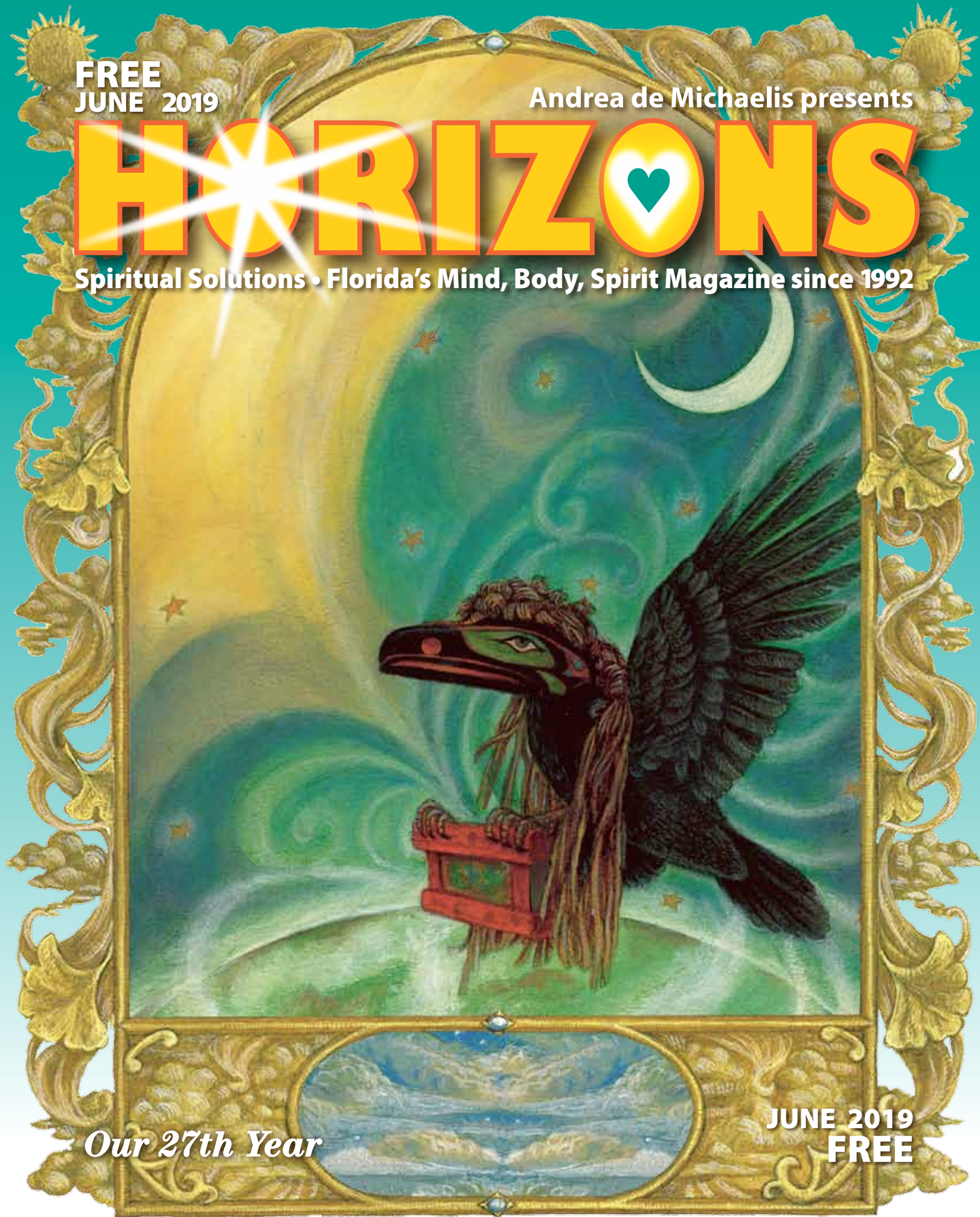


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The purpose and mission of our "Mystic Faires" is to promote education and awareness of the psychic world, holistic health, natural healing, conscious living, and spirituality. One way we do this is by bringing together psychics, spiritual counselors,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

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

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

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



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Saturday, June 8th and June 22nd 9am - 12pm
UNDERSTANDING PRIVILEGE
CONVERSATIONS ON RACE

Facilitators: The Peace and Justice Institute of Valencia College. Conversations on Race invites participants to discuss the topic of race and how it affects each of us in our daily. Addressing one of the hidden histories in our community, redlining creates new awareness about systemic racism and helps frame the learning as we consider action steps to help us move toward more equitable communities.

Cost: \$10.00 at the door

Join us 8:15am – 9:00am for registration and light refreshments!

Sunday, June 2nd 9:30 and 11:00am
THE POWER OF IMAGINATION

Speaker: Rev. Valarie Parson

There lives within each one of us the power to see things differently. We are powerful creators and mighty manifesters! If we can see it, then we can achieve it.

Sunday, June 9th 9:30 and 11:00am
A GOD-CENTERED LIFE

Speaker: Rev. Valarie Parson

Every day we are faced with the opportunity to decide how we will live our lives. We are influenced by current events, the opinions of others, and the never-ending dialogue of the soul. When we choose to live with the Divine at the center of all we do, the results are rewarding.

Monday, June 10th 7:00pm
SOUND HEALING

Facilitators: Vashti Saint Germain and James Trufan

Time for Heaven on Earth. Lay back and journey with the hypnotic sounds of Sacred Grandmother Drum (Rainbow Warrior) and the vibrations of a Paiste Symphonic Gong. Between Father Sky and Mother Earth, we will be transported to a new realm of inner peace.

Sunday, June 16th 9:30 and 11:00am
CELEBRATING FATHER

Speaker: Rev. Randy Fillmore

Rev. Randy will explore and celebrate the various Father consciousness throughout history and in our lives.

Saturday, June 8th and June 22nd 9am - 12pm
June 22nd , 9:00am – 12:00pm
CONVERSATIONS ON RACE

Participants gain an understanding of what is meant by privilege (unearned advantage) and explore multiple areas of privilege, including white privilege. The workshop teaches that all people experience unearned privilege as well as disadvantages and allows people space and time to share personal stories in a disarming safe environment. Honoring every story, treating each other with dignity and respect are modeled.

Sunday, June 23rd 9:30 and 11:00am
SPECTACULAR YOU

Guest Speaker and Musical Artist: Jennifer Ferren

Ladies & gentlemen, step right up and prepare to be amazed by the Divine within us all. Jennifer Ferren will take you on a fun-filled journey of self-awareness with her special blend of poignant music.

Sunday, June 30th 9:30 and 11:00am
THE UNTETHERED SOUL: THE JOURNEY BEYOND YOURSELF (BOOK SERIES)

Speaker: Rev. Valarie Parson

Join us as we begin the journey of our five week series based on the book by Michael Singer. During the message we will explore the highlights and major aspects of Part I: Awakening Consciousness. Who are you really? Are you the you who is speaking in your mind, or the you who is listening to your mind chatter? Join us at 12:30pm for a “deeper dive” and small group discussion on the topic.

ONGOING CLASSES

Tuesday, June 4th 9:45am – 11:45am or Wednesday, June 5th 6:30pm – 8:30pm (3 Weeks)

CRUISING WITH THE COSMIC CHRIST: Exploring the Christ in the Bible with Facilitator: Maggie Rosche, LUT

You may come to this class with ideas about both Jesus the Christ, but be willing to re-examine them as we engage the texts we will study. Using the Bible as a primary text, as well as other literature explore the Christ idea and understand the differences and similarities between the Christ idea and Jesus Christ. We will use the example of Jesus as a basis for putting on the Christ and seeing the Christ in others.

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Tuesdays – Course In Miracles 7:00pm

Wednesdays – Melbourne LBGT AA 6:30pm

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**The greatest
optical illusion
is separation**

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover (page 31)

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HORIZONS

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

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



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

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.com

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

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

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

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

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

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

HELLO AND WELCOME TO THE JUNE 2019 EDITION OF HORIZONS MAGAZINE. It's true you can live right alongside someone who has a completely different life than you do. I was helping a friend on her computer and she pulled up her **Facebook** feed. She and I have mutual friends but totally different lifestyles. I was surprised at all the arguments and meanness in her news feed, from people who are nice and kind when they post on my FB page.

I had no idea. I read some of them and was surprised how most were misunderstanding something that was said, something that I thought it was obvious and clear what they meant. I thought boy we do live two different lives. Most of my FB peeps post really interesting stuff with very few posting outright meanness. Either way, whatever I see come across my newsfeed, it's evidence of my vibrational resonance.

DON'T USE FACEBOOK LESS, USE IT WISELY

I see folks complain they hate Facebook because their news feed is full of negativity and complaining. That's not a FB

thang, that has to do with who you have as FB friends. I seldom see complaints on my news feed because I have either unfriended toxic people or unfollowed dear friends who are whiners or whose viewpoints I don't agree with. I learn something new and useful every day.

I joined **Facebook** in 2009. FB shows us another side of the people we know, a side we may only get to know if we spend daily time with them for years. Someone I've met in real life and know as a kind, fun-loving and spiritual person is now posting pro-Trump, hateful, intolerant, racist and body shaming memes about "Democrats." I don't mind that she's a Trump supporter, I'm just stunned by how much hateful stuff she posts. I'm used to the side of her that quotes **ACIM** "Look beyond the error in your brothers and sisters! God does not see — or perceive — error, God knows only unconditional love."

Remember, it didn't start with gas chambers. It started with politicians who divided the people "us vs. them." It started with intolerance and hate speech. When people stopped caring, became desensitized, and turned a blind-eye, it became a slippery slope to genocide.

I don't need to engage her or try to change her mind. That would only separate and divide us more.

She accepts a different premise than I do. If you accept the premise, the logic follows. But I've learned with people I consider my tribe that if I fall out of orbit with one for whatever reason, I'll soon come into orbit with those who meet me at my current vibrational resonance. And it's always an upgrade.

...continued on page 27...



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FEELING AND TACKLING FEELINGS OF INSECURITY

Diana C. Pitaru, M.S., L.P.C. is a Romanian psychotherapist in private practice in Denver, CO. She writes about universal psychological issues that affect quality of life and impede the creative process. Passionate about psychology, philosophy, art, and culture and how these areas connect to improve mental health, Diana offers support and insight to creative adults and teens who struggle with identity/existential issues and in relationships, have a history of trauma, or suffer with depression or anxiety. You can find her Denver practice at www.therapistdiana.com/.

Most people feel insecure at some point in their lives and some experience insecurity over extended periods of time, even life-long.

Feelings of insecurity bring chaos in one's life and with them a shift in perspective which leads to a decrease in quality of life and ability to experience happiness. In fact, feeling insecure affects all aspects of oneself: decision making, relationships, self-view, creativity, etc.

Feelings of insecurity keep one stuck in a number of never ending patterns (many of which are quite destructive) and most times, we don't even know it; after all who likes admitting to feeling insecure?

What makes insecurity hard to identify in oneself is a lack of clear understanding of what exactly falls under the "insecurity" umbrella; top that off with the ease of labeling others as insecure (think high school) and you're sure to remain confused. So what makes up feelings of insecurity?

Insecurity disguises itself in many forms making it hard to identify, especially in ourselves. Many times the more complex the disguises the more we understand the functionality of insecurity as a defense system meant to protect us.

Feelings of insecurity manifest themselves differently from one person to the next and can stem from a variety of sources such as childhood abuse, neglect, violence, failure, fears, etc.

HERE ARE A FEW FACES OF INSECURITY

DEFENSIVENESS

For some, insecurity manifests as an inability to receive constructive feedback. Negative or neutral feedback is perceived as a personal attack and so the "victim" is left with the only option of defending themselves (hence, becoming defensive).

JEALOUSY

Also a form of insecurity despite the fact that many people, even to this day, view jealousy as an expression of love. In reality, feelings of jealousy are meant to control the other person and typically stem from a lack of trust in oneself which invariably leads to a lack of trust in others.

PEOPLE PLEASING

Wanting to be liked by others at all costs and regardless of one's personal boundaries is also a manifestation of feelings of insecurity and typically stems from fears of rejection. This is particularly visible in cases where one will make efforts to be liked even by people they don't like. A side effect of people pleasing is the unwillingness to stand up for oneself or speak out, thus giving the other person the power to violate one's boundaries.

...continued on page 27...





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ABRAHAM ON LEAST RESISTANCE AND ALIGNMENT:

Esther had such an epiphany the other day because she has said, "I shine in a crisis because the crisis makes me focus," and so forth. And so, then she was thinking about this path of least resistance.

So, do you want to take the path of least resistance or the path of most resistance? Well, if you want it to be the path of most resistance, just keep not doing things that you keep feeling like you should do until that path of least resistance just has more and more and more resistance in it. That's why you want to start early, get yourself into a good feeling place, and follow the impulse.

Jerry would say to Esther, "You know, we're gonna do this because it's something that we've agreed to do, so, since we've agreed to do it, why not do it now when we have the ease and leeway to do it, why put ourselves in a corner where we're limited on time and then do it?" And there's something in this that we want you to feel around that.

Here it is: Once you've given birth to the desire, you've set your trajectory in motion, and unless you line up with it, you're gonna feel resistance because you can't pull back from what you've become. You can't be less than who you have become. And so, holding back from who you have become is what resistance is.

Play with this for the next few days. Watch yourself, and ask yourself this question on a really regular basis: Is this the path of least resistance? And then remind yourself ALIGNMENT TRUMPS EVERYTHING, and the path of least resistance will lead me to alignment, and then everything follows from there.

ABRAHAM ON POSITIVE FEELINGS:

It is not possible to consistently FEEL positive emotion about something and have it turn out badly - for the way you feel will tell you if you are allowing your Natural Well Being or not. Once you understand that the way you FEEL indicates your level of allowing or resisting, you now HOLD THE KEY to creating anything you desire.

ABRAHAM APPRECIATION

A state of APPRECIATION is a state of Godliness. A state of appreciation is WHO YOU WERE the day you were born, and it is who you WILL be the moment you die. If we were standing in your physical shoes, we would make this our QUEST in EVERY moment.



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ABRAHAM ON INSPIRED ACTION AND GETTING IN THE VORTEX:

(Guest has a 2 month sabbatical, and wants to know how to make the most of it.)

ABRAHAM: "Don't schedule much of anything. In the absence of the tension of the schedule, impulses will come to you. Follow them. Do not question them. Watch what happens in these 2 months and how your path will reveal itself to you. We wish for all of you that way more of your daily action be inspired instead of structured. I don't know what's next but I know it is going to be exhilarating too."

...continued on page 28...

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

NATURAL APPROACHES TO CATARACTS

As we age, the supply of blood, oxygen and nutrients needed for the health of the eyes gradually declines. This can cause proteins and tissue to clump together clouding the lenses of the eyes. Unfortunately excessive sun exposure, smoking, a diet lacking in fruits and vegetables and diabetes can all increase the rate of developing cataracts. Medications such as beta-blockers, SSRI's, pain killers, cortico-steroids and statin drugs can also play a role in the formation of cataracts.

Fortunately nature has provided us with **Bilberry**. It helps strengthen the capillaries and small veins surrounding the eyes, improving circulation. It also helps reduce plaque buildup in the blood vessels of the eyes protecting the lenses, retina and back of the eye. **Bilberry** also provides the body with magnesium, calcium, bioflavonoids, phosphorus, potassium, selenium, zinc and vitamins A and C, the essential nutrients needed for the health of the eyes. It also contains anthocyanidins; a constituent that helps cataracts as well as retinopathy, diabetic eye disorders, night-blindness, macular degeneration and retinitis pigmentosa. **Eyebright** is another powerful herb for eye health. It has been used for eye health since the Middle Ages, strengthening all parts of the eyes and providing greater elasticity to the nerves and components of the eye that are responsible for sight. In addition to being helpful for cataracts it is also useful for eyestrain and eye infections. Just like **Bilberry** it contains many nutrients necessary for eye health.

Most people think of **Ginkgo** as an herb for memory. However its powerful antioxidants also benefit the eye, especially the retina and the surrounding tissue of the eye. This makes it beneficial for retinopathy and macular degeneration as well as cataracts. **Turmeric** can also be useful in the prevention of oxidative damage delaying the development of cataracts. In 2003, **Tokyo** studied **Chorella** and found that its strong antioxidants have the ability to help prevent diabetic related cataracts. Antioxidants are important to the eye because people who have lower antioxidant levels in the eye have a greater risk of cataracts. **Beta-carotene** is also essential for eye health because it converts to **vitamin A**, which helps destroy the carcinogens that can damage the eye. **Zinc** is another nutrient essential to eye health, as it is necessary for the transformation of **beta-carotene** to **vitamin A**. In addition, **vitamin C** and **E**, **selenium**, **Lutein**, **alpha-lipoic acid** and **flavonoids** all help protect the eyes against cataracts by protecting the cell membranes in the eyes from oxidative damage. This slows down the formation of cataracts and preserves the clarity of the lenses, which is especially important if you spend a good amount of time out in the sun the ultra-violet rays of the sun can be damaging to the eyes. It is also to note that many of these nutrients can be gotten from foods as well as herbs. These include dark colored berries, sweet potatoes, dark leafy green vegetables, broccoli, apricots, tomatoes, squash, peaches, spinach, kale and carrots.



TELL THEM ABOUT THE DREAM

When you search for “the best books for learning improv,” Stephen Nachmanovitch’s *Free Play* is always near the top of the list. His second book *The Art of Is: Improvising as a Way of Life*, shows exactly how the passion and immediacy of improvisation can be cultivated and how we all improvise all the time. Stephen performs and teaches as an improvisational violinist and lecturer. Having collaborated with other artists in music, dance, theater, film, he is passionate about creativity and exploring the spiritual underpinnings of art. See www.freeplay.com.

On August 28, 1963, at the Lincoln Memorial, during the climax of the March on Washington for Jobs and Freedom, the great gospel singer Mahalia Jackson was sitting on the platform near her friend Martin Luther King. King had begun reading his prepared address. Seven paragraphs into the speech, Jackson broke in and shouted, “Tell them about the dream, Martin! Tell them about the dream!”

King pushed aside his notes and began improvising. His written text did not mention dreams. As he looked up at the crowd and rolled into the rhythmic majesty of “I have a dream,” Dr. King was riffing on part of an earlier speech he had given at Cobo Hall in Detroit but that he felt had not worked very well; he was riffing on bits from the Bible, from Shakespeare, from Lincoln, from the Constitution and the Declaration of Independence. The ghost of Gandhi was never far. Though we can identify the deep roots of King’s words, the innumerable strands and influences had been collectively digested, absorbed, and integrated. The interbeing of many is expressed in the voice of each of us. We recognize King’s courage and brilliance, but he was not some solitary genius spinning “creativity” out of whole cloth. There are no such geniuses. This is what it is to be human: to learn and assimilate the patterns of culture, community, and environment, both conscious and unconscious, and alter them as needed, make them ours, so that the voice spontaneously emerging is our voice, interdependent with the human world in which we live. Thus we breathe life into art and art into life.

Improvising means coming prepared, but not being attached to the preparation. Everything flows into the creative act in progress. Come prepared, but be willing to accept interruptions and invitations. Trust that the product of your preparation is not your papers and plans, but yourself. Know that no solo is solo: even one of the greatest speeches of the twentieth century was helped into existence by a good friend’s blurted reminder.

Excerpted from the book *The Art of Is: Improvising as a Way of Life*. Copyright ©2019 by Stephen Nachmanovitch. Printed with permission from New World Library – www.newworldlibrary.com.



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

REMOVE OBSTACLES: USE THE POWER OF PRAYER AND FAITH

Do you want to make changes, but inner voices keep telling you that you can't? Are you convincing yourself that you are blocked or stuck? There is always hope. Call on saints or deities as allies to help you energetically with what seems to be hopeless. With focus, prayers, and faith, every situation can be shifted from despair to well-being. Make the decision and envision life as you wish it to be. Everything is a choice. And, yet, we often need help to overcome the darker hurdles on our path.

When you are feeling despair, **St. Jude** is one you can call on. **St. Jude** is often considered the patron saint of hope and lost causes. Quiet your mind, send off a prayer to petition the aid of **St. Jude Thaddeus** when you feel that all is lost and there is no way out.

In the **Hindu** tradition, **Ganesha** is the elephant-headed god, son of **Shiva** and **Parvati**, and is widely recognized as the destroyer of obstacles and a bringer of good fortune. **Ganesh** is the perfect ally to ask for help when you find yourself believe that you have a block or too many obstacles. Stories differ on how exactly he came to have an elephant's head. Most believe that **Shiva**, his father, cut off his human head, without knowing it was his son, and replaced it with that of an elephant to save him.

AFFIRMATION: Power and strength are mine. It is safe for me to be powerful in loving ways. I transform challenges with ease. I release what is no longer for my highest good. I am confident. I earn unlimited income doing what I love.

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SETH SPEAKS

"You are meant to look at your physical condition - to compare it against what you want and what is good - and change the inner self accordingly. Any evils in the world are symptoms of your own inner disorders and are meant to lead you to cure them. 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

SETH ON DREAMTIME TRAVELS:

...It means that the personality exists in many dimensions at once. Now this includes not only reincarnational material in your terms, but the realization that the personality in the dream state is actually as alert and conscious as it is in the waking state.

Now pretend for a moment that you are your dreaming self. And you want to understand the nature of physical reality. So you must peek out at physical reality, while the body sleeps and the eyes are closed and the senses are "dimmed" in your terms. You would gain little information, and yet you are in the same position attempting to understand the nature of the dreaming state with your waking consciousness.

Now, I have told you often that there are methods by which you can indeed take your waking self into the dream state and follow your own travels. Now you follow them but you (Rose) will not remember; and you (Sally) follow them sometimes; and you (Rachel) follow them sometimes; and you (Amelia) are beginning to put one foot upon the path; and you (Brad) have not as yet allowed yourself to remember any of your dream encounters.

But the point is that you can indeed learn to do this - that it is not impossible. It is not only probable, but it is not even difficult.

Once psychology realizes that the personality is also alert and conscious in the dream state, then indeed its precepts and its bases must change. For information is given to you not only in your waking, conscious, alert daily life but in what you would call your unconscious sleep state.

Now your sleeping self is awake all of the time - you dream all of the time. Your dream life is continuous, only your waking ego closes out the inner stimuli and does not see it, for it must concentrate upon physical daily reality.

But it can learn to look inward, change the focus of its awareness and take quick pictures of this inner environment. So more than reincarnational existences are involved.

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FROM THE HEART



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

WHY HOPE IS TRUSTWORTHY

My coaching client Sara had agreed to a business dinner with a fellow she found quite difficult to work with after she made the appointment. Now, the morning before the dinner, she was looking for a way to get out of it. “When I went to the store this morning, my car had trouble starting,” she told me. “When that happened, I found myself hoping it wouldn’t start so I would have an excuse to not show up for the meeting.”

I told Sara, “You don’t have to create a broken car to avoid the meeting. You can just cancel it if you like.”

“Yes,” she concurred. “Now I see that my hope for the non-starting car was showing me what I really wanted to do. I just needed to find the courage to do it.”

Business leader and philanthropist **David Mahoney** said, “Trust your hopes, not your fears.” If you have a difficult decision before you, ask yourself, “What am I hoping will happen?” In the answer is your guide to your likely best path.

You don’t have to create adverse circumstances to find a reason to do what you wish to do or avoid what you do not wish to do. Just be honest. A caller phoned my radio show (hayhouseradio.com) and explained that after her messy divorce a few years earlier, she had put on a bunch of weight, and even though she had tried various diets and exercise regimes, she couldn’t get the weight off. I asked her, “Is there any way you believe the extra weight serves you?”

She thought for a moment and answered, “Since my divorce I don’t really want to get involved with a man. Maybe on some level I believe that the extra pounds make me less attractive and I won’t have to think about having a relationship.”

I thanked her for her honesty and suggested, “If you don’t want to be with a man, you can just say no. You don’t have to use the weight to speak for you. You can claim your choice directly.”

The question, “What would you like to do?” is one of the hardest questions for many people to answer. We have been conditioned to think about what our parents, religion, spouse, boss, or culture want us to do, leaving our true choice buried under a massive pile of “shoulds.” On the first day of a weekend seminar a fellow told me, “My ex-wife wants me to do one thing, my kids want me to do another, and my girlfriend is pushing me in another direction. I don’t know what I should do.” I asked him, “What would you like to do?” A stunned look washed over his face as he answered, “I never thought about that.”

I told him to give that important question some thought and let me know what he came up with.

At the next day’s seminar meeting he stood and reported to the group, “**Alan Cohen** healed me yesterday! When I thought about what I really wanted to do, I got totally clear and found a path that was satisfying for me and would work for everyone as well.”

I don’t claim any credit at all for healing that man. All I did was ask him what he really wanted to do. His honest answer opened the door for his awakening. Truth heals.

We don’t always achieve the situation we are hoping for, but stating our intention definitely ups the chances to attract that result. We do best to state the experience we are hoping for, and allow the universe to arrange the details. Rather than demanding the physical characteristics, age, or income of your desired mate, you can state, “I want a relationship that is harmonious, mutually supportive, joyful, and based on shared spiritual values.” That kind of request gives the universe far more latitude to bring you what you want than narrowing your hope down to specifics that leave out what’s really important.

The key to getting what you hope for is to know that you are worthy to have it. Your hopes represent a pipeline to the place deep inside you that knows you deserve good. That inner well of worth may be buried under years of training to the contrary, but it cannot be lost. It is there. The part of you that hopes for your good indicates that you remember you are here for a good purpose, you are loved, and the universe can and will deliver your blessings. Reality can be submerged, but never destroyed. Trusting your hopes and acting on them increases the size of that crucial pipeline such that it becomes easier and easier to tap into your worth and live from it. Acting on your hopes is the greatest investment you can make in yourself.

You don’t have to manufacture problems as shields to keep what is unattractive or detrimental at a distance. You can claim your right to your good without playing games or making excuses. Honesty is your best friend on your spiritual path. While telling the truth may be uncomfortable at times, if you are sincere, it will take you to where you want and need to be. Then you won’t have to just hope for your good. You will be living it.

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Dear Whitedove,

A few months ago, my Mother died very unexpectedly and I feel such a heaviness and so very alone in this world. What proof can you offer that there is life after death?

Dearest,

The grief that you're feeling is a natural part of the healing process. We mourn, grieve and feel abandoned, but grief is only for the living. Our loved ones are still with us, just in their lighter body. Did you know that the soul can travel at the speed of thought? Just concentrate your thoughts on that person and your loved one will come to you. They can hear you. Know this: it's easiest for them to show themselves and interact in your dreams. These are actual visitations. For me, I have proof every day; I see souls and they often ask me to relay a specific message. I know that you will have your own experience through the dream time and it's a blessing when you feel reconnected. In this way, you will know that life continues after the transition that we call Death.

Dear Whitedove

I need to know if animals have a soul like humans? I believe that they do - sometimes I look into my horse's eyes and I believe that he is more like a person than an animal. I'm a huge animal activist and I'm a rehabilitation horse therapist. I always try to tell people that animals have souls but usually I'm just given a weird look.

Dearest

Congratulations on your noble work of healing with horses, they are majestic beings. Animals are a special group of God's children and deserve the same love, respect and care as humans. Yes, they have souls, but animals have their own kind of evolution since they are a part of the **Angel Kingdom**. Unlike humans who have an individual soul, animals have what is known as a "collective soul". This means that they belong to a group consciousness that governs them as a whole. When an animal dies it returns to the collective consciousness and reincarnates within the collective - not as a human as some religions teach. These noble animals are very unique as they are more cognitively aware than normal and have superior intelligence. Horse symbolizes flight to the higher realms because they can soul travel in between our world and the spirit world. I love and respect horses just as you do - they are magnificent!



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Dear Whitedove,

Some people believe that each life is mapped out before we come to Earth and that is our fate. Others believe that we can change our life's path at any time. So I would like to know, is there a difference between fate and destiny or is our life's plan preordained?

Dearest,

There is a great deal of planning that goes into a life's mission. As we prepare for our Earthly journey we make an agreement with God. We select lessons to learn and also lessons that we agree to teach others - these are called **Soul Contracts**. So we map out our journey. There are very few events etched in stone, but if there is something that we **MUST** experience it's preordained or called fate. Then there are other events that will only happen if everything is lined up with divine timing as destiny or a synchronicity. One of God's greatest gifts to humankind is the gift of free will. This affords us the opportunity to co-create our life on Earth. We can get caught up in drama and create a hellish life OR we can dream big and create personal heaven on Earth. Know this, Your spirit has the ability to overcome any hurdle: poverty, abuse, illness, financial loss. Every great master has taught this truth. So I would like to encourage everyone to monitor your thoughts because they are your building blocks. Visualize the future as you want it. Then take action. Heaven is within your reach!



4 SECRETS TO OVERCOME RESISTANCE TO CHANGE

Michael Patrick Bovenes is the founder of Soul-utions for Moving Beyond Struggle. Michael is a mystic, metaphysical teacher, and personal empowerment leader. He's studied the nature of the mind and how to align the mind to remember the forgotten power of Soul and Spirit. Follow him on Instagram@ soul.utions. Go to www.Soul-utions.com to receive his Free video series on 3 Reasons Why People Resist Meditating Regularly and How to Overcome Them!

In life, one thing is constant... change is going to happen! Everyone desires change and change is inevitable; so why is it difficult for so many people?

The process of change in our lives can lead us toward growth and fulfillment if we learn how to cooperate with this unyielding force. When we partner with this force of evolution we can take a quantum leap in our lives. In this article you'll discover why you resist change and learn four secrets to move beyond your resistance to create more positive changes in your life.

When we reach for change, a part of us naturally recoils and resists. If the recoiling is stronger than our reach, we experience procrastination. If we resist change too often we experience struggle, frustration and stagnation. It is only when we learn the secrets of change we can build an alliance with it and experience greater freedom and success.

THE 1ST SECRET:

Seek growth rather than change. Growth is the process of reaching for something new (expanding your consciousness) while letting go of the old. Growth always leads to positive change in our lives. Whether it is a new relationship, a new belief or a new experience, growth leads to positive change as it shifts from the old to embrace the new. Growth is the foundation of evolution and challenges us to become more in some area of our lives. Growth always produces change; but change does not necessarily produce growth. Growth is about evolving to become more of who you are meant to be.

Tip: Are the changes you desire about personal growth? Look at the changes you want to make and determine if they are a growth choices (becoming more) or a fear choice (protecting yourself out of insecurity).

THE 2ND SECRET:

Genuine change involves emotion. Some people seek only physical changes. They want to change the physical aspects of their lives without changing their feelings. Erroneously they think a change in the physical form will bring about a change in their feelings. When change is only about changing the physical (new haircut, wardrobe, mate, house, etc.) personal growth is limited and change is temporary at best. However, when change is made at an emotional level, growth is produced and the physical form begins to change without struggle.

The foundation for permanent change begins within our emotional nature. Our emotions prompts us to take action and set things in motion (e-motion = energy in motion). Emotions are provide your motivation and they must be a part of change before genuine change can occur. Our ego is concerned with changing only the physical aspect of our lives (outside) and our soul wants to change and heal the feelings and the way we function on the inside. When you begin inside out, change flows more naturally and with less resistance.

Here is an example: A client of mine was "stuck" in a relationship. The feeling of being powerless was a pattern that haunted him for years. He attempted to fix this problem by changing the person he was dating every six months. (Changing the outside). He never changed the feelings that attracted those relationships in the first place. Once he understood that the feelings needed to change, he quickly attracted a new relationship with someone who reflected his feelings of being powerful.

THE 3RD SECRET OF CHANGE:

All Change Produces Chaos! This is the most powerful of all the secrets combined. Chaos and change always function together. It isn't change that you resist, it's your ego's attempt to avoid chaos that creates resistance. When change happens it is always accompanied by chaos. Chaos can be either light or dark and is a vital energy to the process of every change.

We may yearn for change and recoil from its chaos simultaneously. We have been taught to believe that chaos is bad and to be avoided, yet even the most incredible changes we desire: (i.e., getting a new job, a promotion or starting a new romance) will also produce chaos! Change is messy and the ego is challenged to accept it because it looks less than perfect. The tug-of-war between our ego and our soul creates resistance to change. Life is not to be controlled (especially by our ego) - it is to be mastered by our soul.

...continued on page 29



ABRAHAM FUN



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

Soulsongs #230

Sick and Tired of Being Sick and Tired

Perhaps I've had a health problem so long that it seems I'll never be free of it. Perhaps all my efforts to heal myself through conventional or unconventional approaches have faltered.

I pause now, take a deep breath, and absorb this truth: Every cell and organ of my body knows how to be well. It is my natural, normal state, whatever my age, to be whole and healthy. Even this moment, my body is working to bring itself into balance, alignment, and perfect functioning. The only reason this hasn't yet happened is that I'm holding myself apart from the well-being that is mine.

Illness shows up as a result of my being at odds in various ways with life. And illness will recede as I make peace with who I am, where I am, where I've been, and those around me.

It's not a particularly easy drill. I may be practiced and skillful at giving my attention to what I don't like, and my health condition, of course, evokes even more of the same.

But there is a cure, and it will unfold as I stop fighting my situation, forgive myself and others, find things to appreciate, and give myself permission to relax and have fun.

A negative condition will begin to dissipate as I release the thinking that sustained it.



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Soulsongs #233

Open Door Policy

There is one way to attain the health I desire: simply keep the door open to the good health that is, right now, trying with great determination to reach me.

Every moment that I'm feeling emotionally good - calm, peaceful, content, hopeful, positive - the door swings wide open. Every moment that I'm feeling emotionally bad - victimized, powerless, resentful, harried, frustrated, negative - the door moves towards the shut position.

There are no ultimately effective treatments, remedies, or cures that can go through a shut door. Similarly, when my door is consistently open, the treatment or remedy that is perfect for me can waltz right in. Or perhaps it will be spontaneous healing that will rush to embrace me.

This explains why some treatments - conventional or alternative - work for some people but are useless for others. It all hinges (bad pun) on a person's door.

Today I find ways to think and feel as good as I possibly can about as many things as I possibly can. Today I open my door wide to health.

CALENDAR OF EVENTS

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

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

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

Tuesdays INDIALANTIC 4:30-5:30pm Restorative Yoga with Reiki, Aquarian Dreams 321-729-9495. karenhedley.com

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

Fridays INDIALANTIC 5:15-6:15pm Soundscape Yoga Nidra Meditation, Aquarian Dreams 321-729-9495. karenhedley.com

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$10 Members, \$20 others. Spiritualist Chapel of Melbourne meets at 1924 Melody Lane behind Melb Auditorium 321-419-6262

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

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THE MAGIC OF COCOA BEACH AND FLORIDA'S SPACE COAST

Gillian MacBeth Louthan is a Seer born with the gift of Knowing. She is an intuitive with advanced channeling abilities. She will be speaking at the Ancient Healings Conference in July (see ad on right) and she will back in November for The 11:11 Light Gathering in Melbourne.

www.thequantumawakening.com thequantumawakening@gmail.com

I wanted to share with you the Power and significance of the place that was picked for the Ancient Healing Conference in Cocoa Beach Florida July 19-21, 2019. Dr. Duncan Bowen, creator of the conference was very tuned in indeed. Florida herself is part of the Atlantean continent structure. Like the arms of an octopus she extended herself outward and away from the Atlantean confusion. She holds timeless secrets upon her sandy shores and beautiful beaches, waiting to connect with those that will listen to her secrets.

I was summoned to Florida by a dream in 1979 wherein 'I Dream of Jeannie' from the old TV show told me to move to Cocoa Beach to find what I was looking for. Ironically, I Dream of Jeannie was filmed in Cocoa Beach. The dream was simple yet so powerful, I packed up and moved to Florida for the spiritual ride of my life.

The magic of Florida is self-evident as it has always had a great magnetic pull upon the masses who come to her sandy shores to heal. The true magic of Florida lives in her Atlantean connection that still pulses within waters and sands. Once Florida has entered your heart, she has linked to your Atlantean lifetime and she never lets go. The Space Coast is just that, it's all about space, inner, outer, theirs, ours and whoever else's. This is a special place, a spatial place and a place that holds an enchanting vibration that has nothing to do with the Kennedy Space Center.

Florida has beckoned a multitude of great light workers to her since the late 70's, all following what spoke in their heart and just like me followed the light to Florida. Like a scene out of 'Close Encounters of the Third Kind' minus the mashed potatoes we literally followed the Light instructions. Each time a great hurricane even looked towards the state of Florida, all who held that great light and hope for the future of mankind in their heart, stepped forward, in energy, action and deed, intentionally placing a mantle of light and protection completely around the state. All we knew was that she was important, sacred and held a great position in the gird of planetary light. Each longitude and latitude of Florida, each town, each port, the west coast and the east coast and the keys, all project a different frequency, each a different healing doorway.

...continued on page 29...

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Schedule

Friday July 19 2019

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Saturday July 20, 2019

Conference Seminars

Sunday July 21, 2019

Conference Seminars





DON'T JUST SURVIVE—THRIVE!

Matt Kahn is the author of the best-selling book *Whatever Arises, Love That* and *Everything is Here to Help You*. He is a spiritual teacher, and empathic healer who has become a YouTube sensation with his healing and often humorous videos. His nine million True Divine Nature YouTube channel viewers are finding the support they seek to feel more loved, awakened, and opened to the greatest possibilities in life through the invitation to join the "Love Revolution That Begins with You." See mattkahn.org.

I am going to assume that there has been some degree of victimization in your life. It could be small (Dad was late picking you up at school when you were six years old), or it could be large (sexual or physical assault).

Either way, I know there is a part of you that has created certain patterns to protect yourself and keep you safe. And that's great—those patterns brought you this far. But from now on, you are going to have a higher standard for your life.

Now, you want to do more than just protect yourself and survive.

You want to thrive. That means yesterday's medicine is today's poison.

You can't heal trauma or step out of victimization from using your mind alone; it's got to be emotional. You've got to feel something. You see, trauma is stored in the body.

The problem with trying to only think your way into healing is that you ignore the very thing that needs to heal—your body. So, we've got to go deeper than that and feel our way from pain to freedom, from hurt and resentment to forgiveness, from small to unleashed.

This transformation happens at the emotional level, not the level of thinking. To do this, you must allow yourself to feel any and every emotion necessary. And you've got to change your view on what those emotions mean.

Understanding the power, relevance, and profound wisdom in all your emotions is the key to point the way toward our transformation.

The biggest leap in belief I'm going to ask you to take as is that on some level, you chose this life and your current circumstances—and everything that's happened in it—for the sake of your own Soul's evolution toward your life's Purpose.

On the level of human logic, this makes little sense. But human logic is not what is going to set you free. You've got to learn to tap into the paradoxical and nonlogical Divine mind. You see, human beings crave a God who operates by their belief systems.

But it is unwise to try to fit your Creator into your current level of awareness. God does not operate by your rules or your sense of justice.

There is a much bigger picture happening here. Souls are learning lessons over many lifetimes, so we must take an expanded view of our current circumstances to truly claim our power.

I will help you understand and adopt this expanded view of your, but what's important to understand right now is that all pain comes bearing lessons, all suffering has meaning, all unjust actions have a karmic debt, and all roads lead back to love. When we stop trying to understand our lives through the lens of human logic and instead surrender to the fact that we are a part of something greater, we can truly and forever get unstuck.

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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>

There are only miracles, and to one degree or another they all soothe, pamper, and enrich. However, to avoid blowing too many minds at once, some are disguised as unpleasant surprises, botched circumstances, and twisted acquaintances that can rarely be seen for who or what they truly are until the pendulum has fully swung. Yes... don't I think of everything?

Duck!

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 and www.Soulshapinginstitute.com

One of the problems I have with the burgeoning conscious relationship movement is that it often implies that if we provoke the triggers of the other, it is a sign of staying together. This is not always like this.

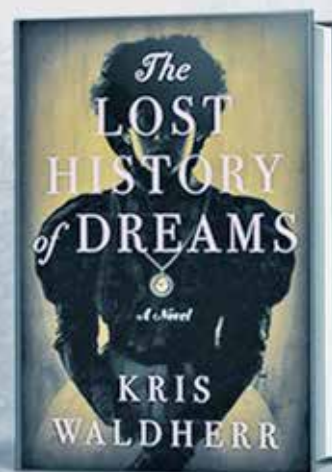
Once again, I appreciate the value of not turning away from ways and people, just because it's getting uncomfortable. We can't only stay in situations where you feel good, because there can be important lessons that we have to learn in the heart of the discomfort.

At the same time, the idea that all trigger-laden connections carry a seed of transformation is unhealthy and not always true - even if the willingness to work is. There is a meaningful difference between difficult situations that serve as food for expansion, and those in which the discomfort is a signal to go away.

This applies to relationship as well as friendships. Sometimes the shadow shows up because we have to work something out. Sometimes it pops up because we just aren't where we belong,

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BE THANKFUL FOR YOUR PROBLEMS

Problems need your attention. I always felt I could handle any problems. All problems are enacted on TV. We have a detached view of these problems. We feel this can happen to anybody. We can learn from TV.

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We know old age and death will come. We see other people dying, so we know we will die. Wherever you get knowledge is a guru. It may be from a bird or a rabbit. Always look for **God**, virtues, happiness.

Keep your mind positive always. The world doesn't exist. What exists is your thoughts.

Thoughts create beauty. If ever you have a problem, don't grieve but find the root of the problem.

If you practice yoga and meditation you will know things beforehand and you will know what to do next. You have seeds within you which will guide you.

Be stronger than your problems. When you go to market you take your wallet with you. If you have a lot of money you can spend. When you have a lot of knowledge, you can easily solve your problems. Problems demand your attention only.

We are all potential beings. We have a lot of energy and nothing to do. Sometimes we misuse energy. Energy is misdirected. Be the best wherever you are. If you are a husband, be a good husband. If you are a wife, be a good wife.

All problems can become assets. Problems are given to children to learn Math. Problems can help us a lot. They give us something to do.

Make a promise to **God** (sankalp) and keep it. Be truthful to your resolve and problems will melt away.

How to keep healthy should be propagated. Billions of dollars are spent on curing sickness. Yoga is to prevent problems. Don't think that you are sick.

You have to protect yourself. As you put up a fence to protect your property, similarly you have to protect your mind also. You have to be selective.

Everything is available here, good and bad, but you have to select what you want to plant in your garden. Family background is very important. Environment has to be nourished, has to be fed as you care for your garden.

Problems are not problems, they are messages, and they are educators. **God** has sent them because He knows we can handle them.

Since ages there have been criminals in the world. All souls are not on the same ladder. There will always be evil in the world.

If someone kills me, I will be thankful. I'll be free from washing, cleaning, eating. I had enough ice-cream. Now let others enjoy.



FEELINGS OF INSECURITY

...continued from page 8...

EMOTIONAL MANIPULATION

Using one's emotions to get others to change their mind about something or change their beliefs and behaviors. This particular type of insecurity (like many others) can be unconscious (without realizing) or purposeful.

INCESSANT TALKING (TYPICALLY ABOUT ONESELF)

This is a form of insecurity that pertains to people who do not feel heard. Talking is perceived as "the surest way" to maintain focus on themselves and to be noticed. A different type of talking that relates to insecurity is gossip. A person who feels insecure uses gossip and putting other people down as a way to make themselves look better in front of others and feel better about themselves.

SUPERIOR ATTITUDE

This manifestation of insecurity is multi-pronged and includes other elements such as materialism, arrogance, and selfishness. In this context, people use expensive things, material possessions, achievements, and even relationships to help project an image of success (which contradicts to painful reality) or more to feel like they are better than the rest.

UNKNOWN IDENTITY

One of the deepest form of insecurity comes as a result of not knowing who we are and the reason why it is one of the deepest forms is because after all, identity is the foundation onto which everything else gets built. Because identity is such an abstract concept, identifying insecurities in this area all on your own can prove difficult, mostly because insecurities get confused and lumped up with personality traits.

For instance, doubt is a form of insecurity, yet many secure people feel doubt as well. Constantly doubting one's decisions and looking in the past with regret without learning from those lessons though is a form of pervasive doubt or insecurity.

Most of these forms of insecurity can be tough to recognize in oneself, although not impossible. Admitting to feeling insecure in itself is a huge first step that many choose to skip only to realize that without it, there is little room -if any- for confrontation, acceptance, and growth.

By no means is this process easy or pleasant, after all having to admit certain unpleasant truths when they used to be meant only for others can be quite the adjustment. Still, if you recognized yourself in any of these scenarios and if you can notice the ways in which you've been creating your own obstacles to success, taking a look and tackling your insecurities could very well be the answer to making a change.



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 YOU WANT \$\$ TO FLOW IN, YA GOTTA PAY FOLKS BACK

I spoke to a woman who's trying to "remove resistance from her life so she can attract more dollars." She bought a purebred puppy which is giving her a lot of joy but that isn't enough to drop her resistance so she can attract \$\$\$. She heavily invested last year in a project that should bring her lots of money, but so far has not. My spidey sense told me she had financial obligations tied to the project that she had not fulfilled. I took that to mean she still owed someone for funding the project. I also felt she had several personal loans from friends that she was not paying back. She admitted that was true but one reason was she didn't know the puppy would cost so much, vet, etc.

Also she did have a little money in the bank but she "needed to save that for a rainy day." I told her it's all related. Even if she has to bottom out her nest egg to pay everybody back, doing that would open the flow of her dollars. She was the one crimping her own hose, keeping the dollars from flowing thru. A fave dollar mantra of mine is *"My cash flow is never ending, twice as much as I am spending."*

Years ago I had a tax accountant who I later learned didn't exactly know what she was doing. When she moved and I had to get a new tax chick, I immediately owed the IRS \$10,000. WTF??? At the time I had one remaining investment which totaled \$40 more than I owed. Ya gotta laugh. I opted to close the account so I didn't have the debt hanging over my head, impacting my dollar karma. Because I know it's all related. Everything. If you want people to pay you dollars, make sure you've paid everyone you owe. Even mom, even your ex. Empty your pockets so God can fill them with diamonds.

A SECRET PATH WILL OPEN FOR YOU

Earlier I was walking toward the west woods circle in the firepit area. In the dark I miscalculated a twist or turn and found my path blocked by the giant arbutus bush. I knew my path had to be just a few feet from where I stood. I backed out and stood waiting on the main path until my eyes adjusted to the almost black night and revealed the path to me.

Rumi says, *"Whatever happens to you, don't fall in despair. Even if all the doors are closed, a secret path will be there for you that no one knows. You can't see it yet but so many paradises are at the end of this path. Be grateful! It is easy to thank after obtaining what you want, thank before having what you want."*

Enjoy our offering this month.
Hari Om.



Andrea



ABRAHAM-HICKS

...continued from page 9...

"You say, How do I turn thoughts to things? How do I get in the Vortex?..... You do it by accepting that what you want is vibrationally queued up for you and finding the vibrational frequency of what you want.

If you do not rise to the level of your own creation, then you cannot realize your own creation. You cannot keep noticing that the new stuff you want has not manifested yet and let it in. You have to find a way of enjoying the new thing even though it hasn't happened yet.

The realization that is happening to you now is the extent of the life you are living. It is your work now, if we were standing in your physical shoes, we would be measuring every thought against the backdrop of the enveloping culture of love.

You are preparing yourself for the path to find you. When the path finds you and you notice it, that is when you will feel the exhilaration that we are feeling and that all is well and nothing is broken and the world is a glorious place. Nothing will ever stop the expansion.

ABRAHAM ON PERCEIVING 'LESS THAN'

Any time you see someone as 'less than' you deviate from the Source within you. Any time you do something other than love someone, you deviate from the vibration of the Source within you. When you find fault with yourself or someone else, you deviate from the Source perspective within you. When you feel unworthy, when you proclaim yourself incapable or not good at something, when you put yourself down or someone else down, when you look at the world and see its flaws or find worrisome things about it, the reason those things feel the way they do is because you have deviated from what who you really are, knows.

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ABRAHAM ON RESISTANCE AND ILLNESS

(The second Guest had severe back pain for 18 months and prior to that for 8 years.)

"There is a way to withdraw from the specifics or details of the what-is reality and instead focus on the vibrational reality, and from there build your vibration anew."

"If you can pull back into the general, you would stop most of the wobble."

"But Abraham, we live in the real world, we can't just sit around and OM all day!"

"If you can disregard the conditions, not think about the conditions, if you can think about something other than that, then you can find your non-contraverted, non-resisted starting place."

"Would you rather experience clarity or confusion, easy or frenzy, calm or panic, kind or mean, appreciation or criticism, love or hatred, love or anger, love or blame, love or..."

"So what we are saying to you is that as uninteresting as that conversation about emotions may seem, but if you can accept that everything about you is about energy and that everything about your body is about energy, if you can start each day in a starting place with no resistance, then LOA brings you impulses and ideas that will be beneficial to you."

All illness is about the tug of war that is happening.

"There are thousands of books that have been written about what to do when you have a big wobble going on, and when you've got a big wobble going on, none of that will help you."

"You will be involved in lots and lots of delicious details, there will be lots of momentum, but you need to get your balance first by starting out wobble-free first thing in the morning and finding your stability."

"Esther woke up one morning and fell in love with her pillow. She was in total bliss."

"Esther said to her pillow, 'You know why I love you so much? You have never wronged me!' Then she realized that it was the conditions she was placing on others that was causing her resistance."

"You need to create around you a vibrational atmosphere that is absent of resistance, and then what is in your vortex can just flow into your experience."

"Pull your focus back from the specifics and focus on the general and really get your feet under you."



OVERCOME RESISTANCE TO CHANGE

...continued from page 16

We can influence the direction of change when we let go of control, embrace chaos and learn to dance with chaos and thus change. The chaos of change is the energy of change - changing. The energy of moving from one form to another. How we tolerate chaos influences the outcome of change, be it positive or negative. For instance, when you mix fear with chaos, change becomes negative, producing anxiety and frustration. On the other hand, when you mix hope, vision and trust with chaos the energy can lift to excitement and joy. Anxiety, frustration, excitement and joy are all chaotic emotions and influence the outcome of the changes you want desire. You will manifest either your greatest longing (desire) or your greatest fear, depending on which one you feed your attention and energy.

Chaos is neutral and is a part of every change. This truth can help you relax and stop worrying that you might be doing something wrong when you feel the chaos of change. It's natural to feel chaotic when you experience change in your life. If you don't feel chaos then you aren't really changing. Big changes produce lots of chaos, small changes produces a little. So let chaos be a part of your life, stop judging it as bad and learn to embrace it. This will help you to move beyond your resistance very quickly. Know that chaos won't last forever and is living proof you are in the midst of changing.

THE 4TH SECRET:

Focus on creating a positive outcome by visualizing your future self. How often do you think about what you don't want to happen versus what you do want? This only attracts more of what you don't want! To make changes while in the throes of chaos, focus on the future of how you'd like the changes to occur in your life.

Learn to focus your mind with guided meditation. In a state of meditation you can visualize your future self. Find a relaxed position, close your eyes and take in several deep breaths to help relax your body and focus your mind. Begin to imagine yourself in the future with the changes you desire in your life. Think about how you will feel once you've created the positive changes in your life. Your subconscious mind can begin to help you create the changes you desire.

Don't wait to see what the future holds, rather create what you want the future to be in your mind. The more emotions you add to your vision of change, the quicker those changes will manifest. Repeat this on a regular basis at least once a week. You will begin changing the course of your future by using the power of your imagination. As you implement these four secrets, you will end your resistance and harness the power of change to become the master of your life.



THE MAGIC OF COCOA BEACH

...continued from page 19

The Space Coast and all of her secrets have held a broadband vibration for many years. This special place in **Florida** talks to you in pulses, some are manmade, some are stellar, some are from what lives beneath the earth and seas. The body reacts to the callings of this land, like an earthly drum. Long before **Ron Jon's** became **Disney-fied**, when the juice bars still allowed sandy toes and the bonfires burned bright against the ocean, the sound of love could be heard speaking thru the hearts of all who lived on the **Space Coast**. Back then we all had the sands of time running between our toes, always digging in, we paid attention to what happened in the sky, the heavens, the ocean and the horizons of this specific watery latitude and longitude. Everything spoke to us, magic was all around us, we all believed

Those of us who lived here during those times knew in our heart of hearts that we were the champions of Light, that we were going to make a difference on Earth and shift the paradigm into a place of healing. During that time many had dreams of aliens, space visitors, disasters and evacuations, we all still remember those dreams to this very day. The stars talked to us and showed themselves in living color. The lights in the sky, on the shore, under the water, were animated and not human driven. Cities of timeless light showed themselves in the waters between **Cape Canaveral** and **Vero Beach** creating powerful doorways of time. The sky and sea danced together, showing newly risen watery truths. Like an action movie in dimensional flux, pixelated to the max, that which was hidden showed itself above and thru time and the Florida waters. The entire state of Florida was having visions, of **Mary** on buildings, food, everything seeking to be holy. **UFO's** were front page news, psychic awakenings, kundalini activations and spontaneous channeling, a daily event.

From 1979 to 2019 is 40 years, a powerful cycle that is now creating another opportunity to move upward in light while still in human form. 40 is a powerful number. 40 holds the '**knights code**' it is loyalty personified. It asks one to share all of their truths and wisdom's holding back naught. This energy is about making ideas concrete and workable, it is constructing the future. 40 is the number of years that **Moses** wandered the desert. This is the end and the beginning of a new cycle of Light. It is by no accident that people from all around the world will gather at this conference becoming part of something bigger than themselves, multiplied exponentially via this portal of **The Space Coast** allowing ancient truths to become Timeless in their approach and Landing.

From the moment **Dr. Duncan** told me about this conference I got so excited, like a kid waiting for **Christmas** and the special magic of that day. I've always seen a 'conclave of powerful light teachers' coming together and this Conference seems to be the perfect intersection in time and space. I am honored, humbled, excited to be part of this powerful portal of ancient healing.



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

HOROSCOPES

JUNE 2019

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

Aries - (March 20 - April 19) Like a breath of fresh air that fans your fire, this month sees you so busy that you'll wish you had the 8 arms of Lakshmi, the Hindu goddess of abundance. Take time to renew or you'll burn out. Nervous tension is a problem- especially on the 18th as Mercury conjunct Mars stirs up problems. Don't let a misunderstanding get in the way of a long-held friendship; the friend is more important.

Taurus - (April 20 - May 20) This is an excellent month for you Taurus. Money is looking good, you are feeling clear headed and ready for action. It's time to apply leverage by being willing to accept new ways of getting things done. Look into new technologies and how they can boost your efficiency; it's time to take that step into something you previously thought was too expensive. You can afford it now.

Gemini - (May 21 - June 20) Finally you feel as though you've been let out of a box, Gemini. The mystery has been solved, and everybody knows the rules. There is still a bit of 'clean up' from the last situation, but your path into the future is clear. Be ready to negotiate mid-month for what you want and need; you will have to step up and use all of your verbal skills. Protect what is yours, and don't buy into something that you just cannot support.

Cancer - (June 21 - July 21) It will be interesting to observe the power play that develops this month, Cancer. Things move along like a fast paced horse race; watch and see who is looking to come in 1st. You are going to have to step up and set somebody straight, so be firm but kind. If there are legal issues, be sure that all agreements are confirmed before Neptune stations retrograde on the 21st. Maintain your sense of humor, but do not tolerate being used.

Leo - (July 22 - August 22) Are you ready to take action on that new and exciting idea, Leo? Things developed rather suddenly last month, and now you find yourself in the midst of having to really make it happen. You are being challenged to go deep and get better than you ever were before. The good news is that this is exactly what you wanted, and at the perfect time. You just caught the pass, and not it's time to run for a touchdown.

Virgo - (August 23 - September 22) An offer will be presented to you this month; evaluate carefully, think about it, get into your feelings, and then say - yes, yes, yes! Somebody loves you; it may be personally, or it may be professionally, but you can have delight in knowing that the Universe has your best interests at heart. This one has been a long time coming. Finalize legal commitments and get ready to take action.



Libra - (September 23 - October 21) Just do what you're so very good at, Libra; negotiate peace, balance, and harmony. There are some valid concerns in this situation, so get your scales out to find the right balance. Open your heart, use your brain, and you can still make everybody happy. There will be a compromise required, however. You have the ultimate authority and it's your decision to make.

Scorpio - (October 22 - November 21) You have a great opportunity to wrap a long-term project, but you must engage it with all of your stamina and will power. Get into a rhythm and let the momentum of repetition propel you to where you want to go. The Sun in Gemini until Summer Solstice on June 21st energizes your communication skills. There are many ways to get your message across; start looking at some alternatives. Often one picture speaks a thousand words.

Sagittarius - (November 22- December 20) This month is about power, money, and self-worth. Soul currency is measured by more than money; it's the days of your life. Someone is pushing you; recognize the situation and take a stand. Make time for reflection and consciously work to think outside the box; new solutions to old problems are what you need.

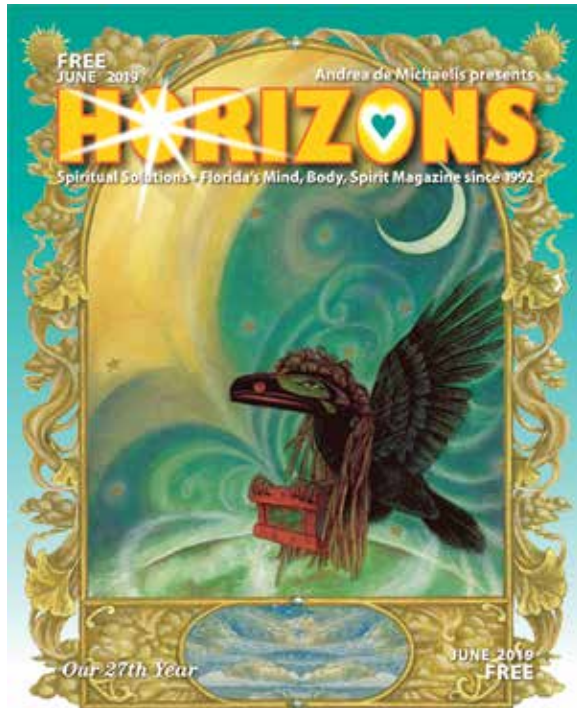
Capricorn - (December 21 - January 19) Yours is a sign noted for self-sufficiency, but now is a time when you must simply trust others to help you get things finalized. It's about power and balance. This dance is a tango - full of passion and nuance. The music is a bit old fashioned, but you are fully engaged with your partner. That is the way it should be. Take time to smell the roses, and enjoy the ride.

Aquarius - (January 20 - February 17) Like a fresh breeze on a spring day, you have arrived to a place of serenity and peace. The missing puzzle piece has been revealed at long last, and now you understand why things have unfolded in the way they did. In this information age of data and communication, one small fact had been overlooked. Once you get this detail figured out, you gain a new sense of control. Enjoy.

Pisces - (February 18 - March 19) Although yours is often a path of 'let go and let things God' you still play a dynamic role in making things happen. By giving a name to your desire, you help it to unfold and manifest in the real world. Take some time to write down what you really do want. Be honest; one of the laws of manifestation is that you must ask for what you wish to receive. Take that step, and you're golden.

COVER ART

RAVEN by Kris Waldherr



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

In **The Sacred World Oracle**, the raven can be interpreted as an invitation to get comfortable with your shadow side because these mysterious birds are often viewed as a supernatural messenger. For example, the **Norse** associated the raven with **Odin**, the ruler of the gods. Every day **Odin** sent two ravens, **Hugin** (Thought) and **Munin** (Memory) to fly about the earth as his spies. However, other cultures perceive the raven as an ominous symbol of misfortune.

The **Celtic** war goddess, **Morrigan**, was said to circle over battlefields in the form of a raven. More positively, the native peoples of the **Pacific Northwest** consider the raven a creator spirit who also functions as a trickster. One legend tells how **Raven** tricked a sky chief to bring light to this world.

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



Image copyright Robert Presutti

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

Kris Waldherr's upcoming books include her debut novel **The Lost History of Dreams** (Atria Books), a Victorian-set reimagining of the myth of **Orpheus** and **Eurydice**. See page 21. She works and lives in Brooklyn. Learn more at KrisWaldherr.com.

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

Louise Hay

When we think that the
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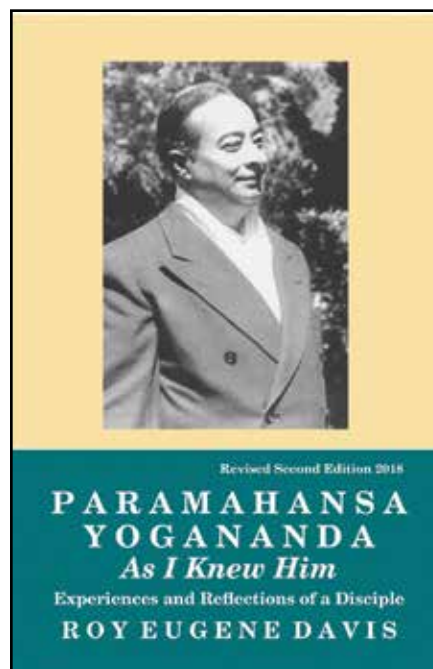
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CSA Press is the publishing department of Center for Spiritual Awareness