, give your attention there, find the feeling place of it, and you're there instantly. There's no reason for you to suffer or struggle your way to or through anything.

Any time you have physical discomfort of any kind, doesn't matter what it is, whether you call it emotional, or actually physical pain within your body, it always, always means the same thing. *"I have a desire that is summoning Energy but I have a belief that is not allowing. I am summoning Energy that I'm disallowing, so I've created resistance in my body."* ***And the solution, every single time, to the releasing of the discomfort or pain, is the relaxation and the reaching for the feeling of relief.***

So, does it give you relief to say, "I am getting old and haggard, and my teeth are all going to fall out, and I'm going to lose the elasticity in my skin, and I'm going to become an old hag overnight?" Does that make you feel better? We don't think it makes you feel better. We think that sort of attention makes you feel worse. ***You're reaching for the thought that feels better. You're reaching for anything that can make you, in this moment, feel emotional relief.*** And if you will reach for relief, you will raise your vibration. And if you raise your vibration, you are stopping resistance. And if you are stopping resistance, you are in vibrational harmony with Source. And if you're in vibrational harmony with Source, the cells of your body can be receiving whatever they are asking for. You're in total alignment.

You could live agelessly in these bodies. You could reach what you consider to be the prime of life, and you could hold yourself there for a very, very, very, very long time, if this life experience could produce within you enough continuing desire to make you feel eager—and if your exposure to contrast did not tempt you to push against things in a strong way. In other words, if you could summon life and allow it, you could remain in these bodies for a very long time.

*...continued on page 31*



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

# HOROSCOPES

## JUNE 2018

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

**Aries - (March 20 - April 18)** Pay attention to nuances this month, Aries. A meaningful glance speaks volumes. You may have to brush up on your mind reading technique, but the effort pays off through improved relationships and more cash. Mars stays in Aquarius all month, and stations retrograde on June 26th. Mars, usually so brave and wild, hits a karmic wall as he joins the South Node. Stop, look, and listen. You want to get it right the first time.

**Taurus - (April 19 - May 19)** Keep your focus on value over money and this will be a great month. The month begins with a prosperous Venus trine Jupiter, and things continue to look rosy around the New Moon on June 13th ; but there is an undercurrent in the calm waters. Venus is not playing around, and her opposition to Pluto on June 5th says it's time to get serious. Stay awake, Taurus; maintain momentum and focus.

**Gemini - (May 20 - June 20)** Mercury, your ruling planet is super productive this month. Mercury is moving fast, and interacts with many other planets. The problem with speeding Mercury is that you may end up feeling like you're spinning. However, do not let anything deny this magical time. There are decisions to be made and rivers to cross, but overall, it's a matter of how much goodness you can accept into your life.

**Cancer - (June 21 - July 21)** Affirm your power over the spoken word, and you'll quickly see the manifestations. Your best strategy for getting what you want is to get very clear in your intentions, and it's time to get back to the basics of making lists and naming what you want. This is your kind of month - busy and productive with lots of opportunity. There is a kiss from the Archangels waiting just for you, Cancer.

**Leo - (July 22 - August 22)** You are blessed by your place in the zodiac this month. All the other signs are busy trying to figure out their next step, but you hold court in a bubble of protection. The Gemini New Moon of June 13th invites you to think outside the box. The Universe will grant you a wish, Leo. Think of asking for a long life and fulfillment of your fondest hopes and dreams.

**Virgo - (August 23 - September 21)** Your sign holds great power now, and there will be decisions you make that influence others for better or worse. Jupiter in Scorpio plays for keeps and demands that others step up to shoulder their share of responsibility. These tough decisions set you free. This is a critical time to claim a victory that fulfills the recesses of your soul. Sing and dance, Virgo - it's time for freedom.

**Libra - (September 22 - October 22)** June delivers a critical turning point in your home arrangement, Libra. With Saturn conjunct the Full Moon of June 18th, there will be a price to pay even if you win. Perhaps you'll move, or control your property in a new way. Be patient and let the wheels of karma turn. You know where you want to go, but with Mars retrograde after the 26th your journey becomes circumspect.

**Scorpio - (October 23 - November 21)** It's a season of promise and growth for your finances, Scorpio. With both Saturn and Pluto in Capricorn, you're building a new financial castle now. Focus on developing routines and habits that will continue to improve your life, such as a practice of gratitude, or disciplined saving. This is your time for groundwork and preparation. And, don't forget about sun and fresh air, which is what you need more than anything.

**Sagittarius - (November 22- December 20)** You are known as the Wise One, the sage; but there may be times when you wish you were out in the prairie. Time is a bit scarce and money a bit hard because Saturn and Pluto are having their way with you. But Jupiter is your secret friend; and he's waiting - out in the sagebrush. Jupiter is a solver of problems. Count on the virtue of your good luck, and call in a favor.

**Capricorn - (December 21 - January 18)** Your keyword for this month is: Adjustment. Extra work and effort will be required, and all done without a promise of an immediate payoff. But, there is a huge gain to be made on your long term goals. Don't get caught up in the expectations of others. This is a time to deepen faith and trust as you build your future.

**Aquarius - (January 19 - February 17)** The Universe is inviting you to step aboard a crystal ship. Dedicate this month to explore the many facets of YOU; dive into your family, you ancestry. It's time to understand where you came from in order to get to where you're going. Healing is paramount in this season of reconciliation, and forgiveness of self is always a great place to start.

**Pisces - (February 18 - March 19)** June is an excellent month for you, Pisces. If you're single, there is love in the air. And in a unique twist of fate, love may literally come calling at your door; you won't have to travel far to meet your soul mate this time around. Places that you go to frequently are good for you in all aspects of your life, including business. Enjoy this month, and let your magnetic power of attraction do the work.





## ABRAHAM-HICKS

...continued from page 29

But the reason that most of you do not intend to remain in these bodies for a very longtime, is that you like the idea of the fresh new exposure to life. Because there is more. So think about it. In this life experience you bang around in the contrast and lots of desires are produced, which puts lots of desires in the ethers. In other words, as a Mass Consciousness, there are all kinds of things that you are wanting. And because you are leaving, not all at once, but in, sort of, groups, leaving and coming, leaving and coming, your Mass Consciousness remains a consistency.

Where when you are reborn into the physical experience, you can pretty quickly get up to speed with where you were when you last left. Only this time you have fresh new exuberance for life, and a new eye with which to explore.

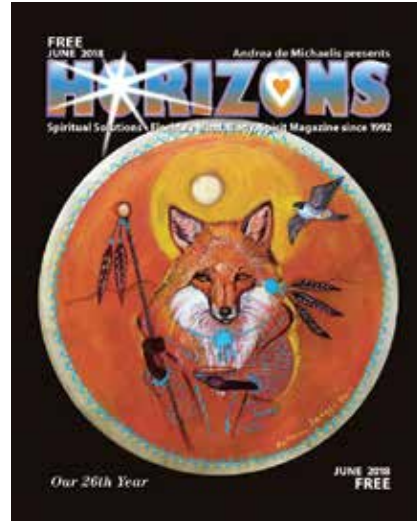
We're getting back to your "meaning of life" question—a new zest of life to explore this contrast that has changed significantly since you were last here. You undoubtedly come forth into a new framework with new people, with new stimulation. You're going to approach life differently this time than you did last time, but all with the same intent, of this contrast producing eternal new desires within you. Is it all starting to piece together for you? Or have we lulled you into oblivion with our endless hammering about the same thing?

It is exhilarating when you are in physical bodies, which is truly on the leading edge of thought, and your exposure to the contrast of this magnificent place that you have chosen is producing within you new feelings of eagerness with new ideas of things that you're wanting to experience. And, you've come into contact with some awareness of knowing how to bring yourself into vibrational harmony with your own desires. Life just does not get any better than that. There is nothing in all of the Universe more delicious than to be physically focused, in a human body, have plenty of things on your plate that you want, and have absolute knowledge that you can be or do or have anything. Because you get better and better at discerning and deciphering and devouring the details, the specifics of this time/place reality.

***And there is nothing in all of the Universe more uncomfortable, than to be physically focused in a human body, with desires pulsing through you, that you are contradicting through your habit of thought.*** So the best of all worlds, and the worst of all worlds, is all happening through the human experience. That's why the teacher that you are is significant. Because every now and again, you meet someone who has powerful desire to understand, and you are in the right place at the right time to expose them to the information that they are reaching for.

## COVER ART

Fox Shaman by Katherine Skaggs



This image has **Fox** and **Falcon** medicine totems, bringing the ability to move through the worlds, between the invisible and visible. **The Fox Shaman** brings much protection and devotion to family, as well as magic from the unseen world. **Falcon** flies high above, seeing from the eyes of Spirit what is true and wise. If the **Fox Shaman** and **Falcon** inspire you today, be a wise visionary in your life,

with the devoted heart of the wise **Fox Shaman**. Go within to know the true way in life, always born of sacredness of all life, and the vision of Spirit

## ABOUT THE ARTIST



**Katherine Skaggs** is an internationally recognized visionary artist, intuitive, author, teacher, spiritual counselor, shamanic practitioner and painter of souls. Katherine is the artist of the **Mythical Goddess Tarot**, the

**Pocket-full of Goddesses Blessing Oracle** and the **Original Pocket Blessing Cards**. Katherine has also assisted 1000s of people through her sacred soul portrait process, helping to reveal the beauty and love of the true soul self.

She is inspired to bring beauty, love and a vision of inspiration to others through visionary, archetypal art, intuitive painting classes and workshops, and soul portrait sessions, a process unique to Katherine and her intuitive guidance.

To learn more about Katherine Skaggs, her services and products as well as a beautiful gallery of her sacred art, go to [www.katherineskaggs.com](http://www.katherineskaggs.com).



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

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world has unlimited  
resources, our world  
becomes unlimited.  
Ma Yoga Shakti

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