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THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Essential Guide to Aromatherapy and Vibrational Healing; Archangels & Gemstone Guardians Cards, and many more. Margaret Ann's upcoming book, The Essential Guide to Everyday Angels will be available in September 2020. Margaret Ann is an evolutionary aromatherapist, the creator of Smudge in Spray, and the owner of The Crystal Garden – the conscious living store of the Palm Beaches established 1988. www.MargaretAnnLembo.com TheCrystalGarden.com

THE ULTIMATE REALIGNMENT: PRAY FOR HUMANITY

At the time I am writing this, we are in our sixth week of sequestering and distancing from each other due to the Global Pandemic 2020. The time has come for the ultimate realignment of humanity.

ONE PERSON AT A TIME

As a human race change must occur. Collectively, we must join together to overcome this invisible energy that overwhelms and creates chaos.

As an individual, change must occur. Each and every one of us must individually go within and step away from the chaos that is currently occurring as well as the personal chaos that created negative experiences you were living prior to this pandemic. We must realign.

To realign we must change. I must change. You must change. And, collectively, we must change our way of being in the world and return to love, kindness, compassion, tolerance, and acceptance.

Love, Kindness, Compassion, Tolerance, and Acceptance

During the imposed pause on our lives we are being called to make a shift in our connection with the Divine and with each other. For the ultimate realignment of humanity to take place requires that we spend time in quiet contemplation to observe ourselves - to review our behaviors toward self, loved ones, and strangers.

Maintain focus and make it a discipline to recapitulate your day each evening. Using your memory, recall your day from beginning to end. Observe if your words and actions resonated with love and kindness. Contemplate how much laughter and joy existed. Notice how people acted or reacted toward you and reflect on why these experiences have occurred. Do this practice without judgement.

THE RETURN TO LOVE

It is simple. Love is the answer. Return to prayer. Return to contemplative thought. Return to meditation. Return to self-reflection. Return to dedicating your life to being a better person today than you were yesterday.

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

Join us each Sunday, 10:30am EDT on our Facebook Live stream as we offer uplifting music videos from nationally-renowned musicians, contemplative meditation, and thought-provoking lessons by Rev Val Parson, Unity of Melbourne Senior Minister.

We bless all opportunities to receive your gifts and offerings either through online giving via our secure donation site, <https://www.unityofmelbourne.com/donate/> or traditional mail 2401 N. Harbor City Blvd, Melbourne, FL, 32935.

We bless you during this time and we stand committed to serve your spiritual needs.

CLASSES

Wednesdays, 7pm – 8:30pm Class is offered via Google Meets. Email Randy at RandyBFillmore@gmail.com.

HEART-CENTERED METAPHYSICS GROUP BOOK STUDY

Facilitator: Rev. Randy Fillmore

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



CONNECT June 4, 11, 18, 25

Facilitator: Rev. Valarie Parson

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

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

Facilitator: Rev. Valarie Parson

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

As One, we celebrate a spiritually awakened world www.unityofmelbourne.com

The greatest optical illusion is separation

HORIZONS

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover (page 29)

Vision of Love by Melanie Fox

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- Seth thru Jane Roberts
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- Margaret Lembo
- Abraham-Hicks
- Kendra Cherry
- Karen Williams
- Gregg Braden
- Mike Dooley
- Brene Brown
- Alan Cohen
- Tom Sannar
- Jeff Brown

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

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



Horizons thanks everyone willing to take the risk

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

ARTICLE SUBMISSION: You may submit articles of up to 900 words on any area of personal growth and practical spirituality to HorizonsMagazine@gmail.com. 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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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.



You are loved and guided more than you can imagine

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



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS

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

WELCOME TO THE JUNE 2020 HORIZONS.

I had a vision 2 days before the rioting and see now that's what it was all about. Sometimes we don't know what we're seeing until later. Like when everyone was supposed to think the local blacks were burning and looting their own neighborhoods but thanks to cell phones we see it's white neo nazi groups from out of state coming in specifically to destroy and incite violence at otherwise peaceful protests.

On 5-27-20 at 3:13am I posted on Facebook:

Had a vivid and compelling visualization just now as I sat on the porch listening to the rain. I think tomorrow is going to be a big news day with someone surprisingly in the spotlight then out of the picture. It felt just as real as if it were happening in the same room.

Someone asked the next day, "Did it happen?" My guess is it was about the white Minnesota cop **Derek Chauvin** publicly executing black civilian **George Floyd** that started the riots. Certainly not what I thought it might be. Below are the details I emailed to myself.

Details for me: In the viz, I'm waking up, go to desk to check APnews. Instead of text I see a vid of ppl watching tv then getting mad, the scenes go past from right to left, single screenshots but they're goin fast. I can't see what's on tv but ppl are really agitated and want immediate action. In the viz I wonder if this is a trump thing since that's the most obvi, in yesterday news he's ticked twitter is fact checking him and the widower of the woman he's slandering asked him to pls stop tweeting lies about her. maybe that's the last straw? then like the movies where ppl are mad at a jury decision and go crazy and fight and riot and burn cars and bldgs and loot and attack driversby, all that started happening and ppl didnt feel safe anywhere like there was nowhere to go end of viz

The next day began the protesting, then the rioting and looting which spread to other cities.

I imagined the wrong person in the hotseat. We can think we know something because we saw it but we don't always know what we see. The info we receive is filtered through our beliefs, our expectations. Like when everyone was supposed to think the local blacks in Minneapolis were burning and looting their own neighborhoods but thanks to cell phones we see it was white neo nazi groups from out of state coming in specifically to destroy and incite violence at otherwise peaceful protests.

Evidence is frighteningly clear that there were protestors, then there were the looters and the outside instigators.

There is a spiritual lesson is all this.

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RESET 2020: HOW DO WE EMERGE FROM THE GLOBAL SHUTDOWN

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

The world just changed. It happened in plain sight, as we watched like the proverbial train wreck that we know will end in disaster, yet cannot stop watching.

In a matter of days following the declaration of a global pandemic, the mundane routines of everyday life ground to a halt in an effort to slow the spread of the COVID19 virus. And just like that, the lives of nearly 20% of earth’s population—over 1.7 billion people—have been forced into a new and difficult reality.

THE QUESTION ON EVERYONE’S MIND IS “WHAT NOW? WHAT HAPPENS NEXT?”

The answer to this question is the source of fear and frustration, as well as anxiety and anger for hundreds of thousands of people across the world. As they watch their jobs, business, and savings evaporate day-by-day in the shutdown, they feel that their future is evaporating as well.

WHAT’S NEXT?

The honest answer to the question of “what comes next” is that no one knows with certainty. We can’t know, because a global shutdown in a globalized world has never happened before. We have no map to lead us as we find our way in this historic and bizarre crisis.

In the face of such uncertainty, however, there is one thing that we do know with absolute certainty—we are a planet deep in grief. Individually and collectively, consciously and subconsciously, alone and together, we are grieving the loss of the familiar world that we knew only a few short weeks ago, and the way of life that we took for granted. Our willingness to recognize, and embrace, this fact is the only way for us to emerge into whatever comes next, and to do so in a healthy way.

GLOBAL GRIEF

Fortunately for us, the experience of grief is nothing new. It has been studied so deeply, for so many years, that it’s no longer a mystery when it comes to what we can expect, and how to move through our grief in a healthy way. When I think of the grief, I can think of no better model than the one developed in 1969 by Elisabeth Kübler-Ross to serve as a guide in our process.

Kübler-Ross identified and summarized the five stages of grief that accompany any form of loss, and charted the stages as a

model that provides a map for our experience. The beauty of Kübler-Ross’s work is that it gives both a structure to our experience, as well as a sense of meaning to our emotions.

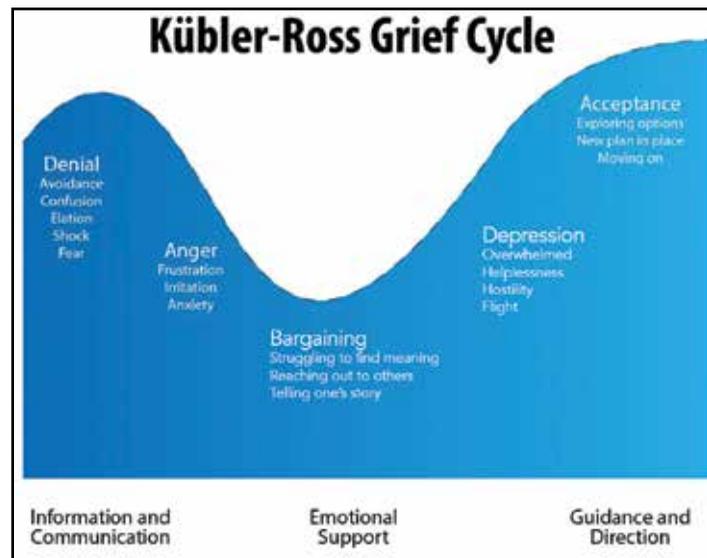


Fig 1. Elisabeth Kübler-Ross’s Five Stages of Grief. Our ability to reconcile our loss determines how quickly we move through the stages from Denial to Acceptance.

From her studies of many people grieving for many reasons, Kübler-Ross’s model shows two powerful themes for our global shutdown:

We see that our experiences, such as denial, anger and depression, are not random at all—that they are part of a continuum of emotions that are expressed, and even predicted, as stages of grief as we come to terms with our loss.

We discover that the model is also a map of the emotional landscape that leads to the healing of our loss. In Kübler-Ross’s model we discover how to transition, and ultimately transcend our loss with new understandings and new visions for a new life.

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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.

ON PANDEMICS AND ISOLATION

"While my job has a lot of nice things, being able to stay home and have 100% choice about what I do all day is fantastic. I know I've been asking for this freedom for a long time. From this point I do not want things to go back to the way they were, but my mind could not comprehend how this is possible. What if everyone stayed at home like me nothing would get done. Sometimes I think I must be lazy and selfish and worthless to the world to want such freedom."

Ringin any bells with you? It's listening in to the things that you're thinking about. It's maybe our favorite question yet because it is putting a focus on my desire to feel free and my belief that I have to do things that I don't want to do.

But there's no consideration yet in this question for "is it possible that I could have it all? That I could focus upon something that is economic in nature, could I work an exchange and receive money for the action that I'm offering and feel good at the same time?"

Because this question is coming from the point of view while there was a little exception to that in there, but not much of one vibrationally, this question is coming from "I don't like doing this but I need to do it for money." And so there's split energy all over the place.

You're feeling greater freedom when you're not pushing against that. But we know for sure that satisfaction comes from only one thing and that is having an intention or a desire and then moving in the direction of it. And so you don't need to worry about there ever being a time when desires are not calling you forward.

You don't ever need to worry about a time where people would rather just sit and do nothing, doing nothing or doing the things that are around you that that you want to do. But sitting and doing nothing will get old after a little while because in that experience you won't be launching rockets of desire.

That's actually sort of shutting down a physical experience for you as individual. When you let your environment stimulate you and then you find a way to line up with the desire, then energy flows through you and it is invigorating. It's invigorating it's life-giving it's uplifting and it's replenishing. And so as you are a physical being wanting to remain in your physical body, you want to be inspired by the environment around you.



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Check our website or facebook page for reopening date.

We are not saying you have to go back to work. we are saying that whether you go back to work or not you want to find things to focus upon that feel good when you focus upon them. So find a thought, one at a time and line up with it and you'll feel good all the time.

Does that feel far-fetched to you today that you could feel good all the time? There are those who have practiced feeling good who are still maintaining their balance and there are those who are accustomed to needing the environment to show them something good before they feel good, and so and you undoubtedly are having some of all of those feelings within you.

I just want you to know that your ability to focus is more emphasized and therefore more possible right now than it has ever been. It's an interesting thing to feel and tune in to what's going on around your planet. There are those who are eager to work because they like what they do and there are

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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

ANTI-VIRAL HERBS TO THE RESCUE

Herbs play an important role in the prevention

of viruses boosting the body's own ability to produce the natural killer cells that destroy viruses, increasing the activity of the whole immune system including the cells that trigger an immune response in the thymus, tonsils, bone marrow, white blood cells, lymphatic system and your natural production of stem cells helping to block the replication of viruses so they cannot affect healthy cells; in effect out-smarting the virus.

Herbs have a great advantage because they are so complex; containing upwards of 100 different compounds in a single herb engaging all of the immune system.

For instance **Echinacea** has compounds that help deactivate and destroy viruses making it an excellent herb for fighting the flu especially if you begin using it at the first sign of feeling ill. **Garlic** in the immune system fights against many strains of viruses and bacteria. It activates the immune system helping prevent infections from taking hold especially within the respiratory system. **Garlic** contains sulfur compounds that are active against many viruses especially the influenza virus. It was the herb of choice long before the discovery of penicillin.

Elderberry contains compounds that prevent the spread of viruses from infected cells to healthy cells. Recent studies found it to be effective for all forms of the influenza virus.

St. John's Wort typically thought of as an anti-depressant herb has strong anti-viral activities. **Glycyrrhizic acid** in Licorice helps the body to keep up its production of natural interferon which is a potent anti-viral found to inhibit the replication and growth of many viruses.

Astragalus contains polysaccharides that strengthen the immune system boosting the production of bone marrow increasing the levels of alpha and gamma interferon the strong anti-viral compounds. The anti-viral activities in **Green tea** are believed to come from catechins which inhibit the replication of influenza viruses, according to the PubMed publication (PMID16137775) it is believed to be equal to **Tamiflu**. **Pau d' Arco** contains some 20 active compounds including lapacho, beta-carotene and beta-sitosterol that are effective in fighting many viruses.

These are just a few of the many anti-viral herbs I encourage you to do some research on the effectiveness of **Lemon Balm**, **Olive Leaf**, **Peppermint**, **Skullcap**, **Ginger**, **Turmeric**, **Usnea** and **Eucalyptus** in their effectiveness in fighting viruses.

I've put together a tea made with **Licorice**, **Boneset**, **Rosehips**, **Astragalus**, **Calendula** and **Peppermint** its tasty tea and it helps keep my immune system nice and strong.

THE DUNNING-KRUGER EFFECT



Kendra Cherry is author of the "Everything Psychology Book," Psychosocial Rehabilitation Specialist. A psychosocial rehabilitation specialist helps children suffering from emotional disturbances to overcome maladaptive behaviors visit <https://www.explorepsychology.com/> Kendra Cherry has spent the last 13 years helping students

tackle questions about the science of the mind and behavior. Explore the site to learn more about topics including personality, social behavior, cognition, development, and much more.

The Dunning-Kruger effect is a type of cognitive bias in which people believe that they are smarter and more capable than they really are. Essentially, low ability people do not possess the skills needed to recognize their own incompetence. The combination of poor self-awareness and low cognitive ability leads them to overestimate their own capabilities.

The term lends a scientific name and explanation to a problem that many people immediately recognize—that fools are blind to their own foolishness. As Charles Darwin wrote in his book *The Descent of Man*, "Ignorance more frequently begets confidence than does knowledge."

AN OVERVIEW OF THE DUNNING-KRUGER EFFECT

This phenomenon is something you have likely experienced in real life, perhaps around the dinner table at a holiday family gathering.

Throughout the course of the meal, a member of your extended family begins spouting off on a topic at length, boldly proclaiming that he is correct and that everyone else's opinion is stupid, uninformed, and just plain wrong. It may be plainly evident to everyone in the room that this person has no idea what he is talking about, yet he prattles on, blithely oblivious to his own ignorance.

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ENERGY UPDATE

Matt Kahn is author of the best-selling *Whatever Arises, Love That* and *Everything is Here to Help You*. A spiritual teacher and empathic healer who has become a YouTube sensation with his healing and often humorous videos. His 9 million True Divine Nature YouTube channel viewers find the support they seek to feel more loved, awakened and opened to possibilities thru the invitation to join the "Love Revolution That Begins with You." See mattkahn.org.

May this energy update help confirm your experiences and clarify any confusion when living as an empath during the most pivotal shift of human evolution in Earth's history.

These unprecedented times can certainly make it quite challenging for light workers, especially with so many of us still acclimating and adjusting to life in a higher vibrational altitude.

The most recent **Ascension** update sees **Mother Earth** settling into alignment with 5D consciousness, while a significant percentage of Earth's inhabitants adjust to life at a higher frequency of consciousness.

It is interesting to notice, from the heart of compassion, a percentage of the world's population is just now learning how to function in the very climate of uncertainty many spiritual beings have spent years encountering through various healing processes and 'Dark Night of the Soul' experiences.

Equally so, while light workers have had a small taste of the collective they would help shift through the imprinting of their childhood and adolescent years, many light workers are still adjusting to a greater depth of presence as they embody a higher level of awareness, mindfulness, and heart-centeredness as anchors of **Earth's** Ascension.

This means many light workers are experiencing the ups and downs of **Empath Fatigue** -- where the most simple human tasks create waves of exhaustion, and you just can't do as much as you normally would under these uncertain conditions.

While some think self-quarantining or social distancing is to blame, it is actually a process of building up psychic endurance so your vibration can be so fully aware of its unlimited potency and power that it can effortlessly hold space for an entire planet without even having to think about it or micro-manage it in any way.

As you engage in the process of building your psychic endurance, it's normal to feel its effects as the opposite experience which could include fatigue, emptiness, boredom, and exhaustion. If your ego has begun to internalize and identify with this process, it can be sensed as grief, guilt, shame, depression, and various waves of anxiety, loneliness, and fear.

The key to shifting out of the ego's tendency to internalize each feeling as evidence of being the lowest version of self is by seeing it from the viewpoint of a higher consciousness.

To experience such a shift of relief, please repeat the following words: "I accept that my most uncomfortable feelings are not proof or evidence of a lower vibrational frequency, no matter what my ego might suggest, conclude, or assume.

If there is a lower vibrational frequency, it is the layers of emotional density being cleared out of the collective that slows in resolve whenever I join the ego in interpreting the evolution of life into a judgment towards myself or others.

If humanity is clearing large amounts of density, it could only be a sign of a higher vibration emerging. And because I am a light worker already aligned with the light, may I support the healing process of humanity in absolute accordance with the Divine Will of the Akashic Records by acknowledging my experiences and feelings as gateways into greater psychic endurance.

No matter what my ego insists, I accept I am building up my psychic endurance by holding space for a world awakening within me. By accepting this interpretation of experience, I allow my psychic endurance to increase while remaining naturally aligned and grounded in the wisdom of my soul's deepest truth.

This is the **Ascension** and I am helping to lead the way as part of the Ascension's first wave. I have earned the right to be here just by the grace of being born with nothing more to prove and only my purest light to shine. And so it is!"

May the wisdom of this "**Repeat After Me**" help you refrain from tendencies of debating with your ego, or trying to help it see a clearer point of view. Instead, it is far more aligned and beneficial to your evolution to allow the ego to have its beliefs, concerns, and viewpoints, while knowing in your heart -- the ego cannot see this as an evolutionary benefit because this would mean you are in less need of your ego instead of more hooked into it. To resolve this, simply place your hand on your heart and let the ego know:

"I appreciate your help and all that you share. You have an important purpose but it isn't found in correcting me. I see this sharing as a request for love and so I will love you the way others weren't able to before. I see you. I accept you. I love you -- just as you are."

As the world gradually adjusts to the climate of awakened consciousness, while empaths build up more psychic endurance to be able to experience the frequency of their own light instead

...continued on page 27...



SETH SPEAKS

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

THE NATURE OF PANDEMICS

You cannot begin to understand the nature of mass events of any kind unless you consider the even greater framework in which they have their existence

A person's private experience happens in the context of his psychological and biological status and basically cannot be separated from his religious and philosophical beliefs and sentiments and his cultural environment and political framework

All of the issues formed together to make a trellis of behavior, thorns or roses may grow therein that is the individual will grow outward toward the world encountering and forming a

practical experience traveling outward from Center in almost vine like fashion forming from the fabric of physical reality a conglomeration of pleasant or aesthetic and unpleasant or prickly events.

The vine of experience in this analogy is formed in quite a natural fashion from psychic elements that are as necessary to psychological experience as sun air and water are to plants.

I do not want to get too entwined in this analogy however but as the individual's personal experience must be seen in the light of all these issues so mass events cannot be understood unless they are considered in a far greater context than usual.

The question of epidemics for example cannot be answered from a biological standpoint alone it involves great sweeping psychological attitudes on the part of many and meets the needs and desires of those involved, needs which in your terms arise in a framework of religious psychological and cultural realities that cannot be isolated from biological results.

I have thus far stayed clear of many important and vital subjects involving mass realities because first of all the importance of the individual was to be stressed and his power to form his private events.

Only when the private nature of reality was emphasized sufficiently would I be ready to show how magnification of individual reality combines and enlarges to form vast mass reactions such as say the initiation of an obviously new historical and cultural period, the rise or overthrow of governments, the birth of a new religion that sweeps all others before it, mass conversions, mass murders in the form of wars, the sudden sweep of deadly epidemics, the scourge of earthquakes, floods or other disasters the inexplicable appearance of periods of great art or architecture or technology.

I said there are no closed systems this also means that in world terms events spin like electrons affecting all psychological and psychic systems as well as biological ones it is true to say that each individual dies alone for no one else can die that death. It is also true that part of the species dies with each death and is reborn with each birth and that each private death takes

...continued on page 27



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FROM THE HEART



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

WHAT IT'S REALLY FOR

I was stunned to see the long line of customers waiting in front of the rental car desk. As I counted 50 people and just a few agents to service them, I realized I would be here for at least an hour. Never again will I rent from this company. As I chatted with Tom, a fellow in line behind me, I remembered I had a membership to the rental company's express club. "If I go to the express desk on the lower level, maybe they'll expedite my rental," I thought out loud. Tom told me, "Go ahead—I'll hold your place." Wow, how thoughtful! I told him thanks, and if I didn't return, I would save a seat for him in heaven.

When I found the express desk also glutted, I returned to the regular line where my new friend let me back in as he had promised. As the line slowly advanced, Tom and I got to know each other, laughing and talking. The frustration of being in the long queue dissipated, the time went more quickly. When I finally reached the front of the line, I told Tom to go ahead of me. We shook hands warmly and wished each other well.

A Course in Miracles reminds, "I do not know what anything is for." It explains that rewarding relationships provide the express route to healing. While I believed my purpose in that line was to get a rental car, my more meaningful opportunity was to connect with another human being and help each other through a difficult situation. We gave each other a miracle.

Jewish theologian Martin Buber said, "All journeys have secret destinations of which the traveler is unaware." The ego's destinations are always material. The spirit's destinations run deeper. We believe we are here to get somewhere physically, while we are really here to get somewhere spiritually. Never accept an experience, especially a challenging one, at face value. There is always more going on than meets the eye, a doorway to a blessing.

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My friend Nadine had been housesitting at different homes in Hawaii for several years and she yearned to have her own place in the small town of Waimea. One day while Nadine was sunbathing on the beach, a dog who had just frolicked in the ocean came and shook water on her, startling her. Soon the dog's owner arrived and apologized. As the two women began to chat, the lady explained that she had been renting a cottage in Waimea, but she had to move out, and she was looking for someone to take over the lease. When Nadine heard the details, she couldn't believe her ears. The cottage was exactly what she had been looking for. A month later Nadine moved in to her ideal situation. The wet, shaking dog at first seemed to be a nuisance, but turned out to be an angel. Don't be hasty to just nuisances as bad. They always contain a gift if you are willing to look deeper. A friend told me, "Interruptions are the best part of my day."

The lofty practice of reframing calls us to take the facts of a situation and look at them from a different angle, to reveal an opportunity. Every situation has only the meaning you give it. If a circumstance feels painful, you are attributing negative purpose to it. When you find another perspective with higher purpose, the problem dissipates and the path clears. Miracles proceed from a shift in perception.

In the biblical story, Joseph's jealous brothers sold him into slavery and he was later unjustly thrown into prison. As a result of Joseph's gift of prophecy, he was released and rose to become Pharaoh's top advisor. Years later when a famine befell the region, Joseph's brothers came to Egypt to beg for food, and they found themselves standing before none other than Joseph. When they apologized for their misdeed, Joseph said, "You meant it for evil, but God meant it for good."

So it is with all challenging situations. What starts out as evil can be turned into good. *Every minus is half of a plus waiting for a stroke of vertical awareness.* As spiritual beings, material experiences alone cannot fulfill us. It is only when we find spiritual purpose that we feel fulfilled.

A teacher posed a question to his students: "Imagine you wake up one morning and you feel like having some French toast. But you don't have any eggs. So you go to the corner mini-mart, pick up some eggs, and have a brief chat with the clerk.

Since you know him from your regular visits, you ask him how his kid is doing in his new school. Then you head back and cook your French toast. What was the purpose of your trip to the grocery store?"

The teachers' students answered, "To buy some eggs."

"Not really," the teacher replied. "That was just the excuse to get you into the store to connect with the clerk. Life is more about relationship than eggs."

There is a nobler purpose to every experience than meets the eye. No encounter is by chance. Everything that happens is designed to lead us to spiritual reward and growth. When we realize that life is about connecting more than getting somewhere, we find treasure right where we stand—even in line.

ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. 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

DEAR MICHELLE,

I am a mixed race woman who lived through the race riots of the 1960's and with the difficulties that are resurging today I'd like to know: why did God create so many different races? - Multiethnic in Memphis

DEAR MEMPHIS,

In the beginning, God created one race; it was beautiful race of loving and enlightened souls. These beings were born into a state of grace. As man grew dissatisfied, greed emerged and in time man eventually fell from God's grace.

After man's fall from Grace, God created other races for diversity so that we could learn from each other and grow. There were four races. Each race had unique aspects to share with the world. The indigenous group that led in the Earth's ways with intuitive gifts was the Red Man. Yellow Man was one of superior intelligence. Black Man was the most patient and physically skilled and such a hard worker that eventually enslavement ensued. White Man was an adventurer and became a conqueror driven by ego and pure greed. Through the ages these original four groups have intermingled and became many races or tribes.

God's plan is still the same, we are to learn from one another, feel empathy towards our brothers and love one another as God loves us. Yet it seems that humans can only find peace on the other side of war. In large we are still very primitive, fortunately there is a growing movement to evolve. Eventually all of God's children will return to enlightenment.

DEAR WHITEDOVE,

My life has gotten off track. I'm not where I want to be in my love life or my career. I wish there were a way for me to create more success and happiness in those areas. Any advice? Lost in Louisiana

DEAR LOST,

First, you need to understand that you are right where you are meant to be. Every step that you have taken has taught you many valuable life lessons. Great Spirit tells us that we are co-creators of our reality. So once that you have a clear idea of what you want to improve upon; it's time to take action.



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Begin with goal setting. Create a specific list of what you want in your work life and love life, these are your new goals. With pure intent, create action steps to manifest this new scenario.

Your thoughts are energy; they are the building blocks of creation. So as you plan, think about each step, visualize it in your mind's eye and then speak the words out loud. Your words have power; the energy of your words invoke matter into being.

Also it's important to generate the feeling of a new love and a wonderful new career. Step into that energy, this will open you up to already BEING that which you desire. While being that happy and driven individual, know with great certainty that your new life is attainable. This goes beyond mere faith, it's a knowing.

Then go through the physical motions to make it happen; work towards your goals every day. You'll be surprised how quickly that your life will begin to shift by using the Universal Law of Attraction. God helps those that help themselves - we just have to do the work to make our dreams into reality.

DEAR WHITEDOVE,

Last year I was so depressed over the loss of my home that I considered suicide. My life has much improved since but I often wondered - what if? Happy and healthy in Hyannis Pt

DEAR HAPPY,

Thank goodness! Suicide is never a solution because your soul contracted to come here and learn some tough lessons. If you cut your life short, well guess what? Your soul would still need to learn those important lessons and you'd just reincarnate to do it all over again.

Congratulations are in order; you came through the test with flying colors. The loss of your home and many possessions was an important experience for your soul's growth. No matter how big or how small those worldly possessions are only things, they don't define you. What is important: the love that you give and the people that you help - those are the deeds that you take with you to heaven! Spread the word! No one takes their money to Heaven.



ABRAHAM FUN

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

LAW OF ATTRACTION

There is a universal principle that continually, profoundly affects my experience. It is the Law of Attraction, and the fact that it is not widely recognized renders it no less powerful.

Through the Law of Attraction, my inner reality magnetizes my outer reality. My thoughts draw to me the people, events, and circumstances of everyday life. My thoughts actually create a signal of sorts that is matched with precision by my outer world.

In one fell swoop, understanding the Law of Attraction removes the logic of blaming others, stewing in anger, or lamenting, "Why me?" I and I alone create my reality and my destiny, for I and I alone create my signal.

Through the Law of Attraction, I gain insight into why my life has unfolded as it has. And now I know I have all it takes to create the life of my dreams

INNER POISE

Nothing, but nothing, but nothing is more important than that I feel good emotionally.

Inner peace and joy indicate that I am fully allowing Source energy to flow within all aspects of my life. When I thus deeply connect with my Source, the results are health, abundance, inner guidance, fulfilling relationships, and other desires. As I learn to make serenity and happiness a defining principle, my life becomes dramatically more satisfying, and problems and dilemmas begin to clear.

Today I acknowledge areas in which I may have relinquished inner peace and joy in the past. Worry over what people might think? Being "right" in an argument? Dwelling on the world's injustice? Time pressure? Remembering mistakes and inadequacies - my own and others'? Intensely trying to control people and circumstances? Fiercely trying to achieve and acquire?

I realize now that when I trade inner poise for anything, I am cheating and hurting myself in a profound way. I no longer choose to make that exchange. With this commitment, I embrace a glorious new way to do life.

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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

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SPIRITUAL GRAFFITI

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

It took me some years to understand that many of us are more afraid of happiness than misery. Because misery and martyrdom have an inherent safety about them - one is never particularly vulnerable, nor at risk of disappointment.

Unhappiness becomes a security blanket, a way to armor ourselves against deep feeling. On the other hand, happiness has an intrinsically risky quality.

When we open our hearts to life, we are always vulnerable to loss, to shattering, to having it all fall away. But it can also expand and deepen, joyfully permeating every element of our life.

I can often sense when someone has made unhappiness their shield, their perpetual life stance. And it saddens me. Because locking ourselves into a negative way of being is a self-fulfilling prophecy: misery begets misery. Because only through risking something can we arrive at a new perspective.

And most significantly, because the rhythms and tides of one's life can truly shift in the blink of an eye. All it takes is one good day and the whole damn thing can come back to light.

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Brene Brown is author of five #1 New York Times bestsellers: *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, *Braving the Wilderness*, and *Dare to Lead*. I believe that you have to walk through vulnerability to get to courage, therefore . . . embrace the suck. I try to be grateful every day and my motto right now is “Courage over comfort.” I do NOT believe that cussing and praying are mutually exclusive. And, I absolutely believe that the passing lane is for passing only. <https://brenebrown.com/blog>

These are anxious times. I hope you are well, taking care of yourselves, and finding a way to connect with people you love. If you are a healthcare worker, social worker, counselor, first responder, store employee, food delivery person, or anyone out there on the frontlines: Thank you. You are our heroes. We owe you so much. If you are someone who loves a frontline person: Thank you. We also owe you so much.

On Friday, we launched the first episode of our podcast, *Unlocking Us*. It's all about FFTs (effing first times) and how hard it is to be new at things - from small things to global pandemics. When we have no relevant experience or expertise, the vulnerability, uncertainty, and fear of these firsts can be overwhelming. Yet, showing up and pushing ourselves past the awkward, learner stage is how we get braver.

One of the biggest responses we've received about our first episode is from teachers who are all saying some version of: FFT! OMG. YES. Teaching online! Distance learning!

I thought I'd reach out to all of our brave, incredible teachers to share my thanks and a few of my tough key learnings.

First, I get it. I started teaching online about two decades ago. I was the first in my college to try it, and it was a total FFT. But I also fell in love with it, and I still teach online. There are people with way more experience than I have and way more formal education on the process - but here's what I know.

The bad news: It will be a total FFT for you, your team, your school, and your district. The wheels will fall off. It will NOT go as planned. And, for those of you asking students to get dressed and sit in front of the computer for 8-10 hours, as if they're in class . . . I hate to have to tell you - that is NEVER going to happen. Neurologically - it's screen time. Have you ever been in the same room with someone who has played Minecraft for 4 or 5 or 6 hours? Non-human.

Here's the good news: If you're someone who is driven to show up for your students and connect, if you're willing to be a learner, if you're willing to stay curious, if you're willing to change course (478 times in one semester or one week), YOU WILL TOTALLY CRUSH IT!

After 20 years, every online class I teach is still a partial FFT for me. You can take all the classes on distance learning and get a Ph.D. in distributed pedagogy, but here's what I know: Sometimes it works and sometimes it does not. And, it mostly works if you can be nimble and change course.

MY 3 KEY INSIGHTS FOR DISTANCE LEARNING ARE:

Use the first few days to build a container. NO content teaching. Just set up the ground rules together in a way that lets students experience some of the functionality of the classroom.

Practice raising hands, keeping yourself on mute, changing how you see each other. “Let's work together to create a space that feels brave, safe, and connected. This is new and awkward for all of us - including me.

We can start with a list of what's ok in here and what's not.” Maybe you can even start with a check-in: Give us one word that describes how you're feeling about school being online? Great practice of speaking and muting and following along.

Anxiety shows up in weird ways when you're teaching online. And, people don't understand the norms. Set the norms so no one takes their computer to the bathroom. (It happened. Twice.) We want everyone to be seen and belong, and that means setting norms and expectations that are co-created with the class.

THIS LEARNING ALSO APPLIES TO TEAMS WHO ARE WORKING TOGETHER ONLINE FOR THE FIRST TIME!

Do not assume every student has the same attention span, the same level of wi-fi, access to private space, and the same number of supportive people in their homes.

...continued on page 38

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

Andrea de Michaelis. Publisher

HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind.

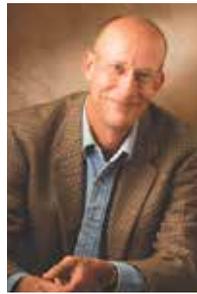
We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak. Because we participate in this creation, we have access to as much happiness and supply as we can discipline ourselves to focus on.

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

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

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it. We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them.

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



NOTES from the Universe

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

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Esther Hicks

ABRAHAM-HICKS

...continued from page 9...

those who haven't liked what they were doing for a long time and they're eager to have an excuse not to work and there's nothing wrong with that.

And there are those who then are at first happy that they have a job and then are upset that their job is still allowing them to work. "I wish I wasn't in a necessary business. I wish I could be someone who was working for a business that had to be shut down so that as this person said I can do exactly what I want to do."

Oh, the variety is really rampant around your planet of those who are trying to figure it out and so there again it's what this asking is accomplishing within so many.

It's giving you an opportunity to define who you really are and what you really want. Do you really **not** want to be a creator? Do you really **not** want to be solution-oriented?

Well, if you're standing in a place where you've not enjoyed what you've been doing for a long time then you are probably shouting right now into your screen *YES Abraham that's what I want I want everything to just shut down so that I can just be easy about things.*

And we say a lot of you have been wanting that break for a while and here's why:

While there is an energy stream that is available to you and while when you focus with that energy stream, you're enlivened. While being tuned in, tapped in, turned on causes you in that moment to have access to the energy that creates worlds.

And while as we've said on so many occasions, when you are tuned in to your vibrational reality and in alignment with your own inner being, you are more powerful than millions who are not.

While all of that is something that we've been talking to you about for a while, it does not mean that in any moment in time you can focus in a way where you don't feel that.

But your propensity to think in that direction is still in place and the well-being of your planet is still in place even though temporarily to a lot of you it does not look like it is.

The reason that we know that what the well-being of your planet is still in place is because we see what's going on vibrationally and we know what that means.

...continued on page 28...



THE DUNNING-KRUGER EFFECT

...continued from page 11

Kendra Cherry

The effect is named after researchers **David Dunning** and **Justin Kruger**, the two social psychologists who first described it. In their original study on this psychological phenomenon, they performed a series of four investigations.

People who scored in the lowest percentiles on tests of grammar, humor, and logic also tended to dramatically overestimate how well they had performed (their actual test scores placed them in the 12th percentile, but they estimated that their performance placed them in the 62nd percentile).

THE RESEARCH

In one experiment, for example, Dunning and Kruger asked their 65 participants to rate how funny different jokes were. Some of the participants were exceptionally poor at determining what other people would find funny—yet these same subjects described themselves as excellent judges of humor.

Incompetent people, the researchers found, are not only poor performers, they are also unable to accurately assess and recognize the quality of their own work. This is the reason why students who earn failing scores on exams sometimes feel that they deserved a much higher score. They overestimate their own knowledge and ability and are incapable of seeing the poorness of their performance.

Low performers are unable to recognize the skill and competence levels of other people, which is part of the reason why they consistently view themselves as better, more capable, and more knowledgeable than others.

"In many cases, incompetence does not leave people disoriented, perplexed, or cautious," wrote **David Dunning** in an article for **Pacific Standard**. "Instead, the incompetent are often blessed with an inappropriate confidence, buoyed by something that feels to them like knowledge."

This effect can have a profound impact on what people believe, the decisions they make, and the actions they take. In one study, **Dunning and Ehrlinger** found that women performed equally to men on a science quiz, and yet women underestimated their performance because they believed they had less scientific reasoning ability than men. The researchers also found that as a result of this belief, these women were more likely to refuse to enter a science competition.

Dunning and his colleagues have also performed experiments in which they ask respondents if they are familiar with a variety of terms related to subjects including politics, biology,

physics, and geography. Along with genuine subject-relevant concepts, they interjected completely made-up terms.

In one such study, approximately 90 percent of respondents claimed that they had at least some knowledge of the made-up terms. Consistent with other findings related to the **Dunning-Kruger** effect, the more familiar participants claimed that they were with a topic, the more likely they were to also claim they were familiar with the meaningless terms. As Dunning has suggested, the very trouble with ignorance is that it can feel just like expertise.

CAUSES OF THE DUNNING-KRUGER EFFECT

So what explains this psychological effect? Are some people simply too dense, to be blunt, to know how dim-witted they are? Dunning and Kruger suggest that this phenomenon stems from what they refer to as a "dual burden." People are not only incompetent; their incompetence robs them of the mental ability to realize just how inept they are.

INCOMPETENT PEOPLE TEND TO:

Overestimate their own skill levels

Fail to recognize the genuine skill and expertise of other people

Fail to recognize their own mistakes and lack of skill

Dunning has pointed out that the very knowledge and skills necessary to be good at a task are the exact same qualities that a person needs to recognize that they are not good at that task. So if a person lacks those abilities, they remain not only bad at that task but ignorant to their own inability.

AN INABILITY TO RECOGNIZE LACK OF SKILL AND MISTAKES

Dunning suggests that deficits in skill and expertise create a two-pronged problem. First, these deficits cause people to perform poorly in the domain in which they are incompetent. Secondly, their erroneous and deficient knowledge makes them unable to recognize their mistakes.

A LACK OF METACOGNITION

The Dunning-Kruger effect is also related to difficulties with metacognition, or the ability to step back and look at one's own behavior and abilities from outside of oneself. People are often only able to evaluate themselves from their own limited and highly subjective point of view. From this limited perspective, they seem highly skilled, knowledgeable, and superior to others. Because of this, people sometimes struggle to have a more realistic view of their own abilities.

A LITTLE KNOWLEDGE CAN LEAD TO OVERCONFIDENCE

Another contributing factor is that sometimes a tiny bit of knowledge on a subject can lead people to mistakenly believe that they know all there is to know about it. As the old saying goes, a little bit of knowledge can be a dangerous thing. A person might have the slimmest bit of awareness about a subject, yet thanks to the Dunning-Kruger effect, believe that he or she is an expert.

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ENERGY UPDATE

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Matt Kahn

of getting pulled back into the orbit of vibrational co-dependency, you may have noticed some interesting patterning over the past several weeks:

Many light workers have reported an amplification in emotional triggers in themselves and those close to them. This is because these amplifying times makes the world into a magnifying glass of awareness. Those who are building greater psychic endurance will notice more of the peaceful presence of their soul able to be accessed, even if in short spontaneous waves of experience.

Meanwhile, the deepening of this collective healing can cause friends, family members, or even smaller parts of you to act out various levels of ego patterning in what may seem exaggerated or animated from your viewpoint. If established in enough psychic endurance, you will begin noticing such patterns without being pulled into them. If still cultivating greater psychic endurance, your instinct will be to fight, flight, freeze, flee, or fawn as a way of responding to others as a subconscious emotional threat.

While it is important for empaths to know when they have enough energetic and emotional equity to hold space for others, it is also important to know when you need the 'recharging' benefits of alone time. This remains a highly important skillset of discernment, no matter whose ego may feel abandoned by your need for greater self-care.

If you're able to notice your difficulty in being around certain characters in your reality, you can always consciously decide to stay in their presence for an extra 30-60 seconds, while slowing your breathing as a way of gradually building your psychic endurance, before creating a boundary-- whether in the form of going for a walk, taking a bath, journaling, practicing yoga, ecstatic dancing, meditating or even taking a nap. As always, dare to give yourself extra support and encouragement as you are always doing the best you can, no matter how much 'better' you think you should be doing.

When choosing to see yourself as the evolution of consciousness in action versus the lowest most unredeemable version of self afraid of being alone or left behind, you will always know on an intuitive level exactly what you need for greater emotional nourishment, energetic balance, and overall well-being.

No matter the experience you are currently having, on behalf of the Universe, it is truly an honor to serve your evolution – every step of the way.



SETH SPEAKS

...continued from page 13...

place within the greater context of the existence of the entire species the death serves a purpose species wise while it also serves the purpose of the individual for no death comes unbidden.

An epidemic for example serves the purposes of each individual who is involved while it also serves its own functions in the greater species framework. When you consider epidemics to be the result of viruses and emphasize their biological stances then it seems that the solutions are very obvious.

You learn the nature of each virus and develop an occupation giving each member of the populace a small dose of the disease so that a man's own body will combat it and he will become immune.

The short sightedness of such procedures is generally overlooked because of the definite short-term advantages. As a rule, for example, people inoculated against polio do not develop that disease using such procedures.

Tuberculosis has been largely conquered, there are great insidious variables operating however and these are caused precisely by the small framework in which such mass epidemics are considered in the first place.

The causes are not biological, biology is simply the carrier of a deadly intent in the second place.

There is a difference between a virus produced in the laboratory and that inhabiting the body.

The difference recognized by the body but not by your laboratory instruments.

In a way, the body produces antibodies and sets up natural immunization as a result of say inoculation but the body's chemistry is also confused for it knows it is reacting to a disease that is not a true disease but a biologically counterfeit intrusion.

To that extent, and I do not mean to overstate the case, the body's biological integrity is contaminated. It may at the

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Esther Hicks

ABRAHAM-HICKS

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And so if we were standing in your physical shoes we would acknowledge that there is a vibrational reality and we would eagerly focus in the direction of that so that we could be one who in this moment and the next and the next receives the benefit of this life-giving energy flowing through you.

You really can't get it wrong while you are in some cases sort of quibbling with each other about whether you should have to be at work or whether you want to be at work or or whether anybody should be at work.

It's understandable that from where you stand you have your unique perspective and we're not advocating anything. We are not in any way wanting to create your reality. You are the creator of your own reality.

We're just suggesting that whatever decision that you're focused upon, do your best to focus upon it from your state of connection.

In other words, that's what we mean when we say make a decision and line up with it. In other words part of this question was lined up.

"I'm loving the fact while my job has a lot of nice things I I want, when I have a choice about what I do all day it's fantastic."

That part of that question was lined up with who you are but then the next part of the question wasn't lined up.

"Sometimes I think I must be lazy and selfish and worthless." That part's not lined up.

In other words, and calling someone else lazy and worthless is not lined up. Being critical of any choice that anybody else makes is not lined up.

Trying to sort out what everybody on the planet should be doing right now is not lined up. Pushing against anything is not lined up and most of all pushing against yourself it's not lined up.

So if you're having a happy moment because you're feeling a little more freedom, line up with that and keep it going for longer.

If you are having an unhappy feeling because you are feeling confused or you're sort of twirling in circles, then do your best to chill a little bit, be nicer to yourself and be nicer to everybody around you too.

What you're gonna notice is that you're gonna get through this. In other words this is not a permanent situation. This is a new launching of desire situation. But what's going on right now with your isolation is not a permanent situation.

Although we in many ways would like you to isolate yourself from the naysayers of your life experience.

Not just the naysayers about the things that you are globally worried about now but anyone who doesn't believe that you are worthy, anyone who is critical of you for any reason, we'd like you to isolate yourself from those.

We'd like you to to move in the direction of who you really are and what you really want.

So we like the idea of you slowing the momentum globally of this virus and we like the idea of you slowing the momentum of your pushing against one another, too.

And we want you to understand that you cannot be in a position where you have to isolate yourself in order to not focus on unwanted things.

You want to get to the point that no matter what you can find connection with who you are and we have never seen a better opportunity for you to figure out how to do that.

This is an individual opportunity for you to tune to the frequency of who you really are and not look for those outside of you to solve the problem.

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Rocks, Crystals, Fossils, Jewelry, Essential Oils, Astrology

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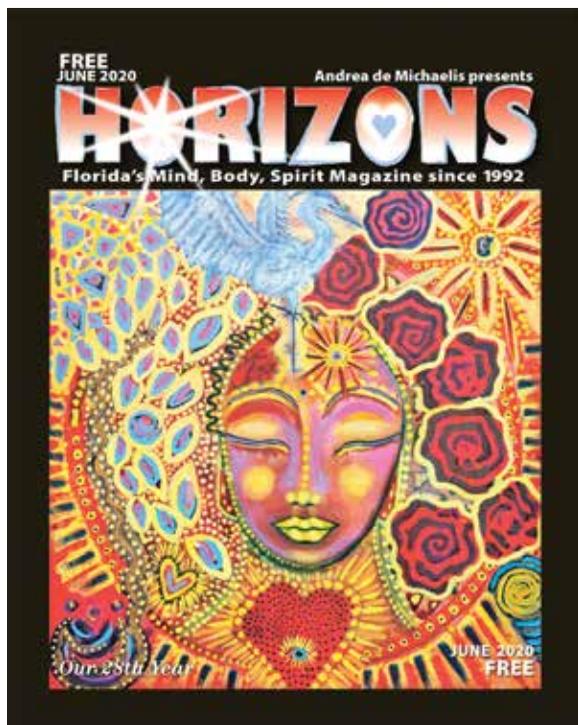
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ON THE COVER

VISION OF LOVE

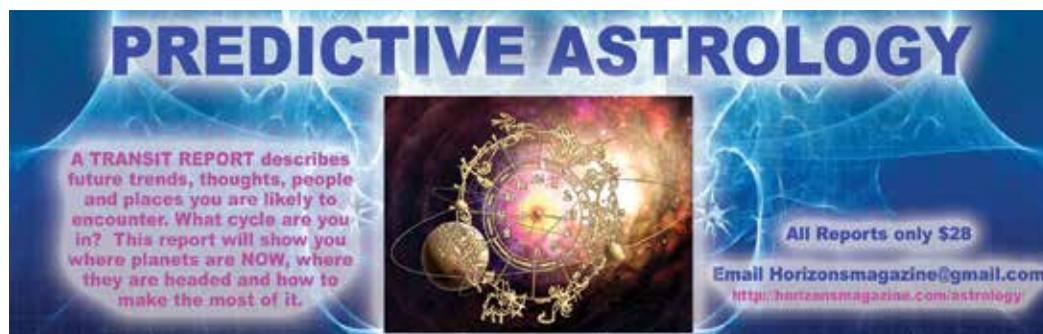
By Melanie Fox



As part of my teacher training I am currently working with the process of dreaming a vision into being. This is an important aspect of Intentional Creativity where the canvas becomes a dynamic and continuously evolving container for personal and collective healing by the weaving together of all possibilities from the past, the present and the future; from the dream state, conscious awareness and the realm of the imagination.

Bringing all of this into a tangible form; a final and polished crafting of symbol and image; a representation of mythical and magical beauty is a process of deep shamanic soul work.

For me, entering into this particular sacred space of transformation, is the culmination of my whole life's work. My reason for being. Tying all the disparate red threads of experience together into one infinite line of knowing beyond knowing and belonging beyond time and space.



This is a powerful lineage of healing arts into which I gradually dive ever deeper in reverence and respect. And yet, at the same time, am carried closer and closer to the surface of life and the joy of creative expression, where each painting emerges as a energetic vibration; a representation and a sacred relic of the deep and wild seas in which I've been swimming...

Vision of Love (2019) painting was created just before beginning my year long Intentional Creativity® Teacher Training course during a workshop with Shiloh Sophia, the founder of this process, called Insight.

For me, this image expresses my love of beauty and my longing for love. Layers of the painting are built up through the use of creative visualisation and a deep reflection of the interplay between the heart and the mind. What can happen if I am able to integrate the dreaming of my soul with a good dose of practical application.

In my Vision of Love I play with finding different forms of visual language to represent the colour and symbols of that which I call into my life. As I see the way forward with clarity as my shining heart radiates with light.

The blue heron lands up high upon my head bringing access to the Divine source of inspiration. She is my spirit guide who connects me with to her qualifies sharp focus, and fierce dedication to the task in hand. She also teaches me about the value of silence, stillness and patience.

There is a tiny cat up in the top right hand corner. This is about gratitude for the life and love I experience in this moment but in the bottom left hand corner I have painted a symbol of the loving partnership I would also like to call to my life.

You can find me on Facebook (Melanie Fox) and Instagram (MalakAzaraAmbleside)

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HOROSCOPES JUNE 2020

Expanded text for each sign available at www.free-horoscope.com

ARIES

Focus on communication and romance, dear Aries! The Sun, in Gemini until the 20th, escorted by Venus, during the whole month, pampers your relationship sector, your mind is happy, your thoughts tempting, even seductive! You will have tact and a bit of diplomacy, which surprise your interlocutors! Mars your planet, in Pisces until the 28th, will have some difficulties expressing things as you wish.

Your energy will be powerful but clumsy, have confidence in yourself. Jupiter and Pluto shake up your socio-professional sector, third decan, avoid excessive or radical reactions. Your way of earning your life will gradually change, first decan, or suddenly under the impulse of Uranus. From the 21st, the Sun joins Mercury in Cancer, your home comes alive!

IN A RELATIONSHIP:

Beautiful mental complicity with your loved ones, you will find the words to seduce them again. However, take care of your delicacy, seek to win them back, not to approach them like a pirate! Your libido is a bit hesitant and should make you more endearing by your touching lack of control. The universe is testing you, nothing serious!

SINGLE:

A neighborhood meeting could meet your desire to coo! Unless a secret love affair emerges through a long-time friend. Still, this month may hold an important meeting, if you opt for letting go.

TAURUS

Spotlight on your communication, dear Taurus! Well inspired until the 20th, by the Sun in Gemini, coming to shine its rays on your monetary sector.

Venus your planet, also linked to money, reinforces this idea, in short it is not this month that you forget your fundamentals! First decan, you receive Uranus and all its creative power! Saturn, in Aquarius, square in your sign, diffuses slowly but surely, it's reforming energy, always first decan. What should you understand in your socio-professional sector? Beautiful energy thanks to Mars energizing your projects, your friendships. Jupiter and Pluto act on your ideal of life, developing a reliable judgment and an increased spiritual search. From the 21st to the 31st, the Sun joins Mercury in Cancer and gives you an excellent morale!

IN A RELATIONSHIP:

Complicity. Mercury in Cancer all month heals your exchanges with your other half, you who refuse, very often, to waste your words! Beautiful sensual agreement, feelings a little playful and cheerful. Some amusing naps could make this month very sympathetic! Uranus ensures your creativity. A nice month!

SINGLE:

An interesting social melting-pot. You move in your approach to love and this impacts well on your meetings and your desires. They could come to life through love at first sight because you carry within you this energy, first decan. Your bucolic nature will adapt. It's the wish of the universe!

GEMINI

Love: strength of the month, dear Gemini! Venus in your home all month long, as well as the Sun until the 20th: a pretty planetary couple, favorable to emotional benefits! Mercury your planet, in Cancer, fixes your mind on the pecuniary questions relating to the family and the home. Trend strengthened from the 21st, by a Sun passing in Cancer.

Uranus invites the first decan to reconsider their lives, sudden events can shake up everyday life. Neptune and Mars in Pisces, acts on your socio-professional sector, do not trust immediately and calm your overflowing energy. Saturn in beautiful aspect to your sign gives you its seriousness, first decan, gives you its help, its sense of responsibility, with a long-term goal. Jupiter and Pluto reinforces your ability to transform.

IN A RELATIONSHIP:

Disagreements at work could hinder the smooth running of your married life. So, make some concessions on your way home, do yourself some good, together, enjoy the energies of love from Venus! Your libido could rise, take care that it does not become anarchic!

SINGLE:

Your bubbly nature should explode under the effects of Venus in your Sun, creating an aura of seduction on your passage conducive to emotional encounters. Beware of Mars, who is not in good aspect, do not spoil your chances with an untimely impatience! Be yourself, mischievous, light and happy!

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CANCER

An activated inner life and new projects, dear Cancer! The Sun and Venus in Gemini, encourages introspection and could incite you to hold back your feelings or to conceal them. From the 21st, the Sun arrives in your constellation coming to join Mercury, charisma and communication is reinforced.

The arrival of Uranus in Taurus infuses, in the first decan, a nice evolution friendly, innovative projects! Excellent energy all month, March in Pisces boosts you and takes you to an ideal. Saturn in Aquarius allows a major awareness regarding your having, your relationship to sexuality, always first decan. The third decanate continues to receive the regenerative and evolutionary impulses of Pluto and Jupiter in the conjugal sector. Neptune always in Pisces offers his mystical exaltation at the end of the sign!

IN A RELATIONSHIP:

Last decans, you always modify your conjugal unit. Something has changed, either by you or your partner. The whole of the sign benefits from a beautiful sensuality, for two. Projects are drawn out and reinforce your complicity. The exchanges are fluid, be less secretive with your feelings, express them!

SINGLE:

Your charisma and idealistic energy could help you trigger an emotional story. Nevertheless, Venus, hardly visible for you this month, suggests that intimate secrets could be part of the game! Do not set your sights on the first love, your sensitivity could ruffle some feathers!

LEO

The wind is in your sails when it comes to your loves and you have projects on the agenda, dear Leo! You shine as usual until the 20th through the Sun in Gemini, an accomplice of yours, coming to warm your circle or intensify the realization of a project.

Venus the mischievous, also in beautiful aspect all month, allows a pleasant sentimental harmony so dear to your vibrating heart! After the 21st, a quieter period, less in the spotlight awaits you. Mars and Neptune in Pisces, in the money sector, invite you to be cautious on this issue, stay concrete. Do not be excessive in terms of your libido either, balance your desires and impulses. Uranus shakes your socio-professional sector, Saturn modifies the conjugal sector. It moves!

IN A RELATIONSHIP:

Long-time couple you receive the influx of Saturn, coming to further strengthen your complicity. Your feelings are tuned towards common projects, you feel the desire to anchor your relationship in the long term. Venus protects your couple while Mars exposes it to tension due to excessive desires. Relax.

SINGLE:

Unquestionably, set your sights on your social melting-pot! Indeed, it can reserve the opportunity for a nice meeting. Your libido, particularly overflowing could make the object of your desires flee, so do it in good form! Act before the 20th, the sky supports you.

VIRGO

Your socio-professional destiny and projects are honored, dear Virgo! The Sun until the 20th and Venus all month, both in Gemini, come to warm your sector attached to your destiny. Some facilities in this area will be granted only at the cost of productive efforts. Mercury your planet, in Cancer, in beautiful aspect to your sign, opens, friendly and relationship opportunities.

Know how to seize them, especially from the 21st, when the Sun will also pass into Cancer. Mars, Jupiter, Neptune and Pluto continue to bring about important changes in your love and marital life, especially the third decan. Watch your health, heal your daily life, the great Saturn in Aquarius initiates a cycle of teaching. On the other hand, Uranus in Taurus opens the door to your freedom, first decan, and comes to awaken your ideal of life!

IN A RELATIONSHIP:

Your reserved nature should be energized by the influx of Mars or it's your other half that could be less flexible and wants to be heard! Let go, be magnanimous, you are not always right. As for Venus, she gives you fantasy in abundance and lightness. Great, live laughs and joys together!

SINGLE:

A meeting is possible if you open your heart to letting go. Do not control everything, it is illusory, rather seek the contact among your acquaintances and your social circle. Your assets lie in your beautiful way of communicating with sensitivity and intuition. Be seduced by sweetness or laughter!

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LIBRA

Ambition and emotional anchoring, dear Libra! Until the 20th, the Sun, a friend in Gemini invites you to revise your professional ambitions upward. Venus your planet, in the vicinity, signifies an easy month in terms of feelings, you feel good, attractive, seductive! Saturn in Aquarius announces a beautiful and emotional evolution.

This anchoring often sought by your sign is at your fingertips under the influx of this planet, first decan. Uranus in Taurus continues its work of inner modification, whole areas of your life are subject to its irreversible influence. From the 21st, the Sun in Cancer joins Mercury, focus on your profession. Jupiter and Pluto square in your sign, third decan: family relationships can be tricky, be diplomatic or prefer a temporary removal. Mars and Neptune energize your daily life.

IN A RELATIONSHIP:

Until the 20th it rolls for you, charisma, feelings in phase for two. A sign of harmony, you yearn for marital peace. But until the 28th, the star of desire but also of war, Mars, will be in dissonance: do not annoy yourself with futilities, but rather be inspired. Enjoy Venus!

SINGLE:

Saturn in the area of your loves, first decan, can favor a meeting made to last. Here, it's about commitment, go the other way if you're looking for fun. Venus favors the whole of the sign, open your eyes, if you cross the path of a person of culture or of foreign origin. A new love maybe!

SCORPIO

Focus on your loves, your friends and your home, dear Scorpio! The Sun in Gemini comes to tickle your inner life and awakens the power of your instincts! Venus adds its touch all month, a powerful sensuality that befits you like a glove! Uranus in front of your sign, in Taurus, announces an upset to your conjugal or intimate life.

Saturn square in your sign heckles your home, restore order? The love sector receives Mars and Neptune, third decan: a great conquering energy, your loves or your children, if you are a parent, will benefit from these favorable influxes. Jupiter and Pluto in Capricorn in beautiful aspect to your sign pursues their reforming messages, your mind searches and finds! From the 21st to the 30th, the Sun joins Mercury in Cancer allowing a beautiful flight of your beliefs.

IN A RELATIONSHIP:

Your conjugal life is subject to the influx of Uranus in Taurus coming to awaken, suddenly but creatively, your relationship to your other half. What do you want to sustain in your marriage? And what do you want to let go? Ask yourself questions in private but above all, answer them! Accompany this inevitable process.

SINGLE:

Smile! This month is favorable to you. Mars offers you love, great things and salvation! This sign of water resonates particularly well with yours, you merge! Also, participate in cultural outings, a melting-pot of a month conducive to beautiful meetings. Take care to sharpen your flair, overpowering, the universe could test your measures!

SAGITTARIUS

You honor your partnership and your inner life is favored, dear Sagittarius! Your associative sector receives the Sun until the 20th and Venus all month long: highlighting important relationships! Saturn in Aquarius, in beautiful aspect to your sign, strengthens your self-confidence and stabilizes your ideas, first decan.

Sometimes too much energy can lead to family conflicts or worries in your home, Mars in Pisces is squared in your constellation. Uranus in Taurus invites you to rethink professional or health related matters. First decan, do you have, the desire for freedom? As for the third decan, you finish major changes concerning your credit, Jupiter and Pluto complete their inevitable transformations. From the 21st to the 30th, the Sun in Cancer invites you to a timely introspection.

IN A RELATIONSHIP:

An abundance of desire, since it lives in the home, but also a bit of impatience. Welcome these favorable influxes of the month with all the gratitude you are capable of. Venus pampers your feelings that are to your liking! Your other half loves you and proves it, do the same!

SINGLE:

A family reunion could be an emotional surprise. Your spontaneous nature appreciates the unexpected quite well. Just be aware that not everybody is as honest as you. Know how to open to your sixth sense, the one that understands what is good for you before you realize it!

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CAPRICORN

Love and assets in the spotlight, dear Capricorn! Saturn your planet, starts a long cycle of financial restructuring and much needed remediation, first decan. Until the 20th, the Sun in Gemini illuminates the area related to your job and your health. Venus there also announces a facility related to these domains.

From the 21st to the 30th, the Sun in Cancer facing your sign, gives pride of place to your conjugal or intimate life. Mercury in Cancer pampers your communication. Always in your constellation Jupiter and Pluto completes their reforming and evolving messages, third decan: what have you changed or changed within yourself? Mars joins Neptune in Pisces, accentuates your energy and promotes a positive and intuitive morale! Uranus in Taurus shakes up your loving or creative sector, for the best. Unexpected events are getting ready, so prepare yourself!

IN A RELATIONSHIP:

Some monetary discussions could be on the agenda, what could spice up your love life more than material concerns intended to anchor, a little more, your relationship together! A beautiful sensual energy, thanks to Mars and feelings lived in your everyday life, thanks to Venus. A gentle beginning of summer, enjoy!

SINGLE:

Real chances to meet someone to your liking. Opt for your close relationship circle or an attraction in your neighborhood? Or maybe it's at your job that you neglected a particular interest for a colleague? In short, a love at first sight is possible, first decan, dazzling and durable!

AQUARIUS

Focus on your feelings and inner strength, dear Aquarius! From the 20th to the 30th, the Sun in Gemini, and Venus all month, illuminates your area of love! Unless your children, if you are a parent, bring you many satisfactions.

Saturn, a lofty ally, tumbles into your constellation, first decan and promotes your maturity and your capacity to overtake! Your family and your home welcomes Uranus, in Taurus, to the square of your sign: there is rumba in the air! Be relaxed, sudden changes will be to live, first decan. Mars and Neptune in Pisces influence your financial sector, do not throw money out the window, be reasonable and concrete. Jupiter and Pluto in Capricorn prepare you for a turning point in your life, especially third decan. From the 21st to the 30th, make room for work and the daily routine!

IN A RELATIONSHIP:

Together things will go pretty well, especially if you move away a bit from delicate family affairs, first decan. A hard-working couple reinforces their reciprocal complicity and their ability to understand each other without a word. Excellent, Mars could have fun with you two, do not take it seriously!

SINGLE:

An intense search could animate you. Many feelings to share but a tender picture more physical than romantic. Cultural and artistic outings could encourage an emotional encounter. Venus in beautiful appearance to your sign throughout the month promotes your creative power. Show off your talents!

PISCES

Your inspired creativity is highlighted and so is your home, dear Pisces! The Sun in Gemini until the 20th, as well as Venus all month, invites you to take pleasure in your home, to receive and begin to work at home! While from the 21st, the Sun in Cancer supported by Mercury serves your love sector, your creativity, your children if you have some.

March until the 28th, in your sign, gives you a powerful, idealistic energy! Your social circle is doing well, your projects too: Jupiter and Pluto are looking after this area. Uranus in Taurus inspires in the first decan desire of displacement, something like a call. This same decan welcomes Saturn in Aquarius, favoring a preparatory inner quest for a major change, later. Neptune focuses your receptivity, third decan.

IN A RELATIONSHIP:

A renewal of desire for couples whose routine smothers their libido a little bit. Young couples, it's the honeymoon! Mars in your sign generates an attractive power conducive to many shared impulses but Venus square to your sign indicates a difficulty in expressing them. Take out your many talents!

SINGLE:

Active, dynamic, intuitive thanks to Mercury in the sign of water, your strengths are numerous this month. Decide if Cupid should shoot his arrows! However, love is at home or with your family, it is not what you are looking for unless a family meal allows the meeting you want.





SETH SPEAKS

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same time produce antibodies, for example, to other similar diseases and so over extends its defenses that the individual later comes down with another disease.

Now no person becomes ill unless that illness serves a psychic or psychological reason, so many people escape such complications.

In the mean time however scientists and medical men find more and more viruses against which the population must be inoculated, each one is considered singly. There is a rush to develop a new inoculation against the newest virus.

Much of this is on a predictive basis. The scientists predict how many people might be attacked by say a virus that has caused a given number of deaths. Then as a preventive measure the population is invited to the new inoculation.

Many people who would not get the disease in any case are then religiously inoculated with it. The body is exerted to use its immune system to the utmost and sometimes, according to the inoculation, overextended under such conditions.

Those individuals who have psychologically decided upon death will die in any case of that disease or another or of the side effects of the inoculation.

I will say that again.

Those individuals who have psychologically decided upon death will die in any case of that disease or another or of the side effects of the inoculation.

In a reality and private experience give birth to all mass events man cannot disentangle himself from the natural context of his physical life. His culture, his religion, his psychologies and his psychological nature together form the context within which both private and mass events occur.

###

end of Seth excerpt

COMMENTARY by Brian Scott:

See vid at <https://www.youtube.com/watch?v=3EoDWu8XZbl&t=1633s>

The book, *The Individual and The Nature of Mass*

Events by Jane Roberts is dedicated to the nature of the great sweeping emotional religious or biological events that often seem to engulf the individual or to lift him or her willy-nilly in their power.

What is the relationship between the individual and the gigantic mass motions of nature of government or even religion? What about mass conversions, mass hysteria, mass healings, mass murder and the individual?

Those are the questions that are dedicated to this book and it's interesting to me I've had particularly good time during this quarantine now my prayers are every day going out to people that are struggling with this that have lost their jobs to my friends and I'm constantly imagining but in my own life good things have happened and so I've worried if I created this.

Is this something that I created? So this really came to me at a good time to help understand on a reality creation level what is actually going on.

Seth says dying is a biological necessity not only for the individual but to ensure the continued vitality of the species.

Dying is a spiritual and psychological necessity for after a while the exuberant ever renewed energies of the Spirit can no longer be translated into flesh inherently. Each individual knows that he or she must die physically in order to survive spiritually and psychically.

The self outgrows the flesh, particularly since the advent of Darwin's theories, the acceptance of the fact of death has come to imply a certain kind of weakness for is it not said that only the strong survive?

To some degree, epidemics and recognized illnesses serve the sociological purpose of providing an acceptable reason for death, a device for those who have already decided to die.

This does not mean that such individuals make a conscious decision to die in your terms but such decisions are often semi-conscious intent. It might be that those individuals feel they have fulfilled their purposes but such decisions may also be built upon a different kind of desire for survival than those understood in Darwinian terms.

It is not understood that before life an individual decides to live a self is not simply the accidental personification of the body's biological mechanism. Each person born desires to be born. He dies when that desire no longer operates. No epidemic or illness or natural disaster or stray bullet from a murderer's gun will kill a person who does not want to die.

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SETH SPEAKS

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For somebody that's been shot with a gun, I find that a fascinating sentence -- the desire for life has been most flaunted yet human psychology has seldom dealt with the quite active desire for death in its natural form.

This is not a morbid frightened neurotic or cowardly attempt to escape life but a definite positive healthy acceleration of the desire for survival in which the individual strongly wants to leave physical life as once the child wanted to leave the parent's home.

I am NOT speaking here of the desire for suicide which involves a definite killing of the body by self deliberate means often of a violent nature. Ideally this desire for death however would simply involve the slowing of the body's processes, the gradual disentanglement of psyche from flesh or, in other instances, according to individual characteristics, a sudden natural stopping of the body's processes.

Left alone, the self and the body are so entwined that the separation would be smooth. The body would automatically follow the wishes of the inner self. In the case of suicide for example, the self is to some extent acting out of context with the body, which still has its own will to live.

There is more to say about suicide but does not mean here to imply guilt on the part of the person who takes his or her own life. In many cases, a more natural death would have ensued in any event as the result of diseases.

Often a person wanting to die originally intended to experience only a portion of earth life say childhood. This purpose would be entwined with the parents' intent, such as son or daughter might be born for instance through a woman who wanted to experience childbirth but who did not necessarily want to encounter the years of child raising for her own reasons.

Such a mother would attract a consciousness who desired perhaps to re-experience childhood but not adulthood or who might teach the mother lessons sorely needed.

Such a child might actually naturally die at ten or twelve or earlier, yet the ministrations of science might keep the child alive far longer until such a person encountering an adult would thrust upon him or her so

to speak an automobile accident, suicide or another kind of accident might result. The person might fall prey to an epidemic but the smoothness of biological motion or psychological motion has been lost.

I am NOT here condoning suicide for too often in your society it is unfortunate result of conflicting beliefs and yet it is true to say that all deaths are suicide and all births deliberate on the part of child and parent. To that extent you cannot separate issues like a population explosion on the part of certain portions of the world from epidemics earthquakes and other disasters.

In wars people automatically reproduce their kind to make up for those that are killed and when the race over produces there will be automatic control set upon population. Yet these will in all ways fit the intent and purposes of the individuals involved.

Now to a certain extent, epidemics are the result of a mass suicide phenomenon on the parts of those involved. Biological, sociological or even economic factors may be involved in that for a variety of reasons and at different levels. Whole groups of individuals want to die at any given time but in such a way that their individual deaths amount to a mass statement.

On one level the deaths are a protest against the time in which they occur. Those involved have private reasons however the reasons of course vary from one individual to another. Yet all involved want their death to serve a purpose beyond private concerns.

Partially, then, such deaths are meant to make the survivors question the conditions, for unconsciously the species well knows there are reasons from such mass deaths that go beyond accepted beliefs in some historical periods.

The plight of the poor was so horrible so unendurable that outbreaks of the plague occurred literally resulting in a complete destruction of large areas of the environment in which such social political and economic conditions existed.

Those plagues took rich and poor alike however so the complacent well-to-do could see quite clearly for example that to some extent sanitary conditions, privacy, peace of mind had to be granted to the poor alike for the results of their dissatisfactions would have quite practical results.

Those are deaths of protests and we are living in crazy times in this world. People are struggling in many different sectors and their families in their homes financially and the environment and so many of these deaths may be a protest

If that is what is happening, Seth says, individually each victim was to one extent or another a victim of apathy, despair

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SETH SPEAKS

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or hopelessness which automatically lowered bodily defenses. Not only do such states of mind lower the defenses however but they activate and change the body's chemistry's, alter its balances and initiate disease conditions.

Many viruses inherently capable of causing death in normal conditions contribute to the overall health of the body, existing side by side as it were with other viruses, each contributing quite necessary activities that maintain bodily equilibrium. *If certain viruses are triggered however to higher activity or overproduction by mental states they then become deadly.*

Physically they may be passed on in whatever manner is peculiar to a specific strain. Literally individual mental problems of sufficient severity emerge as social mass diseases. The environment in which an outbreak occurs points at the political sociological and economic conditions that have evolved causing such disorder.

Often such outbreaks take place after ineffective political or social action. That is after some unified mass social protest has failed or is considered hopeless.

They often occur also in wartime on the part of a populace that is against a given war in which its country is involved.

Initially there is a psychic contagion. Despair moves faster than a mosquito or in any outward carrier of a given disease. The mental state brings about the activation of a virus that is in those terms passive.

Despair may seem passive only because it feels that exterior action is hopeless, but its fires rage inwardly and that kind of contagion can leap from bed to bed and from heart to heart.

It touches those, however, who are in the same state only and to some extent it brings about an acceleration in which something can indeed be done in terms of group action.

Now if you believe in one life only then such conditions will seem most disastrous and in your terms they clearly are not pretty. Yet though each victim in an epidemic may die his or her own death, that death becomes a part of a mass social protest.



Gregg Braden

RESET 2020: HOW TO EMERGE FROM THE GLOBAL SHUTDOWN

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THE GOOD NEWS

For me, this is perhaps the best possible news that can come from our loss at this unthinkable time. We will get through this. And we will get through this together. After we allow ourselves to embrace, and transcend, the stages of Denial, Anger, Bargaining and Depression, we will face the last stage of the model; the stage of Acceptance.

In our Acceptance, we discover that we're moving forward emotionally from the world that we've left behind. We begin to consider new possibilities for our lives and what lies ahead. We begin to consider new ways of thinking and living. These are the hallmarks of a new life, and a new world. And this is why it's so vital that we allow ourselves to go through the grieving process, step-by-step, stage-by-stage, allowing the days and weeks we find ourselves in now, to serve us as the buffer that we need to heal, before we embrace what comes next.

The world of the past is gone. It will not, and cannot, be as it was before COVID19. This means that we cannot go back in time to something that no longer exists. And while the vision for the world ahead of us may not be sharp and clear, we certainly don't want that world built upon the anger, frustration and anxiety from our unresolved grief. When people ask me "What's next? What can we do now?" my sense is that we're already doing it—we're grieving the loss of our world.

The key to our future success is to give ourselves the opportunity to grieve, adjust and adapt so that we are ready for the next phase of the grand adventure that we find ourselves immersed within.

GETTING OUR PRIORITIES RIGHT

When we're ready, there is a powerful place where science, policy and politics converge as a gateway to our greatest expressions of creativity and the potential. The same sweet spot of such possibility, however, also holds the power to destroy the very values that we cherish as individuals and societies. These are the uniquely human values that nurture our individualism, and the freedom to pursue the life, and the lifestyle, that feeds and inspires our imagination and creativity. The question that must guide our choices in the post COVID19 reset is simply this:

Do we love ourselves enough to balance the necessity of a safe, sustainable, and equitable society that preserves nature's harmony, without giving away our humanness and our most cherished human values in the process?

We won't need to wait long for the answer to our question. The world that emerges after Reset 2020 will tell us how we answered the question, and become the legacy that we'll leave for our children and to theirs.



THE DUNNING-KRUGER EFFECT

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Other factors that can contribute to the effect include our use of heuristics, or mental shortcuts that allow us to make decisions quickly, and our tendency to seek out patterns even where none exist. Our minds are primed to try to make sense of the disparate array of information we deal with on a daily basis.

As we try to cut through the confusion and interpret our own abilities and performance within our individual worlds, it is perhaps not surprising that we sometimes fail so completely to accurately judge how well we do.

WHO IS AFFECTED BY THE DUNNING-KRUGER EFFECT?

So who is affected by the Dunning-Kruger effect? Unfortunately, we all are. This is because no matter how informed or experienced we are, everyone has areas in which they are uninformed and incompetent. You might be smart and skilled in many areas, but no one is an expert at everything.

The reality is that everyone is susceptible to this phenomenon, and in fact, most of us probably experience it with surprising regularity. People who are genuine experts in one area may mistakenly believe that their intelligence and knowledge carry over into other areas in which they are less familiar.

A brilliant scientist, for example, might be a very poor writer. In order for the scientist to recognize their own lack of skill, they need to possess a good working knowledge of things such as grammar and composition. Because those are lacking, the scientist in this example also lacks the ability to recognize their own poor performance.

The **Dunning-Kruger** effect is not synonymous with low IQ. As awareness of the term has increased, its misapplication as a synonym for "stupid" has also grown. It is, after all, easy to judge others and believe that such things simply do not apply to you.

So if the incompetent tend to think they are experts, what do genuine experts think of their own abilities? Dunning and Kruger found that those at the high end

of the competence spectrum did hold more realistic views of their own knowledge and capabilities. However, these experts actually tended to underestimate their own abilities relative to how others did.

Essentially, these top-scoring individuals know that they are better than the average, but they are not convinced of just how superior their performance is compared to others. The problem, in this case, is not that experts don't know how well-informed they are; it's that they tend to believe that everyone else is knowledgeable as well.

IS THERE ANY WAY TO OVERCOME THE DUNNING-KRUGER EFFECT?

So is there anything that can minimize this phenomenon? Is there a point at which the incompetent actually recognize their own ineptitude? "We are all engines of misbelief," Dunning has suggested. While we are all prone to experiencing the Dunning-Kruger effect, learning more about how the mind works and the mistakes we are all susceptible to might be one step toward correcting such patterns.

Dunning and Kruger suggest that as experience with a subject increases, confidence typically declines to more realistic levels. As people learn more about the topic of interest, they begin to recognize their own lack of knowledge and ability. Then as people gain more information and actually become experts on a topic, their confidence levels begin to improve once again.

SO WHAT CAN YOU DO TO GAIN A MORE REALISTIC ASSESSMENT OF YOUR OWN ABILITIES IN A PARTICULAR AREA IF YOU ARE NOT SURE YOU CAN TRUST YOUR OWN SELF-ASSESSMENT?

Keep learning and practicing. Instead of assuming you know all there is to know about a subject, keep digging deeper. Once you gain greater knowledge of a topic, the more likely you are to recognize how much there is still to learn.

This can combat the tendency to assume you're an expert, even if you're not.

Ask other people how you're doing. Another effective strategy involves asking others for constructive criticism. While it can sometimes be difficult to hear, such feedback can provide valuable insights into how others perceive your abilities.

Question what you know. Even as you learn more and get feedback, it can be easy to only pay attention to things that confirm what you think you already know. This is an example of another type of psychological bias known as the confirmation bias. In order to minimize this tendency, keep challenging your beliefs and expectations. Seek out information that challenges your ideas.



COLLECTIVE VULNERABILITY, THE FFTS OF ONLINE LEARNING, AND THE SACREDNESS OF BORED KIDS

Brene Brown

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I teach grad students who have to use their phones as hot spots and log-in between jobs or in closets. We have to check our expectations and privilege. We want everyone to be seen and belong.

Small chunks. No more than 30 minutes online. You can meet up several times a day, but the best teachers in the world can't hold attention longer than that.

Think about the research that went into TED setting an 18-minute limit for their talks. That's all we can take sometimes. You can break kids into small groups for a lengthy assignment, but for the big classroom they will start to drift after 20 minutes. After 30, they're gone. Heck, I'm gone.

TEACHERS - we love you! In person. Online. Thank you.

AND A NOTE TO PARENTS.

I get how hard this is. In the podcast, I talk about hiding from my family in a tuba. It's overwhelming. Some of us are very ready for virtual school to start up and some of us are scared. However weird the experience may be, we need to partner with teachers to try to make this work. LOTS and lots of grace.

There's a growing movement of "We're opting out of home-schooling or participating in the online stuff." That's your call. But here's one thing I would say: Watch screen time. Limitless screen time during an emergency that's going to last for weeks is not reducing anxiety. It's throwing gasoline on it. Let them read or do nothing.

Whether we're onboard for online or we're opting out, we should all do our kids a huge favor right now and let them experience boredom.

But, we must be ready. Boredom will be an FFT for a lot of our children who have TikTok, memes, and games at the ready, 24 hours a day.

Just as we can come out of our skin during hard first times, they will too. It will take hours of complaining about feeling like they're dying before they settle into that strange place that's rarely visited by today's children - their imagination.

We don't need to entertain them, we need to model vulnerability for them and support them in this FFT.

Boredom is sacred. We shouldn't deny our children this holy experience.



ABRAHAM-HICKS

Esther Hicks

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They **will** it's always that way, there are always those who tune in to the solution and the problems are always solved

But have you ever wondered why with the solution for this disease and this disease and this disease coming, why is there always another disease? Why is there always another pandemic? Why is there another epidemic? Why is that?

It's because most people do not focus toward the solution. In fact most people focus toward the *pushing against this* and the *pushing against that* and so we don't think that it's difficult for any of you to figure out how 100 percent of your population plays into this pandemic.

100 percent of the thoughts that you think when you push against anything plays into that. It also at the same time plays into the magnificent vibrational reality that is the promise of your future, that is the eternalness that you have been asking for, for the eternalness that is the promise of all of our existence.

And so just find a way find any way in any moment to soothe yourself as best you can, and the more you do that the more you allow the momentum of the solution to call you and the better you will feel until you will find yourself following the softening of this and prior to the next one kicking in, you'll find yourself more deliberately focused in your world and doing more, being of value.

How can I be a value to my students or to my lover or to anyone that I care about or even those strangers that I'm meeting? How can I be a value? By being one who predominantly loves and appreciates rather than one who predominantly worries.

Don't ask the world to be worryfree, it's not ever going to be. You know a lot of you have a bone to pick with them. *"I would have liked to have just come from pure positive energy into this physical time and space and I would have liked it to all have been all lined up for me so that when I got there I could just focus only on the beautiful things that are around because there are only beautiful things around."*

And we say then there would be no expansion of the vortex, then there would be no asking, then there would be no more calling a view toward you're asking and most of all there would be no more satisfaction for you.

Transcript of vid at <https://www.youtube.com/watch?v=Hc8AvM6RSY0>



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS

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Videos of white civilians and purportedly one officer identified by an associate are shown stepping with focus and precision to break store windows and instigate and enflame the crowd.

It's interesting to seeing pics of the looting and rioting in each city -- surprise, LOTS of white skin in those crowds. LOTS in the pics and vids and many seem VERY focused. Almost as if they responded to a Craigslist ad asking for vigilantes to loot and destroy and distract.

I wrote that paragraph and by end of day a friend provided an article that woke me up to a lot of the underground vigilante militia stuff going on. <https://www.bellingcat.com/news/2020/05/27/the-boogaloo-movement-is-not-what-you-think/>

I learned there are militant subcultures are posting anonymously on sites like 4chan and 8chan. /k/ is devoted to firearm focus, /pol/ devoted to militant white nationalism. Posting for people to show up and act out.

Government officials have been warning of the "outsiders" -- groups of organized rioters flooding into major cities not to call for justice but to cause destruction.

I was seeing a lot of posts about "protestors" looting but don't get it twisted. **Protestors are protesting.** Looters are looting. **OUTSIDE INSTIGATORS ARE CAUSING DESTRUCTION AND INCITING VIOLENCE. STAY FOCUSED.**

Let's kill the narrative of black and brown people destroying their own neighborhoods, as they work to cleanup the destruction caused by vigilante white men arriving from out of state to escalate violence for their own agenda, their own purposes, some to distract, some trying to get martial law declared.

There is confirmed evidence of white supremacist groups inciting the violence. Many messages online encourage people to go loot in Minneapolis and cause mayhem. More than half of those arrested were from out of state.

The situation in Minneapolis is no longer in any way about the murder of George Floyd. The violent unrest has now turned into attacks on civil society.

HOWEVER, MY NEWS FEED ON FACEBOOK IS BECOMING INCREASINGLY FILLED WITH PICS OF HOPE AS THE LOCAL COMMUNITY MEMBERS CLEAN UP THE DESTRUCTION CAUSED BY THE VIGILANTES. Neighbors are feeding each other, looking out for each other's children and elders, listening and caring for each other. Women are walking through the streets with buckets, brooms, and garbage bag, cleaning up a mess the white vigilantes created.

The people who live in these neighborhoods are currently living in a traumatic situation that they did not create, yet they calmly go about the business of cleaning it up since it's their home. Those who live in these communities under fire have been working in the civil rights movement, in social justice movements, for generations. They know the drill.

HOW DOES THIS RELATE TO SPIRITUALITY

Finishing up this **June Horizons** as I watch history unfold on Facebook. A friend asked why I was posting about the execution of **George Floyd** and the ensuing riots and looting. **IF I'M SUPPOSED TO BE ALL ABOUT LOVE AND LIGHT, DOESN'T THAT BRING MY VIBRATION DOWN?**

Excellent question.

For something to bring my -- or your -- vibration down, it has to trigger an emotional discord. Whether it's that I'm not afraid of death since I know we get more than one life or that I worked for criminal defense attorneys for 22 years and have heard every horror story and crime scene pics from every violent defendant we ever represented, but I don't get emotionally riled up over the news.

I don't like it, I feel compassion, but I understand there are different paths and we can't know what someone else's karma is.

Like the elders quietly cleaning up their neighborhoods after being destroyed by the hired guns, they know they can't let it destroy their spirit. They clean it up and press on, helping where they can, happy to live another day.

I write about it to point out important points to friends who may miss it. I fact check and update to correct errors when I see them.

At any time I get too wrapped up emotionally in what's happening, that introduces resistance into the equation. the equation of what makes up my happy life. I know I've got resistance when things like my knee will act up or some other 3-d, in my face evidence that I'm moving away from vibrational alignment.

As I remind myself the job I'm doing is bringing facts to light and correcting misconceptions, the resistance drops exponentially.

Enjoy our offering this month.
Hari Om.

Andrea

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

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



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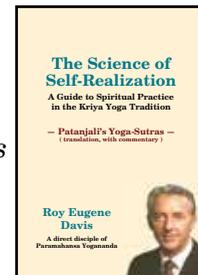
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***An Enlivening Power is Nurturing Our Universe
and We Can Learn to Cooperate With It – Roy Eugene Davis***

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