

FREE
JUNE 2021

Andrea de Michaelis presents

HORIZONS

Florida's Mind, Body, Spirit Magazine since 1992



JUNE
2021
FREE

An Enlivening Power is Nurturing Our Universe and We Can Learn To Cooperate With It. Roy Eugene Davis



Attend Programs Online

In order to support the safety of our members and staff, the CSA Retreat Center in Lakemont, Georgia will be closed in 2021.

We will continue to offer the quality ministry services that Mr. Davis dedicated his life to by conducting online classes. You can now participate in CSA programs from anywhere in the world. All times are Eastern time zone.

Retreats:

Use Zoom to participate.

Visit: www.csaretreat.org

Code: 980 663 1368

Password: 957607

Note: If you don't have a smart phone or computer, you can call with your telephone: 1-669-900-6833

Then enter Meeting ID:

980-663-1368 and press #.

When it prompts you for the participant ID, press # again.

2021 Summer Saturdays:

**csa-davis.org Home Page:
Calendar**

**or the Center for Spiritual
Awareness Facebook Page**

June 12 July 17 August 14

Request Your Free Copy

How to Use Your Creative Imagination by Roy Eugene Davis

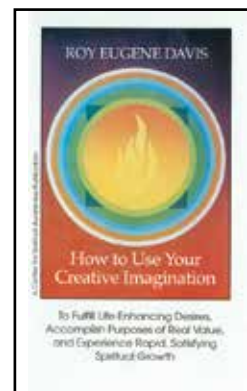
To fulfill life-enhancing desires, accomplish purposes of real value, and experience rapid, satisfying spiritual growth.

Softcover 32 pages \$2.00

Order by phone 706-782-4723 or
info@csa-davis.org.

Center for Spiritual Awareness

PO Box 7, Lakemont, Georgia 30552



Our founder, Roy Eugene Davis, a direct disciple of Paramahansa Yogananda, taught spiritual growth methods for sixty-eight years in North and South America, Japan, Africa, Europe, and India. His books are published in eleven countries.



Visit our Sacred Space at:
780 West New Haven Avenue
Melbourne, FL 32901

Celebrating 25 Years in Business!

reative Energy

Enchanted Gifts for the Mind, Body and Soul

Happy Father's Day!



We Are Open & Still Offering Phone Orders & Curbside Service or Shipping! Follow Us on FB!
An expanded selection of items to enhance your Spiritual Journey
including: Crystals, gemstones, jewelry, salt lamps, drums,
didgeridoos, singing bowls, books, tarot, CD's, candles, incense,
oils, herbs, sage, divination tools, statuary, altar items, men &
women's world clothing, belly dance accessories, henna, tapestries,
peace-promoting items, faeries & much more!

321-952-6789

Located just 1.7 miles west of
Downtown Melbourne & less
than a mile east of the mall



Follow us on facebook
to get updated information
<https://www.facebook.com/creativeenergyfl>

WE ARE OPEN!

NEW HOURS:

TUE - SAT 10am-5:30pm

DISPLAY ADVERTISING RATES

NO MORE CONTRACTS!

I got tired of doing all the math to figure contracts, so from here on, there are no contracts, just one low price each month.

\$200	Full page ad
\$140	1/2 page ad
\$ 80	1/3 page ad
\$ 70	1/4 page ad
\$ 40	Business card ad
\$ 30	Small strip ad

SPECIAL THRU 2021

For ANY size ad:

Prepay 6 months and receive 1 month free.

Prepay 12 months, receive 3 months free.

***For good advertising results, studies show it takes a reader 3-4 times seeing a new ad before it is noticed and acted on.
By the 4th ad, readers begin to call.***

**Payment is due with ad by the
20th of the month before**

DISPLAY AD SIZES

Full page ad is 7.25" wide by 9.5" tall

1/2 page 4.25" tall by 7.25" wide or 9" tall by 3.5" wide

1/3 page 2.8" tall by 7.25" wide or 9" tall by 2.3" wide

1/4 page 4.25" tall by 3.5" wide or 2" tall by 7.25 wide

Business card ad is 2" by 3.5"

Small strip ad is 1" x 3.5"

**We accept all credit cards
and PayPal online**

Email HorizonsMagazine@gmail.com

321-750-3375 cell, text is best

HORIZONS MAGAZINE

575 Escarole Street SE
Palm Bay, FL 32909-4802

12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

Publisher's note: We use many names for **God**, including The Universe, Universal Energy, Source Energy, Great Spirit, Divine Source. It all refers to the one God, no matter what name we use.

- 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**

The greatest optical illusion is separation

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover (page 9)

Betsy Chasse

Contributing Writers:

Seth thru Jane Roberts

Michelle Whitedove

Cecelia Avitable

Dr. Joe Dispenza

Abraham-Hicks

Karen Williams

Debra Strasser

Nancy Solook

Sharron Britton

Meadow Linn

Betsy Chasse

Mike Dooley

Mitch Ditkoff

Aislin Taylor

Tom Sannar

Jeff Brown

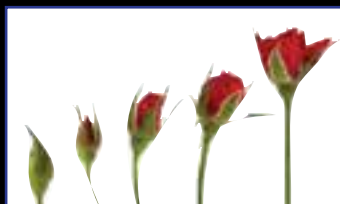
Jim Egan

HORIZONS

Center for Spiritual Awareness	2
Our Advertising Rates • Low because we're in it for the outcome, not the income	4
12 Steps of Spiritual Freedom by Rev. Tom Sannar	4
This Month's Thoughts About Things with Andrea de Michaelis	6
Our Mission Statement	6
The Teachings of Abraham-Hicks	7
Foreword to Betsy Chasse Tipping Sacred Cows by Dr. Joe Dispenza	8
On the Cover: Betsy Chasse Killing the Buddha	9
Herb Corner with Cecelia Avitable	10
How to Recognize Magical Beings with Jim Egan	11
Soul Songs: Abraham Fun with Karen Williams	12
Seth through Jane Roberts	13
Ask Michelle Whitedove	14
Barney & The Gatekeepers by Mitch Ditkoff	15
Solar and Lunar Celebrations of the Ancestors with Debra Strasser	16
Crone's Council with Aislin Taylor and Nancy Solook.....	17
Notes From The Universe with Mike Dooley	18
Spiritual Graffiti with Jeff Brown	18
Crystal Corner with Sharron Britton of High Springs Emporium	19
From Wanting to Having & Raw Veg Noodle recipe by Meadow Linn ...	20
Gardening The Medicine Way with Debra Strasser	22
Our Phone Directory	24
Monthly Horoscopes	28
Reviews of Killing Buddha by Betsy Chasse	36

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

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



Horizons thanks everyone willing to take the risk

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

ARTICLE SUBMISSION: You may submit articles of up to 1500 words on any area of personal growth and practical spirituality to HorizonsMagazine@gmail.com. Time sensitive articles must be submitted 3 months in advance. *Any article that promotes a particular person, product, service or event is considered an ad and is paid for.*

The views expressed in Horizons Magazine are those of the authors and not necessarily those of its publisher or advertisers. We do not necessarily endorse the ideas or products of our advertisers, but we honor their right to offer them. We reserve the right to edit material for space and content. Horizons Magazine © 1997 Andrea de Michaelis

We accept all credit cards and Paypal

HORIZONS MAGAZINE
575 Escarole Street SE • Palm Bay, FL 32909-4802

cell/text 321.750-3375

Visit www.horizonsmagazine.com
Email HorizonsMagazine@gmail.com



THIS MONTH'S THOUGHTS ABOUT THINGS

*"I want to look back on my life
and be giddy with joy that I was
the one who got to live it."*

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE JUNE 2021 EDITION OF HORIZONS MAGAZINE.

This month is all about Betsy Chasse, co-creator of *What The Bleep Do We Know?!* and author of *Killing Buddha*, a hilariously irreverent look at the things we do in our quest for enlightenment. The topic deserves an entire issue and Betsy Chasse nails it.

MY VEGETABLE GARDEN IS PRODUCING LIKE

CRAZY. I no longer buy tomatoes, parsley, greens, collards or kale, rosemary, thai basil, holy basil, lemon basil, thyme because it all grows like weeds. A spritz of neem oil product and BT keeps the bugs off and the pets and environment safe. I'm stoked it only takes a few little steps like *growing a garden* to help me feel more self sufficient. Even the scraps I toss into the yard

are blossoming. Literally. I wrote last month I'm not industrious enough to grow cucumbers, yet I now have several vines coming up in the compost pile from all the cuke ends I cut when making pickles 2 months ago. Wow, even when I toss out good stuff without knowing it, the Universe returns a bounty. *Makes me wonder what other really good things are on their way to me.*

I REMIND MYSELF TO DWELL IN THE MYSTERY

Today, show me how good things can get. Show me things that delight me. Let me observe without judging, let me laugh at disappointment and be mindful in each moment that I have the choice to observe joy or continue focusing on what's keeping me from it. Let my eyes catch doors of opportunity where others may not.

Reading scripts like this helps me. *Tough times come to pass, they don't come to stay. Even when tough times are passing thru, it doesn't have to be a bumpy ride for long. It takes practice to be able to expect and believe that something better is on the way. Then look for it.*

THERE ARE 2 WAYS I CAN LOOK AT MY LIFE:

1. If for whatever reason find myself in a pickle, things not going my way, not enuff \$\$ and I can see no way out. I can either choose to see that as a hopeless situation with no resolution OR I can look at it another way.

...continued on page 42...

HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

ABRAHAM-HICKS



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.

GUEST: I DON'T WANT TO LOSE MY TEMPER.

ABRAHAM: Well, we don't care if you lose your temper or not because your temper is not your **Point of Attraction**; *the vibration that's behind that emotion is*, so losing your temper is irrelevant. You think that that just causes them to respond in a stronger way, but they're getting your vibe whether you blow up or not. In other words, people can tell how you feel. They can tell if you appreciate them or if you don't. They can tell if you think they're doing good work or if you don't.

This is the answer to your dilemma here. Don't demand that they do good work before you see them doing good work. If you can see them (in your mind) doing good work before they do good work, they'll do good work. But if you need them to do good work before you see them doing good work, you'll never get there.

The dominant reason that any of you feel negative emotion is because you've become something that in this moment you're denying your own expansion and that's why you feel negative emotion. You're not letting the *expansion that has occurred vibrationally* blossom in your experience in terms of manifestation.

So when you have, in that way, disappointed yourself by not keeping up with Who You Are then you want to find fault with Everybody in the World because if they'd just be better, you'd feel better. Just know that every time you're mad at anybody, it's your own disappointment about not being Who You Are, you see. And now we remind you it's never about the doing, it's always about the vibrational aligning.

You have options in every moment: You can feel good or you feel bad or you can feel badder or you can feel gooder. You can feel a little better. You can feel a little worse. You can poison the well a little or you can try to filter the water a little. You can stir it up and more trouble. You can stir it up and make more positive. You can make people smile. You can make people frown. You can make people feel better. You can make people feel worse. You can dig in make a negative point. You can dig



Janice Scott-Reeder, AA, BA, Druid

Licensed Psychic, Astrologer, Broward County, FL
Master Tarotist, Hypnotherapist, Psychometry, Spirit Contact
954-698-6926 (Coconut Creek 33073)

SPIRITUALIST CHAPEL of Melbourne

We Welcome All To Sunday 10 AM services

Spiritualism + Mediumship
Classes \$10
\$20 others

1st and 3rd Thursdays
6:30-8:30 pm

1924 Melody Lane, Melbourne, FL 32901
Spirit Messages - Healing Service
Guest Speakers - Private Readings
\$20/15 minutes after Services

321-419-6262

www.SpiritualistChapel.org

Friend us on Facebook: [Spiritualist Chapel of Melbourne](https://www.facebook.com/SpiritualistChapelofMelbourne)
Services now being held inside. Masks, distancing please

in and make a positive point. You can be a little more hopeful. You can be a little more worried. You can make an effort to laugh. You can make an effort to cry.

You have options that you can exercise and as you let what drives you be the way you want to feel, as you reach for feelings that feel like what you think that would feel like and as you achieve them and you will again and again and again and again and again... people that are doing exactly the same thing that they're doing now that are annoying you, will not annoy you, you will see them as children on their path of discovery.

When you see a child who has not yet learned to walk, who is attempting to, but who isn't good at it yet, fall over, you don't say, "Get up, you little dummy." Instead you say, "That was good and you'll get better. And you'll like it when you're walking because it's really really fun." Just know, that every time you see a deficiency in another, it's about your own Gap and nothing else.

ON TRAUMATIC INJURIES

QUESTION: *What is the role of thought in traumatic injuries? Are traumatic injuries created in the same way that diseases are created? And can they be resolved through thought? In other words, like a breakage of something that happened in a momentary incident as opposed to a long series of thoughts leading up to it.*

...continued on page 40

FOREWORD TO BETSY CHASSE'S TIPPING SACRED COWS

THE UPLIFTING STORY OF SPILT MILK AND FINDING YOUR OWN SPIRITUAL PATH IN A HECTIC WORLD



Dr Joe Dispenza holds a Bachelor of Science degree and is a Doctor of Chiropractic. His post graduate training includes the fields of neuroscience and neuroplasticity, quantitative electroencephalogram (QEEG) measurements, epigenetics, mind-body medicine, and brain/heart coherence. As a researcher, lecturer, author, and corporate consultant, his interest lies in demystifying the mystical so that people have all the tools within their reach to make measurable changes in their lives. Visit <https://drjoedispenza.com/> and <https://blog.drjoedispenza.com/>

I first met Betsy Chasse at a dinner party. As we caught a glance of each other that night, she immediately approached me with a strikingly bold and confident demeanor. The next thing I knew, we were engaged in a very robust and direct conversation about life.

I was struck by the type of unique questions she asked me. The energy of our exchange and the velocity of our dialogue took us deep into a volley about the nature of reality. In a matter of moments, I found that we shared something in common. We are both pragmatists.

One of the founding fathers of pragmatism is a hero of mine, the great author, physician, and psychologist **William James**. James created a doctrine in which the meaning of an idea, a concept, or a proposition lies in its observable practical consequences. In other words, when you learn something new, how are you going to “practically” apply that philosophical information to create a favorable experience in your life?

Well, that’s kind of how our conversation unfolded that night.

We discussed the latest research about the brain and body, the mind, and consciousness as well as the exciting theoretical discoveries in quantum physics. **Betsy** cross-examined me about the quantum model of reality. I remember her asking, *“Do you believe that your subjective mind has an effect on the objective world?”*

I knew I was in for a long night.

We talked about the most up-to-date research in brain imaging, neuroplasticity, epigenetics, and psychoneuroimmunology. It was a great conversation. We agreed that all of these new sciences are suggesting expanded possibilities on how to move toward implementing what

we innately know about our real potential. I told her that science has become the contemporary language of spirituality. And when we combine all of the new understandings in science, we can begin to demystify the mystical.

This is by far one of my passions—I have a sincere interest in demystifying the mystical so that every person understands that we have, within our reach, all we need to make significant changes in our lives. The truth be told, we come preloaded with all of the neurological and biological machinery to make this possible.

But how do we personalize these philosophical idealisms when we are a single parent with three children, struggling financially, and are suffering from a chronic pain disorder? This book will give you real guidance into knowing how to demonstrate these concepts by seeing the process through the eyes of someone like **Betsy**. She gives you real life experiences to relate to and certainly dispels the much-needed dogmas of spirituality. Someone has to do it and I can’t think of a better person.

I believe that this is a time in history when not only do people want to “know,” they want to “know how.” How do we apply both emerging scientific concepts and age-old wisdom to succeed at living a more enriched life?

When you and I can connect the dots of what science is discovering about the nature of reality, and when we give ourselves permission to apply those principles to the simplest measures in our day-to-day existence, we then become both a mystic and a scientist in our own reality.

...continued on page 34



ON THE COVER

BETSY CHASSE

AUTHOR, KILLING BUDDHA & TIPPING SACRED COWS

Hi, I'm Betsy Chasse. Writer, filmmaker, storyteller, changemaker and most importantly mom. You may have seen my film "What The Bleep Do We Know?!" or possibly one of my other films Song of The New Earth (Producer), Pregnant In America (Producer), Radical Dating (Producer/Director), The Empty Womb (Producer/Director), or read one of my books, *Tipping Sacred Cows*, *Dancing In The Unknown*, *Stories of Becoming Myself*, or my most recent *Killing Buddha*.

All of my work is about what it means to be a human. Traversing this plane of experience while trying to avoid falling into the void. I suspect some people might want to fall into the void, but I think our purpose here is to experience life. I mean we have these amazing bodies with all these ways to play with reality, sight, sound, touch, smell, taste. We have others, that with practice help guide us on our journey here. And boy what a journey it is.

I am always in awe of this place, even when it sucks. Several years ago, as I was going through my divorce, my life really, I found a quote that has stayed with me. It's my motto. ***"Be in love with your life, every detail of it"*** Jack Keroauc.

Could I really be in love with my life, every detail of it, even when it sucked? That has been my practice ever since.

In *Tipping Sacred Cows* I shared a little practice I do often to help myself remember that I'm ok, it's all ok and that sucking is just a judgment. If you sign up for my newsletter at www.betsychasse.net you will receive a free digital copy of *Tipping Sacred Cows*!

The practice is called "My Life Sucks," and it's designed as a way for me to get real about my feelings, about what I really believe underneath all the pithy quotes and "right" ways of being and doing.

There is a freedom in allowing yourself to be angry, to be disappointed, to be hurt, and to not judge yourself. To take some time in that space without analyzing the whys. I believe sometimes when we think we're "aware," we think we're supposed to pull some piece of spiritual wisdom out about a situation. We forget to allow ourselves a moment to just be what we are. It's

tricky not to get stuck there—but I know I won't, I can trust myself to not do that—but the release of allowing myself to just be brings more clarity and acceptance than when I stuff it away, when I start to "work" on the feeling without giving myself time to experience it, to understand it.

I invite you to play along—to give yourself the freedom to take the actual time to figure shit out.

This *Letting it all hang out* is, for me, the first step in healing, the breaking down of old patterns and the discovery of what my true desires are.

Play the victim for a while, because deep down inside we are victims; we're just afraid to admit it. I have been a victim of my own creation. So I'm going to exercise my victim right now.

NOTE: I suggest, if you can, recording instead of writing out the games. When you're speaking, you can't judge yourself, edit yourself, or use an eraser. After you have recorded yourself playing the games, go back and transcribe what you said – and, oh yeah, don't edit it.

I'm going to give you context to help with my example on how this works. I live in a full house with two kids, a grandmother, a dog, and, well, too many cats. So, finding the time or the space to rant at the top of my lungs about my life sucking is not always easy.

I have found the best place to do this is in my car while driving, usually at night after my kids have gone to bed. With my mom home to watch them as they slumber, I jump in my car. I figure it's the most private space I have, right?

...continued on page 35



THE HERB CORNER AND LEARNING CENTER

Hours: Wed-Fri. 10-5, Sat. 11-3
277 N. Babcock St., Melbourne • 321-757-7522

Ongoing Herb Classes! Call for Details!

HAVING TROUBLE WITH:

* Arthritis/Rheumatism	* Gout
* Asthma/Breathing Issues	* Headaches
* Calcium	* High/Low Blood Pressure
* Cancer	* IBS/Colitis
* Colds/Flu	* Insomnia
* Concentration/Memory	* Low Immune System
* Diabetes	* Nutrition Absorption
* Fibromyalgia	* Stress

We are a dedicated, caring shop helping you take control of your health with herbs!

Herbal Teas, Tinctures, Capsules, and Salves/Creams
Herbals Classes and/or Private Consultations to help you, all of your friends and family (including your pets).



Cecelia Avitable, Master Herbalist & Certified Nutritional Consultant



Florida native helps hormones & more!

Saw Palmetto:

(suggested health uses)

- * Digestive problems
- * Coughs
- * Benign prostatic hyperplasia (prostate health)
- * Boost poor immune system
- * Hair loss prevention

We Are More Than Just An Herb Shop!

Gifts, Jewelry, Gemstones, & More!





- * Candles * Unique Gifts * One of A Kind Jewelry
- * Crystals & Gemstones * Himalayan Salt Lamps
- * Organic Skin Care Soaps & Cosmetics
- * Glass & Plastic Bottles, Herbal Supplies
- * Organic Essential Oils & Diffusers
- * Detox Foot Bath Sessions

 Gift Certificates Available for All Occasions!

Visit www.herbcorner.net for events, recipes, newsletter, etc.

HERB CORNER

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

WHAT THE 4-THIEVES KNEW

The interesting legend of the 4-Thieves has long been a part of herbal history as an all natural preventative to contagious diseases.

One legend has the 4-thieves pilfering the homes of the dead during the **Spanish Influenza** without contracting it. A 14th century **European** legend has the 4-thieves robbing homes during the **Bubonic Plague**, when they were caught the authorities wondered how they could rob so many homes without falling ill; in exchange for their secret they would be given their freedom. During the **Plague of Marseilles** in the 1700's, the thieves rubbed a combination of herbal oils on their bodies before robbing the homes of the dying and the dead; again upon being caught they shared their secret and were allowed to go free.

RECIPE:

Just like the legends, there are a few formulas associated with the thieves. One formula is made using apple-cider vinegar 1/4part lavender, rue, wormwood, sage, thyme, oregano, rosemary, and elecampane along with 1/8part nutmeg. The vinegar is made by placing the herbs in a wide-mouth jar and covering with 1-2 quarts vinegar. Steeping the herbs for 6-8 weeks shaking daily; strain and rebottle storing the finished product in a cool dark place when it is finished.

RECIPE:

Other blends use lavender, sage, hyssop, peppermint, lemon balm and garlic or rosemary, wormwood, rue and peppermint. I personally make a blend combining all of these formulas.

RECIPE:

There is also an Essential Oil Blend combining cloves, cinnamon, eucalyptus, lemon and rosemary which was found to be 99% effective when tested on airborne bacteria's at **Webster State University**.

...continued on page 23



HOW TO RECOGNIZE MAGICAL BEINGS

*Magic is easy! Just change your perspective,
and poof, the whole world has been transformed...*

Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious Man with the Ladder."

As part of a continuing series on the care and feeding of Magical Beings, here's an excerpt on DRAGONS:

SECRETS THE DRAGONS KEEP
It is said that Dragons disappeared in ages past, but the wise know they still linger in this plane. Dragons have an innate ability to camouflage and take on the colors of their environment but they learn from the time they are very young that muggles are instinctively scared of their power so they keep it well hidden. They are the icebergs of the Magical world with 9/10ths of their powers deep below the surface. Their depths are almost unfathomable, you can know a Dragon for centuries and think you have learned their secrets but they have layers upon layers and six subterranean realms beneath those.

THE NATURE OF DRAGONS
A Dragon has no patience for the whims of muggles, they only barely fain interest in their muggly friends constant complaints. Tire them too long with pettiness and this Creature of Flame will lash out and burn you with intense truth. Just as quickly as their fiery nature is revealed, they will pull back and cloak themselves with their dark wings to resemble an ordinary muggle again. Though occasionally the inciter of drama, they are not the least interested in it, only in the unveiling of truths that can only be revealed by flame. They are also of the air realm so even in tumultuous situations they may appear detached, above the fray, but few glimpse the deep currents that move beneath their composure. Often their detachment is mistaken for lack of caring and many a fool has tried to corner some one they did not realize was a Dragon. Corner a Dragon and their illusion of detachment immediately vanishes, they stand to their full height and unfurl their wings and when you see the fire rise up in their eyes you better run or risk incineration!

On the other hand those beloved of a Dragon are always kept within a wing length of their heart. If you are blessed enough to have a Dragon as a companion they have cast an invisible protective shield around you. Dare someone enter your space in a threatening way and they will immediately see the fire rise up in your Dragon's eyes and will retreat often before you even saw their threat.

...continued on page 27

Enjoy a visit to ...

Cassadaga Spiritualist Camp

A Community with Spirit

**Experience This Peaceful Community Where Certified
Mediums And Healers Are Available Daily**

- Classes & Workshops
- Historic Tours
- Spirit Encounter Tours
- Special Events
- Readings by Certified Mediums
- Certified Spiritual Healers

Wednesday Message Service, Colby Temple 7pm
Sunday Adult Lyceum, Davis Bldg 9:30-10:15am
Sunday Message Service, Davis Bldg 12:30-1:30pm

Cassadaga Spiritualist Camp Bookstore & Welcome Center
Largest Selection of Books of Spiritualism, Metaphysics and Meditation
CD's • DVD's • Crystals • Jewelry • Candles • Unique Gifts and Crafts
Monday - Saturday 10am - 6pm Sunday 11:30am - 5pm

Camp Bookstore 386-228-2880 • Camp Office 386-228-3171
1112 Stevens Street, Cassadaga, FL 32706
www.cassadaga.org

10% off
with this
ad

10% off
with this
ad



SOUL SONGS • ABRAHAM FUN

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

SETTING BOUNDARIES

It seems like an important part of self-love and self-care to set boundaries with other people.

"No, I'm not going to loan you more money. You haven't paid me back from the last time."

"We love having you visit, but two years seems like a bit much."

"Could you please carry a bag and pick up the poo after your pooch cuts loose on my lawn?"

It seems I need to protect myself from unpleasant situations by setting limits and boundaries.


But the best place to set limits is with my own thoughts that actually beckon these uncomfortable situations in the first place.

Every encounter is a vibrational match to my thinking habits. As I set limits on how much I'm criticizing and complaining about clueless people in my mind, the folks will start behaving better in my presence.

As I train myself to notice people's positive aspects, much boundary-setting will become unnecessary.

As I limit the negative thoughts in my cranium, there'll be far less poo-poo on my lawn.

Angels-Oasis.com
Awaken-Institute.com



Morgana Starr
& Daena Deva

Angels Oasis is owned by esteemed Psychic Mediums and Spiritual Counselors, **Morgana Starr & Daena Deva**. They have a combined 50 years of Spiritual work. Known as **New Thought Leaders**, they are helping to guide and shape lightworkers from around the globe. Angels Oasis is located in Historic Cocoa Village, Florida and is a beacon of light for the local spiritual community. Knowing they wanted to expand their reach, they launched **Awaken Institute**, their online Spiritual School. Awaken Institute allows awakening souls to develop their gifts safely, with guidance they can trust. You can learn more at **Awaken-Institute.com**. The first step is to take our Master Class and learn to become an EMPOWERED empath!


Walk into our beautiful Angelic shop to get a reading and browse for all of your Spiritual supplies. You'll be captivated by the energies inside of our Angelic temple.

402 Brevard Avenue, Cocoa Village, FL 32922


**Join Us Live
On Instagram
every Friday
7-10PM EST
for our LIVE
Crystal Sales!**

We sell an extensive inventory of items during our live sales. You also have a chance to win FREE crystals!

**@angelsoasis
on Instagram**



Book a reading in-store or virtually at Angels-Oasis.com



Awaken Institute
WAKE UP
Contact us:
AngelsOasis7@gmail.com
321-506-1143



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 BEST KIND OF INSURANCE

Quite simply, a belief in the good without a belief in the evil may seem highly unrealistic to you. This belief, however, is the best kind of insurance that you can have, both during physical life and afterward. It may outrage your intellect, and the evidence of our physical senses may shout that it is untrue --yet a belief in good without a belief in evil is actually highly realistic -- since in physical life it will keep your body healthier, keep you psychologically free of many fears and mental difficulties -- and bring you a feeling of ease and spontaneity in which the development of your abilities can be better fulfilled. After death it will release you from the belief in demons and hell, and enforced punishment. You will be better prepared to understand the nature of reality as it is. **Seth Speaks, Session 546**

PHYSICAL OBJECTS TRANSMIT MEANING JUST LIKE TEXT

SETH: As you read the words upon this page, you realize that the information that you are receiving is not an attribute of the letters of the words themselves. The printed line does not contain info. It transmits info.

Where is the information that is being transmitted then, if it is not upon the page? The same question applies when you read a newspaper and when you speak to another. Your actual words convey info, feelings, or thoughts. Obviously the thoughts or the feelings and the words, are not the same thing. ***The letters upon the page are symbols, and you have agreed upon various meanings connected with them.*** You take it for granted without even thinking of it that the symbols - the letters - are not the reality - the information or thoughts - which they attempt to convey.

Now in the same way, I am telling you that objects are also symbols that stand for a reality whose meaning the objects, like the letters, transmit. The true information is not in the objects any more than

Spiritual Services with Laura Beers



The Motivational edium

June 13 Speaker at Siritualist
Chapel of Melbourne

Readings
Coaching Program
Weekly Spiritual Development

Change your Perspective, Change your Life!
In person, phone, video chat, groups, will travel

321-751-4766 By Appt HealYourSpirit2.com

Serving the Jacksonville Alternative & Spiritual communities since 1994.



Rockshop - Crystals - Gemstones - Fossils
Silver, Pewter & Gemstone Jewelry - Talismans
Candles - Dried Herbs - Incense - Oils - Books
- Tarot Cards Runes - Pendulums - Art Prints by
Amy Brown, David Delamare - Statuary including
Egyptian, Greek, Hindu, Buddhist & Fantasy -
Feng Shui Supplies, more.

1951 Stimson Street
Jacksonville, FL 32210

Hours of Operation

Wednesday ~ Sunday

10 AM to 6 PM

Closed Monday & Tuesday

(904) 389-3690

www.earthgifts.com

Crow's Crossroads Shoppe

AND METAPHYSICAL CENTER



Aurora Collins

Owner/Psychic Consultant

Old and New Age Health and Wellness

Readings, Classes, Meditations

Aura Readings, Tarot,

Crystals, Herbs, Jewelry

3810 SE Lake Weir Ave, Ocala, FL 34480

352-235-0558

Email Avalon.biz@gmail.com

the thought is in the letters or in words. Words are methods of expression. ***So are physical objects in a different kind of medium.*** You are used to the idea that you express yourselves directly through words. You can hear yourself speak them. You can feel the muscles in your throat move, and if you are aware, you can perceive multitudinous reactions within your own body - actions that all accompany your speech.

Physical objects are the result of another kind of expression. You create them as surely as you create words. I do not mean you create them with your hands alone or through manufacture. I mean that objects are natural by-products of the evolution of your species,

...continued on page 39

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: *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, My coworker told me at lunch that I come across too judgmental. I was taken aback. Upon reflecting, I get it honestly, my Mom was hyper critical and that negativity seeped into my personality too. I've got to shake it off, any tips?

DEAREST, You can't control how the world sees you, but you are in charge of your own actions. Judgment comes from the intellect weighing the actions of ourselves and others. It's not great that your ego and your intellect are running your thought processes especially when you are being perceived as negative Nelly.

Tomorrow - don't have an opinion! Opinions are judgments right? Try to come from a sincere place of love without judgment all day long. Keep this mantra in the forefront of your

mind "**Release Judgment.**" Cultivate habits of kindness, be more vulnerable and excepting. Open the door for your grumpy co-worker instead of wondering why they look unhappy. Act instead of reacting. Smile meaningfully at people walking by; give your loved ones an unexpected kiss. Random acts of kindness are an impactful way to spread joy.

When listening to a friend's story, resist making judgment, relax and be a passive listener. When your coworker talks about work tasks; give a genuine compliment instead of a weighed opinion. Releasing judgment is a gift that will transform you and those that you touch.

Then I challenge you ask your ego to move aside and continue to practice non-judgment even longer! It takes about 21 days to form a new habit and it takes at least 200 days to make a habit into spiritual practice. This is your test to become more excepting and less opinionated on topics of little importance. See the good!

DEAR WHITEDOVE, If there was just one thing that each person could to make a difference in this world what would you suggest?

DEAREST, If each of us would strive to come from unconditional love with our thoughts and gestures the world would change rapidly! The Universal Law of Love is Unconditional

...continued on page 27...

Celebrity Psychic & Spiritual Medium

Michelle Whitedove

in Lily Dale

Sat. July 24th 7pm-10pm
SEASON HIGHLIGHT - Auditorium
An Evening with Michelle Whitedove

Join her for this inspiring talk about Heaven
and our loved ones on the other side
Audience messages during the last hour
Get Your Tickets at www.LilyDaleAssembly.org
A book signing will follow this event

As seen on:



MichelleWhitedove.com



BARNEY & THE GATEKEEPERS



Mitch Ditkoff is a human being, currently living in Woodstock, NY. Most recently, he has launched "The Year of Living Creatively" -- an online course for anyone committed to following their heart's desire and manifesting a creative expression of who they are and how they want to serve.

www.mitchditkoff.com

My father, a pharmacist by profession, retired to Florida at the age of 55. His retirement lasted three weeks.

After a lifetime's worth of waking up each morning with a PURPOSE, now he had none. Golf didn't count. Nor did watering his lawn or reading People Magazine. In fact, nothing counted.

Without having something to DO that had meaning for him, my father was very much lost at sea. And so, he decided, one fine air-conditioned day, to begin importing exotic foreign cars. The business model was a simple one. Buy low. Sell high.

As his only son, I was impressed. Mercedes were not only way cooler than nose drops, there was a much bigger profit margin. Plus, who knows, it was always possible that one of them might trickle down to me one day.

My dad's foreign car venture lasted six months.

Now 56 and, again, unemployed, he decided to take a left turn and open an art gallery with my mother -- a move that shocked the entire family. It wasn't fine art they were selling, mind you. It was decorative art -- the kind that newly retired people were in search of to match their living room couch. Like maybe something in green. That venture lasted two years.

Now, closing in on 60, with two false starts under his belt and a shrinking nest egg, my father decided it was time to get his real estate license. After all, he reasoned, the building boom was huge in Florida and somebody had to sell all those houses -- right -- so why not him?

Getting his real estate license was easy. He studied. He took the test. He passed. Getting customers? Not so easy.

With tons of other real estate agents to compete with, he needed a creative way to differentiate himself from

...continued on page 38...

YOGA SHAKTI MISSION



Ma Yoga Shakti

First Saturday
at noon
**VEGETARIAN
LUNCHEON**
\$10 donation
(children free)

Sunshine Lectures
Sundays 9 - 10am
*Talks on
Spiritual Topics*

**YOGA
CLASSES**
7-8pm
\$7 Per Class or
\$25/month unlimited
Monday thru Thursday

YOGA SHAKTI MISSION
3895 Hield Rd NW Palm Bay
yogashaktipalmbay@gmail.com
321-725-4024
Visit www.yogashakti.org

BOOKS BY MA YOGA SHAKTI

Yoga Syzygy Guide to Hatha Yoga \$15
Techniques of Meditation to Enhance Mind Power \$10
Shri Satya Narayana Katha \$5
Hanumaan Chalisa \$5 • A Spiritual Message \$5
The Seven Invisible Psychic Lotuses \$10
Yoga Aasana Chart \$2 • Chandogya Upanishad \$5



Fairy Dust
Crystals & Such

**Crystals, Books,
Tarot Decks,
Himalayan Salt
Lamps, Jewelry,
Candles,
Unique Gifts
Kannaway CBD
Oil Supplements**

Reiki Sessions, Weekly Meditation, Readers

352-693-4592
www.FairyDustCrystals.com
Like us on Facebook

**Your Holistic and
Spiritual Healing Center**

11781 SE HWY 441, Belleview, FL 34420 (at the Almeida Plaza)



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



Debra Strasser is High Priestess at Church of Iron Oak in Palm Bay, FL. She can be reached at scribe@ironoak.org

WELCOME TO JUNE 2021

Based on the writings of Ovid, it is believed that the month of June is named after Juno, a Roman Goddess and daughter of Saturn. Ancient Romans also honored the **Goddess Vesta** this month, celebrating **Vestalia** between the 7th and 15th day of June. During this period, this goddess of earth, home and family was honored with ceremonies and processions, before purifying her shrine on the last day of the festival.

June marks the halfway point in the calendar with the Summer Solstice, the longest day of the year. Many of the oldest surviving monuments on Earth are a testament to the importance of this astronomical and spiritual observance.

In England, the stones of the monument of **Stonehenge** align with the **Midsummer** sunrise. **In Egypt**, the sun will set over the head of the statue of **The Sphinx**, directly between the pyramids of **Khufu** and **Khafr**.

In Mexico, the step pyramid of **Chichen Itza** is best known for the dramatic light play of the **Spring Equinox**, when the setting sun casts a shadow of a serpent slithering down the northern steps.

On the island country of Malta, the **Mnajdra Temple** was built to align with both the **Summer and Winter Solstices**. Archaeologists hypothesize that this is how ancient cultures determined when to plant and harvest crops.



Plants associated with Midsummer are oak, mistletoe, frankincense, lemon, sandalwood, heliotrope, copal, saffron, galangal, laurel and ylang-ylang. Herbs associated with this sabbath are chamomile, cinquefoil, elder, fennel, hemp, larkspur, lavender, male fern, mugwort, pine, roses, Saint John's wort, wild thyme, wisteria and verben. Traditionally, herbs gathered on this day are extremely powerful. Gather some of these plants on the **Solstice** day to give your home strength and protection until next year's Midsummer day.

Happy June and Blessed Be!

CELEBRATION DATES

June 3: Yoruba New Year

June 10: New Moon in Gemini, Solar Eclipse (visible in extreme Northern hemisphere)

June 19: Juneteenth, celebrates African American freedom and achievement.

June 20: Summer Solstice, 11:32 pm, est

June 20: Father's Day, U.S.A

June 21: Sun enters Cancer

June 24: Full Strawberry Moon in Capricorn

June 24: Inti Raymi Festival of the Incan Sun God, Peru

Aislin Taylor has been interested in things that go bump in the night all her life. She has spent 30 years researching all things paranormal. Email cronescauldron@yahoo.com



CRONES' COUNCIL

A Q & A ON EVERYDAY MAGICK



Nancy Solook is a Board Certified Hypnotist, able to guide you into trance to help relieve stress, let go of trauma, break bad habits. Visit <https://nangamaihypnosis.com> See ad page 17

DEAR AISLIN: I am curious about the BDSM lifestyle. I wonder about the similarities between BDSM and my spiritual walk. Sincerely, Curious

AISLIN: HI CURIOUS, Basically, **BDSM** means, **bondage, discipline, dominance and submission or sadomasochism**. As anything that involves humans there is much diversity in peoples' beliefs and stances inside the **BDSM** community. I found the lifestyle quite reminiscent of life in general. You have people that have a preference of being in charge - **Dominance**. Then you have people that are willing to follow - **Submit**. In recent years a new category emerged in the lifestyle. People that enjoy switching between being **Dominant and Submissive**. They want the best of both worlds LOL. Of course, there are the truest in the lifestyle who do not believe in switches. I want you to also be aware there are many other aspects to alternate lifestyles and **BDSM** than what I will be discussing.

While I was in the lifestyle, I talked to a variety of people who had many diverse interests. Most of the people I spoke to who were into submission and sadomasochism provided similar feedback. In regards to a Submissive, they enjoyed the mental release which was received when they submitted their will to another. They saw it as a break from constantly living a

stressful life, constantly needing to make decisions and being held accountable. They enjoyed someone else making decisions for them. They enjoyed knowing if they simply followed the rules, their **Dominant** would be happy. It was that simple for them.

Truly submitting to another's wishes is an art form. It sounds much easier than it actually is, much like meditation. In theory meditation sounds very basic and simple. That is until you actually stop to try it, then you understand the struggle. Everyone I spoke to about sadomasochism explained that the **sadomasochism** was either done because it was a preference of the **Dominance**, or the **Submissive** was interested in the release of endorphins which created a euphoric feeling of bliss for them. That balance of pain and pleasure can be seen similar to a drug.

Most of the Dominants I spoke to felt that's simply the way they came into this world. They were placed here to be the boss in all areas of their life. They embraced and enjoyed the role. They didn't know how to be anything other than **Dominant**. Not all Dominants enjoy sadomasochism play.

...continued on page 39...



CRONE'S CAULDRON



VISIT US ON FACEBOOK
AT CRONE'S CAULDRON

NANGA-MAI HYPNOSIS

www.nangamaihypnosis.com
nangamaihypnosis@gmail.com

772-360-0719

HOUSE CLEARING/BLESSING

ENTITIES NOT OF THE LIGHT ARE SENT BACK TO THE LIGHT.

These can be around people or in homes and on land. A team of trained and initiated Ritual Masters bring the healing love of the light to work with such entities.

Fees vary due to location and start at \$200.

Call today for a free consultation

Email cronescauldron@yahoo.com





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>

Actually, smiling or laughing for no reason at all is one of the best reasons to smile or laugh.

Because doing either turns wheels in the unseen, rearranges players in your life, and summons reason after reason after reason.

**Grins,
The Universe**

Remember, the whole point of this "drill," besides the daily adventures, falling in love over and over again, and the color purple, was simply to give you a little vacation from being Me.

You don't have to take everything so seriously. Enjoy it to the max,

The Universe



Readings & Therapeutic Energy Work, Oracle Consultation, Turkish Coffee Reading.

GIFTS: Crystals, Jewelry, Essential Oils, Natural Cleaning Products, Journals, Organite, Greeting Cards, Organic Bath Salts, Organic Tea & more.

ISLAND BREEZE CRYSTALS 500 Barton Blvd, Rockledge 32955
www.islandbreezecrystals.com **(951) 288-4104**



**Live SALE
events
on
Instagram**

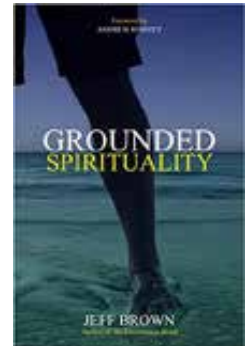
*Mention this ad and
receive a free box
of Incense*



SPIRITUAL GRAFFITI

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

Visit www.Soulshaping.com and www.Soulshapinginstitute.com



I have been exploring something we might call a "hurt mentality" in the last months.

An unexpected event catapulted me into a painful place. And I got to experience, first-hand, the various ways that people in our society shame and shun victimhood:

"Did this really happen?"

"Can't you just let it go?"

"No way they would have done that"

"Let's focus on the positive."

It was quite a humbling experience, one that reminded me of why I have worked so hard to support others in their healing. And one where I got to see first-hand precisely why these denial mechanisms don't serve us.

Because when I tried to put it away, to just let it go, to trivialize its significance, it just got worse. The truth of the experience dug in its heels, demanding to be seen, felt, spoken.

Only when I brought it back into view, did it release me from its primal grip.

The thing about victimhood, is that it is often true.

And the way beyond it is not to pretend it isn't there. It's to invite it real close, so close that it can whisper what it needs.

So close that it can't help but soften over time.

CRYSTAL CORNER MALACHITE

Photo by Karin Wolf



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

The Summer Solstice is high and everywhere I look there are shades of glorious green. Delicate

celadon in the new leaves, brilliant emerald, deep green that beckons us into sacred grottoes- even driving down the highway the ever changing green flashes by beckoning us to engage in the dance of life here on earth. For this month of **June**, I want to celebrate malachite.

Malachite in its almost infinite variations can showcase almost every shade of green in swirls and patterns that leave me breathless with their intricate beauty. It is a copper-based mineral that has been appreciated and used by people for millennia. The ancient **Egyptians** used malachite, Imperial Russia created palatial rooms lined with malachite, artists used ground malachite to create green shades for their paintings and carvings and jewelry are still popular today.

The metaphysical uses of **malachite** are myriad. Since copper is considered to be a powerful connector, many of the ways it can be used enlist this property. Malachite will help you connect to aspects of your subconscious mind that are hidden from you. This can be very valuable in acknowledging these parts of yourself that are too uncomfortable or painful to accept.

Since unacknowledged pain or trauma can become toxic if it is suppressed, becoming aware of these parts of yourself is a vital part of the healing process. You can then consciously choose how to use the energy that has been blocked from you - release it, seek the lessons it holds or transmute the energy into a path that serves you and the greater good.

One of my favorite vendors from **Brazil**, who has his PhD in mineralogy, once told me that he and his family use a small polished piece of malachite to draw out pain from infections, sprains and bruises. He puts the malachite directly on the skin over the affected area and tapes it in place. He and his family swear by the process.

If you decide to use malachite in this way, you will need to return it to the earth when you are finished. Since malachite is porous, it cannot be cleared or cleaned after you have used it in this way. Burying it with thanks is a good way to complete the healing process.

May the infinite green spirals of life and growth found in malachite help us all as we move through this time of great change. Many blessings to all.



High Springs Emporium



North Central Florida's **ONLY** Rock Shop
The most unusual store in town
• Rocks, Crystals, Gifts, Jewelry

Summer is here! Come out to High Springs and cool off.

Immerse yourself in the beauty of nature and let the turmoil and strife slip away.

New gifts from the Earth just arrived
• Shungite pyramids, spheres and carvings
• Marvelous malachite
• Natural rose quartz
• Geodes
• Labradorite
• Moldavite jewelry



Solstice Sidewalk Sale June 19-20. Under the tent outside - minerals, crystals and jewelry 50-75% off! Wholesale flats, too. 12-5 both days.

Hemimorphite, China

Honor thy Father celebration Sunday, June 20.
Crystal gift for all fathers plus homemade cookies.

OPEN Mon-Sat 11 am-6 pm and Sunday noon-5 pm

19765 NW US Highway 441 • High Springs, FL 32643

386-454-8657 highspringsemporium.net



CHANGING MY FOCUS FROM WANTING TO HAVING

Where To Find The Messages Hidden In Your Backyard

Meadow Linn, the co-author of *Quest* and *The Mystic Cookbook* and daughter of the world-renowned healer, lecturer, and writer Denise Linn, Meadow has been cooking for the guests at her mother's retreats for the past 18 years. While cooking professionally, she began to see the powerful connection between the way we feel and not just what we eat,

but also how we eat, which propelled her on a path to share this knowledge. Visit www.meadowlinn.com and www.savortheday.com

My cat always sleeps on the back of the couch. Yesterday, however, I washed the slipcovers, so the living room was a big jumble of upturned cushions and assorted throw pillows. But this didn't deter my cat. No way!

He's a creature of habit and wanted to nap in his usual spot, even though a seat cushion turned on end was in the place where he usually curls up. Somehow, though, he managed to straddle and balance himself on the top of the upended cushion. And, he did this despite the cone (e-collar) on his head from a recent trip to the vet.

I was impressed by his persistence; yet, at the same time I was perplexed. Why work so hard for something so mediocre? The house is full of cozy places for a cat to nap that would have been more comfortable and much easier.

Watching him work so hard to maintain his status quo made me start to think about whether I do the same thing in my own life.

And the answer was, "YES"!

Yearning for love has become a comfortable state for me. Just as my cat fought hard to sleep in his usual spot even though it was difficult and uncomfortable, I think in many ways I do the same thing. Of course I want to fall in love and start a family; however, I wonder if perhaps subconsciously I've been working hard to keep things the way they are. Change can be daunting. Sometimes it's easier to want than to have.

Part of my status quo also involves wanting to feel connected to my local community, though I always seem to keep myself a few paces away. Somewhere in the back of my mind I've decided to keep my roots shallow so I could follow the wind when it blew.

Not certain what my future would bring or where I'd meet the love of my life, I've only been marginally involved in my present life in order to keep my options open for the future.

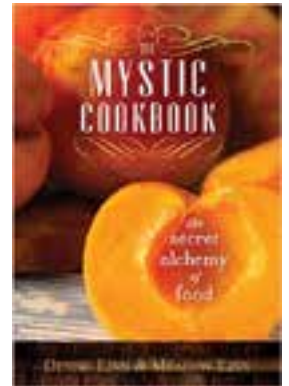
The challenge is that the love and joy I seek in the future are possibly right here in the present, if only I would allow myself to dig in.

The happier I am, the more joy I feel, and the more love I experience, the more I'll be able to attract and the more I'll be able to share. So, lately I've been making a greater effort to play a leading role in my present life rather than hoping for things to be even better in Act 2.

As part of my new focus on the present, I made a plan to meet a local friend at the farmers' market, and while I was there I bumped into an acquaintance, chatted with my favorite fruit vendor, and even caught up with someone I'd met years ago.

I always love going to the farmers' market, but there was something special about this particular outing. It was no longer just about procuring produce, it was a social event and I felt like I belonged to the community. It was amazing to see how quickly changing my mindset could change my reality.

Rather than working so hard to maintain a way of being that perpetuates my focus on the future as my route to happiness, I'm taking steps to live more in the present and expect joy, happiness, and fulfillment to come now rather than later. The future of my dreams is more likely to come to fruition if I'm content in my present. The more joy, love, and connection I experience now, the more likely I am to recognize it in the future.





Meadow Linn

CHANGING MY FOCUS FROM WANTING TO HAVING

...continued from page 20

So my cat might insist on sticking to his habit no matter what, but I'm going to try taking a chance on change, which for me actually means not looking for change but instead enjoying what I already have.

Since there has been some uncertainty about my future lately, I didn't put as much love and care into **my vegetable garden** this year. As a result, it lacks some of the vibrancy and bounty of previous summers. Despite this, I have a steady supply of **zucchini and fresh herbs**, which were the inspiration for this salad.

Generally, I don't like to write recipes that require the use of a tool that can't be found in a typical kitchen; however, these raw vegetable "noodles" are so much fun that I'm making an exception for this salad. To make the "noodles" you'll need a julienne vegetable peeler, available online for about \$15.

The quantities in the salad are approximate, as vegetables (especially those from my garden) come in various sizes. I prefer having more **zucchini** than **carrots**, so you may want to adjust accordingly depending on the size of your vegetables. You may also want to throw in **sliced green beans** or **halved cherry tomatoes**.



Image Meadow Linn www.savortheday.com

VIETNAMESE STYLE RAW VEGETABLE "NOODLE" SALAD

To make this into a heartier meal, use the leftover dressing to sauté your favorite meat or tofu and toss it with the salad before serving.

Serves 2 as an entrée

Serves 4 as a side

THE DRESSING

- ¼ cup warm water
- ¼ cup coconut sugar (or white sugar)
- ¼ cup fresh lime juice
- ¼ cup fish sauce
- 1 tsp. red chili flakes

THE SALAD

- 3 zucchinis
- 4 carrots

2-3 very large handfuls of assorted fresh herbs, such as mint, Thai basil, cilantro, and shiso*

¾ cup roasted peanuts (or toasted cashews**), roughly chopped

*If you can't find Thai basil, replace it with Italian basil. If you can't find shiso, you can omit it.

TO MAKE THE DRESSING, in a small bowl combine the warm water with the coconut sugar (or white sugar) until the crystals dissolve. Add the lime juice, fish sauce, and red chili flakes. Set aside.

Using a julienne vegetable peeler, make long, thin strips out of the zucchini and carrots to create "noodles." Combine in a large salad bowl. Add the herbs. Rather than cutting them, I pluck the herbs from the stem with my fingers. If the leaves are large, I rip them into smaller pieces.

To serve, drizzle the dressing over the salad and toss. Most likely you won't need all of the dressing, so start slow. Since there isn't any oil in it, it won't stick to the vegetables. It will fall to the bottom. This is typical of Vietnamese salads. Think of it more as a delicious marinade for your salad than a dressing. Sprinkle the nuts on top and enjoy.

GARDENING THE MEDICINE WAY

ORGANIC FERTILIZERS, NATIVE PLANTS



Debra Strasser resides on the Florida coast where she appreciates everything from the tallest trees to the humblest of weeds. She is Head ConjureWoman at Valkyrie Bees and Herbs, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak and can be reached at scribe@ironoak.org *I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds!*

We know that nutrient dense and nutritious foods strengthen our bodies, but did you know the food we give our plants can harm the environment around it? It is vital to learn your county's fertilizer ordinances to help protect local waterways and the animals, people and plants that rely on them.

The news coverage of **red tide** and **algae blooms** has been very shocking. These algae **blooms** are fed by the very nutrients that run off of not just large agricultural operations, **but also your own backyard.**

If someone else is responsible for your landscaping such as a property manager or HOA, partner with them to ensure the landscaper has completed and carries the **certificate of completion** of the **appropriate training program**. Many counties also offer residential fertilizer application courses. Your local agriculture extension office will have the answers you are looking for.

One of the best ways to reduce fertilizer usage is to choose native plants that are already suited for the soil and climate at your home.

The fruits and veggies we grow in our gardens will need those extra nutrients. You can have the soil in your yards and gardens tested for less than the cost of your lunch. This will help you determine which nutrients to add so that you are not applying more **nitrogen or phosphorus** based fertilizers than you need, as these have been found to have the biggest impact on algae growth in waterways.

Organic fertilizers available in stores are labeled to help you choose the minimal and maximum amount of nutrients your garden requires. Some of the best fertilizers are things that may have been destined for your compost pile or garbage cans.



Coffee grounds are a great source of nitrogen and **banana peels** are loaded with potassium.

In your cabinets you can find **epsom salt** for a magnesium supplement and **molasses** is one of the main ingredients of a compost tea recipe.

As well as using fertilizers responsibly, there are other small things you can do to help protect our waterways, such as keeping grass clipping and yard trimmings out of storm drains, maintaining your septic systems and directing your gutters and downspouts to your yard as opposed to sidewalks and driveways.

Our waterways need everyone to play a part to keep them healthy and happy.

Enjoy your garden!



florida HERBAL
COOPERATIVE

AGRICULTURAL MARKETING
COOPERATIVE

We promote Florida-grown medicinal herbs, connect herb farmers with herbalists, retailers, and other buyers, and facilitate education and sharing resources between Florida herb farmers

Are you an herb grower, herbalist, or herb retailer? We need your input. Help guide the cooperative by filling out the online survey found on our website. Sign up for our newsletter or follow us on Facebook for upcoming online workshops!

FLORIDAGROWNHERBS.COM

THE HERB CORNER

...continued from page 10

In other studies these herbs were found to be highly effective antiviral, antiseptic, antibacterial, anti-fungal and antimicrobial, anti-parasitic, astringent disinfectant and insecticidal herbs.

I also did some research on the properties of the herbs and I found them to be beneficial for colds, flu, fever, parasites, stomach upsets, funguses, rashes and itches and a multitude of other things.

With these properties in mind, the 4-thieves formula can be taken daily as a preventative for all sorts of illnesses that are going around and it can help if you should become ill as well (Not for pregnant or nursing mothers).

RECIPE AND DOSAGE:

Adults can take 1teaspoon of the vinegar mixed with 1teaspoon honey in a glass of water.

Children can use ¼-½teaspoon in juice. If he/she is over two, then honey can be used.

It can also be added to baths, diluted and used in a spray bottle for a body spray, as a room spray (great for traveling especially musty rooms) or as a disinfecting spray for countertops.

THE HERB CORNER AND LEARNING CENTER

277 N. Babcock St • Melbourne, FL 32935

321-757-7522

Herbal teas, tinctures, capsules, salves, creams
Ongoing Herb classes. Call Cecelia for details
Ask about your health issues and your pet's



HAVING TROUBLE WITH:

Arthritis, Rheumatism, Breathing Issues, Cancer, Colds, Flu, Concentration, Memory, Diabetes, Fibromyalgia, Gout, Headaches, High/Low Blood Pressure, IBS/Colitis, Insomnia, Low Immune System, Nutrition Absorption, Stress.

MORE THAN JUST AN HERB SHOP

We also carry jewelry, gifts, gemstones, unique gifts & more



www.herbcorner.net for recipes, newsletter, etc.

I make disinfecting wipes with 4-Thieves for counter-tops, grocery carts, diaper-changing areas, on tele-phones, sinks, cutting boards, the uses are end-less. It's a healthy alternative to the toxic chemicals found in hand sanitizers or disinfectants.

I know I will be adding these blends (oil and vinegar) to my herbal protocol especially with all of the flu hoop-la going on, even if it is just a legend.

I'm not "nice"...

I'm CHAOTIC GOOD

[Etsy.com/shop/TheChaoticGoodLife](https://www.etsy.com/shop/TheChaoticGoodLife)

ALPHABETICALLY BY COUNTY

Place your ad here for just \$5 per line. 20 characters per heading, 44 characters per line

Payment due 10th of the month before • Email and Paypal to HorizonsMagazine@gmail.com

HORIZONS PHONE DIRECTORY

ALACHUA COUNTY (352) GAINESVILLE

(386) HIGH SPRINGS

A ROCK SHOP & MORE

HIGH SPRINGS EMPORIUM 386-454-8657
Gemstone Jewelry 19765 NW US Highway 441
in High Springs, FL 32643

BREVARD (321)

AROMATHERAPY, OILS

HERB CORNER 277 N. Babcock Melb 757-7522

ASTROLOGER

LESLIE MARLAR 779-0604
VLMarlar@aol.com www.lesliemarlar.com

ASTROLOGY REPORTS

ANDREA de MICHAELIS \$28
3 month Future Prediction Reports
Email horizonsmagazine@gmail.com

BOOKS & GIFTS

ANGELS OASIS Cocoa Village 321-506-1143

AQUARIAN DREAMS Indialantic 321-729-9495

CREATIVE ENERGY 321-952-6789
Crystals, Jewelry, Singing Bowls, Books, Tarot +
780 W New Haven Ave, Melbourne FL 32901

BUDDHIST TEMPLE

WAT PUNYAWANARAM 321-255-1465
4490 Aurora Road Melbourne

CHIROPRACTIC

VICKI M. MERRICK, DC 321-952-7004
2060 Palm Bay Rd NE #2, Palm Bay, FL 32905

CHURCHES

CENTER FOR SPIRITUAL LIVING SC 474.2030

CHURCH OF IRON OAK 321-258-2897
Wiccan Outer Court. Celebrate Sabbats.
Workshops Available email scribe@ironoak.org

THE NEW WAY www.TheNewWay.us 458-7956
SPIRITUALIST CHAPEL OF MELBOURNE 419-6262
UU Church OF BREVARD www.uubrevard.us

UNITY OF MELBOURNE 254-0313
2401 N. Harbor City Blvd Melbourne 32935
www.unityofmelbourne.com

UNITY OF MERRITT ISLAND 452-2625
210 N.Tropical Trail32953unitymerrittisland.org

UNITY ON THE SPACE COAST 383-0195
2000 South St Tvl 32780 Unityonthespacecoast.org

CRYSTALS, GEMS ROCKS

CREATIVE ENERGY 321-952-6789
Crystals, Gemstones, Jewelry, Books & More!
780 W New Haven Ave, Melbourne FL 32901

ISLAND BREEZE CRYSTALS 951-288-4104
500 Barton Blvd Rockledge 32955
www.islandbreezecrystals.com

YOUR CRYSTAL SHOP 321-615-8927
www.yourcrystalshop.com Cultural gifts
2100 N. Courtenay Pkwy Merritt Is, FL 32953

HEALTH FOODS

NATURE'S MARKET & CAFÉ 254-8688

NATURE'S HEALTHY HARVEST 321-610-3989

ORGANIC FOOD CTR Indialantic 724-2383

PINETREE HEALTH 777-4677

SUNSEED CO*OP Cape Can AIA 784-0930

SUNSHINE HEALTH FOODS Titusville 269-4848

HERBS, OILS & GIFTS

HERB CORNER 277 N. Babcock 321-757-7522

MAMA JO'S SUNSHINE HERBALS
1300 Pine Tree Dr. IHB 321-779-4647

HOME BIRTH SERVICES

PAM PEACH L.M. www.Birthingpath.com

HYPNOTHERAPY by Jenny

Transform unwanted behaviors 321-345-8971
www.HypnoterapybyJenny.com
Email Jenny@epicrenewal.com

YOGA

SUNDARI YOGA STUDIO 321-613-5999

FULL CIRCLE YOGA SCHOOL 970-333-4777

YOGA SHAKTI MISSION 321-725-4024
3895 Hield Rd in Palm Bay yogashakti.org

YOGA, MEDITATION

YOGA SHAKTI MISSION 321-725-4024
3895 Hield Rd in Palm Bay yogashakti.org

ZEN MEDITATION

OPEN MIND ZEN openmindzen.com 427-3511
Al Rapaport/Sensei•Breathwork•Zen Dialogue

BROWARD (954) FT. LAUDERDALE

BOOKS & GIFTS

ANGEL HAVEN Las Olas Blvd Ft Laud 522-4720

CRYSTAL VISION 3160 Stirling Rd 981-4992

DIVINE LOVE INSTITUTE 954-920-0050
www.divineloveinstitute.org

NATURE'S EMPORIUM 755-2223

CRYSTALS, READINGS, CLASSES

SPIRITUAL JOURNEY 954-752-2329
7420 Wiles Road Coral Springs, FL 33067
<http://spiritualjourneyweb.com>

CHURCHES

CENTER FOR SPIRITUAL LIVING 954-566-2868

UNITY GATEWAY CHURCH 954-938-5222

UNITY CHURCH OF HOLLYWOOD 954-548-9320

HEALTH FOODS

HEALTH FOODS PLUS Hollywood 954-989-3313

WHOLE FOODS MARKET
810 University Drive Coral Springs 753-8000
7220 Peters Road in Plantation 236-0600
2000 N. Federal Hwy Ft. Laud 565-5655

WILD OATS MARKETPLACE 566-9333
2501 East Sunrise Blvd in Ft. Laud

PSYCHIC READERS

JANICE SCOTT-REEDER 954-698-6926
Tarotist and Astrologer, e/snail mail readings.
In person readings at the Cosmic Salamander
<http://cosmicsalamander.com>

COLLIER COUNTY (239) NAPLES

CHURCHES

UNITY OF NAPLES Books, gifts 775-3009

HEALTH FOOD STORES

FOOD & THOUGHT 239-213-2222
FOR GOODNESS SAKE 239-992-5838
NATURE'S GARDEN OF NAPLES 239-643-4959
SPROUTS FARMERS MARKET 239-325-6950
WHOLE FOODS MKT 239-552-5100
WYNN'S MARKET 239-261-7157

DUVAL (904) JACKSONVILLE

BOOKS & GIFTS

EARTH GIFTS www.earthgifts.com 389-3690
Wed - Sunday 10am - 6pm Closed Mon & Tues

SPIRITUAL UPLIFTS 904-571-2586
2186 Park Ave, Unit 102 Orange Park

CHURCHES

COSMIC CHURCH OF TRUTH 904-384-7268

UNITY CHURCH FOR CREATIVE LIVING in Jax
www.unityinjax.com/ 904-287-1505

UNITY OF JACKSONVILLE BCH 904-246-1300

ESCAMBIA (850) PENSACOLA

CHURCHES

UNITY OF PENSACOLA 850-438-2277
716 N. 9th Ave. www.unitypns.com

HIGHLANDS (863) SEBRING

CHURCH, CLASSES

UNITY LIFE ENRICHMENT CTR 863-471-1122
10417 S. Orange Blossom Blvd, Sebring 33875
<http://www.unityofsebring.org>

HILLSBOROUGH (813) TAMPA, LUTZ

BOOKS, GIFTS, READINGS

MYSTIKAL SCENTS 813-986-3212

INDIAN RIVER (772) VERO, SEBASTIAN

BOOKS & GIFTS

INSPIRED HEART Old Dixie Hwy 772-696-1910
SPARK OF DIVINE 772-257-6499

CHURCHES

UNITY OF VERO BEACH 772- 562-1133
950 43rd Ave 32960 www.unityofvero.org

READINGS, CLASSES

INTO THE MYSTIC 1614 US Hwy 1 Sebastian
Spiritual Medium Marchelle 772-480-4344

LEE COUNTY (239) FT. MYERS

BOOKS & GIFTS

THE MYSTICAL MOON 239-939-3339
8890 Salrose Lane in Fort Myers 33912

THE MYSTICAL MOON 239-301-0655
8951 SE Bonita Beach Rd Bonita Springs 34135

THE LABYRINTH 239-939-2769
12995 S. Cleveland Avenue #108

CHURCHES

UNITY OF FT. MYERS 239-278-1511
www.unityoffortmyers.org

LEON COUNTY (850) TALLAHASSEE

BOOKS & GIFTS

CRYSTAL PORTAL 850-727-8214
www.crystalportalgems.com FB Crystal Portal

STONE AGE Tallahassee Mall 850-383-0233

HEALTH FOOD STORES

HONEYTREE 1616 N. Monroe St 681-2000
NEW LEAF MARKET 942-2557

MARION COUNTY (352) OCALA

BOOKS & GIFTS

CROW'S CROSSROADS SHOPPE 352-235-0558

FAIRY DUST CRYSTALS AND SUCH 352-693-4592
11781 SE HWY 441, Belleview, FL 34420
Crystals, books, tarot, jewelry, candles, oils
www.fairydustcrystals.com

SOUL ESSENTIALS OF OCALA 352-236-7000
805 E. Ft. King St., Ocala, FL 34471
www.soulessentialsocala.com

CHURCHES

UNITY OF OCALA 101 Cedar Road 352-687-2113

HEALTH FOOD STORES

EARTH ORIGINS MARKET 352-351-5224

OCALA GHOST WALKS

www.ocalaghostwalks.com 352-690-7933

MARTIN CTY (772) FT. PIERCE/STUART

HEALTH FOODS/CAFE

PEGGY'S 5839 SE Federal Hwy 286-1401

SPIRITUAL CENTERS

UNITY OF FORT PIERCE 461-2272
3414 Sunrise oneness@unityoffortpierce.com

MONROE (305)

KEYS, KEY WEST

AROMATHERAPY & HERBS

BLUE MOON HERBALS, AROMATICS 305-587-8303
www.bluemoonherbals.com
30150 Overseas Hwy Big Pine Key, FL 33043

HEALTHFOOD/JUICE BAR

GOOD FOOD CONSPIRACY 305-872-3945
US 1, Mile Marker 30 on Big Pine Key
<http://www.goodfoodconspiracy.com/>

NEW AGE BOOKS, GIFTS

BLUE MOON TRADER 872-8864

OKALOOSA (850) FT. WALTON BCH

CHURCHES

UNITY CHURCH FWB 864-1232

HEALTH FOOD STORES

FEELIN' GOOD! 654-1005
GOLDEN ALMOND FWB 863-5811

ORANGE COUNTY (407) ORLANDO

BOOKS & GIFTS

AVALON Hillcrest St in Orlando 895-7439
SPIRAL CIRCLE 750 Thornton Orlando 894-9854

BUDDHIST CENTER

VAJRAPANI KADAMPA CENTER 407-896-3998
813 Montana 32803 meditationinorlando.org

HERBS, GIFTS

LEAVES & ROOTS 407- 823-8840
9476 E. Colonial Drive in Orlando

BRANCH OF LEAVES & ROOTS 321-422-0815
460 N. Ronald Reagan Blvd, Longwood 32750

PALM BEACH (561)

BOOKS & GIFTS

SHINING THROUGH 276-8559
DREAM ANGELS 561-745-9355
CRYSTAL GARDEN 369-2836
2610 N. Federal Hwy Boynton Beach

CHURCH / CLASSES

UNITY OF THE PALM BEACHES 561-833-6483

UNITED METAPHYSICAL CHURCH 561- 686-0217
OF THE PALM BEACHES unitedmetaphysical.org
917 North Dixie Highway Lake Worth 33460

HEALTH INSTITUTE

HIPPOCRATES HEALTH 561-471-8876
http://hippocratesinstitute.org WPB 33411

PINELLAS (727) ST PETE, CLRWATER

BOOKS & GIFTS

MYSTIC GODDESS Largo 727-530-9994

CHURCHES

UNITY OF CLEARWATER 727-531-5259
PEOPLE'S SPIRITUALIST CH 727-823-5506

HEALTH FOOD STORES

EARTH ORIGINS MARKET St.Pete 727-347-5682
EARTH ORIGINS MKT Palm Harbor 352-786-1231

SARASOTA (941)

BOOKS & GIFTS

ELYSIAN FIELDS Midtown Plaza 941-361-3006

HEALTH FOOD STORES

EARTH ORIGINS MARKET 365-3700 and 924-4754

SEMINOLE (407)

SANFORD, LAKE MARY

CHURCH, BOOKS, GIFTS

UNITY CHURCH OF CHRISTIANITY
4801 Clarcona Ocoee Rd ORL 407-294-7171

GIFTS, CONSULTATIONS

LUNASOL ESOTERICA Sanford 321-363-4883

ST. JOHN'S (904)

ST AUGUSTINE

BOOKS & GIFTS

PEACEFUL SPIRIT 904-228-9240
THE PURPLE LOTUS 904-295-8876

SUWANNEE (386)

LIVE OAK, WELLBORN

BOOKS AND GIFTS

KORNUCOPIA 386-963-4898
12093 CR 137 in Wellborn, FL 32094
Antiques Candles Sage Incense Tarot Jewelry

VOLUSIA (386)

DAYTONA, DELAND, NSB

BOOKS, GIFTS, PSYCHICS

CASSADAGA CAMP BOOKSTORE 386-228-2880
1112 Stevens Street, Cassadaga, FL 32706

MY CAULDRON 386-624-7000

MAMA GAIA'S MYSTIQUE 386-366-4385

CHURCHES

CASSADAGA SPIRITUALIST CHURCH 386-228-3171
1250 Marion Street, Cassadaga, FL 32706

CRYSTALS AND GEMS

TIMELESS TREASURES 386 252-3733
Daytona Flea Market • Corner Shops CS 75&76

HERBS AND GIFTS

SPICE OF LIFE HERBS 386-734-0035
214 W. Beresford Avenue, Deland
Open Wed 11-6pm, Thurs, Fri, Sat 11-6pm
www.spiceoflifeherbs.net

HAUNTED MUSEUM

C. GREEN'S HAUNTED HISTORY MUSEUM 228-3315
Next to Purple Rose 1079 Stevens Street 32706

PSYCHICS GEMS ROCKS

PURPLE ROSE in Cassadaga 386-228-3315
1079 Stevens Street 32706

KNOXVILLE, TN

READINGS AND REIKI

THERESA RICHARDSON 865-705-2525
Original co-founder of Horizons Magazine
Clairvoyant Intuitive Readings, Channeled
Readings, Angel Readings, Tarot Readings.
Readings are available by phone or in person.
Email info@theresarichardson.com
Visit www.theresarichardson.com

UNITY CHURCHES IN FLA

Atlantic Beach	904-246-1300
Bonita Springs	239-941-3100
Bradenton	941-758-6489
Brandon	813-727-4431
Clearwater	727-531-0992
UnityNow	727-524-0600
Daytona Beach	386-253-4201
Delray Beach	561-276-5796
Dunedin	727-734-0635
Ft Laud Metaphysical Chapel	754-300-1428
Fort Myers	239-278-1511
Fort Pierce	772-461-2272
Gainesville	352-373-1030
Gulf Breeze	850-932-3076
Hollywood	954-922-5521
Jacksonville	904-287-1505
Jacksonville	904-355-5100
Jacksonville Beach	904-246-1300
Lakeland	863-646-5314
Lecanto	352-746-1270
Leesburg	352-787-0834
Melbourne	321-254-0313
Mount Dora	352-483-5683
Naples	239-775-3009
New Smyrna Beach	386-481-0890
Northport/Pt Charlotte	941-423-8171
Ocala	352-687-2113
Orlando	407-294-7171
Orlando	407-852-3940
Oviedo	321-206-5148
Palm Harbor	727-784-7911
Pensacola	850-438-2277
Plant City	813-659-2624
Poinciana	863-427-4276
Port Richey	727-848-7702
Port St. Lucie	772-878-9819
St. Petersburg	727-344-1515
St. Petersburg	727-898-2457
St. Petersburg	727-527-2222
Sarasota	727-848-7702
Sebring	863-471-1122
Sun City	813-298-7745
Tampa	727-531-1836
Tampa	813-870-0731
Tampa	813-882-0440
Titusville	321-383-0195
Venice	941-484-5342
Vero Beach	772-562-1133
West Palm Beach	561-721-1267
West Palm Beach	561-833-6483



Jim Egan

RECOGNIZE MAGICAL BEINGS

...continued from page 11

MFXI FHM MRFXTX

Magik and Dragons

Dragons are deeply rooted in the magical realm, wizards always know when one is about because all things magical are magnified by their presence. Having a Dragon in your world has a subtle but profound effect. You will notice the sky has a few more colors, somehow the natural world is more vivid, the very air around a Dragon is charged with Magick, anything is possible in that ether. Only a chosen few earn a Dragon's love and the depth and intensity of that love can trigger fear in a lesser mortal who may flee from the depth of their embrace. Sadly for them they will discover the Earth has become pale and lifeless in comparison to the realm of Magick that surrounds a Dragon.

Dragons are the stuff of Legends, if you have Dragon blood or have one in your world then the universe has bestowed great power and possibilities upon you. Never tell a Dragon something is not possible, a Dragon knows something is only impossible if you are not willing to summon the power to make it so. Dragons and those trusted to care for them must limit their exposure to muggles who want to convince others that the world is an ordinary place and we should be satisfied living tiny lives. There are few things on Earth that a Dragon fears but a tiny life is definitely one of them.

FRM FHM PMMNIQ QP MRFXTX

Care & Feeding of Dragons

A Dragon needs a few stalwart companions, they must be loyal and of great heart and sense the depth and power of their Dragon friend. A Dragon needs constant reminders that the day to day worries of this world should not distract them from their Magical Depths. They need time alone, time to fly free in ancient forests, mountains and seas. They need a path with great heart to inspire them and summon their great powers to this realm. There is nothing on this Earth that a Dragon is not equal to once they have summoned the great depths of Magick at their call. For those gifted with Dragon blood or beloved of a Dragon, it is necessary to bring out your A game, the realm of a Dragon is not for the faint of heart- it is a habitat of great power and of beings set on shaking the planet to its very roots....



ASK MICHELLE WHITEDOVE

...continued from page 14...

Love in its pure form. It is the driving force of the Universe. Unconditional Love is the key to transformation; love transmutes negativity into positive energy while restoring harmony and balance.

Ultimately every single living being throughout the universe is striving to master the law of Unconditional Love. It is the core teaching and the most important lesson we humans have to learn. If you follow this one law, you will be following all the Universal Laws.

When a baby is first born you see their perfect innocence. They have come here directly from "The Source" and they are created of nothing but unconditional love. You look in their eyes and all you see is love. They even smell like the heavens. They smile and laugh with joy.

This is true for all newborn beings on Earth; they are special, untouched by negativity, and still strongly connected to The Divine Consciousness, our creator **The Great Spirit**.

But as we grow from infancy to adulthood we are subjected to the negativity of thoughts and deeds around us. Our once high concentration of pure unconditional love begins to dilute with our experiences.

As we grow further away from the **Great Spirit**, the more diluted that unconditional love vibration becomes, and we forget how to apply unconditional love in our lives. Here on Earth, the only way that we can maintain our purity and prevent that dilution is by going back to the **Law of Unconditional Love**. Release judgment and come from love - let's focus our efforts on loving unconditionally and experience a shift in our reality!

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

YOUR CRYSTAL SHOP

**2100 N Courtney Pkwy
Merritt Island 32953
321-615-8927**



**Mon - Thu 10 am - 5 pm
Friday 10 am - 7 pm
Saturday 11 am - 3 pm**

Find Us On Facebook

Email Info@YourCrystalShop.com



ARIES – (March 19 – April 18)

Mercury in retrograde until the 23rd risks curbing your expression and your mobility a little. However, you remain lucid and, if your exchanges are less supported, they remain relevant and constructive. You will need to develop your patience this month and master your passions so you do not create too much turmoil or find yourself frustrated because of excessive desires.

The mood of your different emotional partners (family, friends, lovers) is changing and you will have to deploy all your diplomacy so that you are able to spare everyone's feelings. Fortunately, from the 11th, Mars will push you to action: you will take initiatives and, if you do not go too fast, you should meet great success!

LOVE IN GENERAL:

Dear Aries, it has come time for reconciliations. Do not judge certain actions too quickly. Sterile discussions will not prevent the realization of future projects. This month, the planets offer you a right of access to happiness despite a somewhat complicated period. In couples, some small turmoil is expected but not enough to panic.

IN A RELATIONSHIP:

If you decide to bring a little novelty into your relationship it is certainly so you do not have to look your problems in the face. A return to calm is expected, your partner waits for the slightest sign from you, why not start a truce since the period lends itself.

SINGLE:

Tired of celibacy? You have only one thing to do! Exit. For those who are single, the month of June is conducive to dating and it concerns you dear Aries. Why not kill two birds with one stone by combining business with pleasure? You like to please and charm, so dare to do so!

TAURUS – (April 19 – May 19)

Still a little trapped by a restrictive Saturn, you will however deploy your wings and open your heart in your emotional life. Your wealth is also protected this month and it is with your family or close entourage that you will prefer to share your good fortune. From the 11th, however, you may run into other interests as part of your activities. Your stubbornness will not help you, it is better to adapt to the circumstances than to make active resistance: it will be much more profitable. Jupiter is very well placed and should offer you new friendships and expand your field of vision.

LOVE IN GENERAL:

The beginning of the month announces the arrival of some doubts and some uncertainties especially among couples. Because of a lack of assurance towards the person you love, you express yourself with aggression rather than benevolence. You are waiting for something that does not happen as quickly as you would like. A lack of confidence sets in.

IN A RELATIONSHIP:

Your way of thinking becomes mechanical, your partner may well blame you. It is only from the second half of the month that a new wind will blow on your loves. Hang on, it risks knocking your hat off, but with twists and seduction the program looks very interesting.

SINGLE:

Patience and tranquility are the order of the day. This month you do not stop waiting for your crush except that they are slow to come. In your relationships bet on trust before throwing yourself into the arms of the first one.



GEMINI – (May 20 – June 19)

Mercury, although in retrograde, is stationed in your sign until the end of the month. Thus, your "master" will help you considerably to study the situations closely, with good sense and objectivity, which could give you a head start in many areas.

Venus in Cancer protects your material assets and you work hard until the 11th. Then, priority will be given to exchanges and new ideas: your opportunism will undoubtedly help you to find outlets for more varied, dynamic and constructive activities. But, beware of Jupiter, he can cause frustrations and compensatory excess ...

LOVE IN GENERAL:

"Spare the rod and spoil the child", the tone is given! Throughout this month you live intense moments with the person you love. The month starts strong thanks to new projects. Regarding your love affairs nothing is done randomly, you build castles in the sky.

IN A RELATIONSHIP:

A little lightness invades your daily life, so your relationship is better. While you go about your business your partner takes care of the rest. You do not need much to make you happy. Projects are emerging, your relationship is experiencing a new impetus and it is not displeasing to you.

SINGLE:

Before agreeing to commit you think twice, due to a lack of assurance, yet everything suggests that this month luck is finally decided to turn in your favor. If you had great hopes for meeting your soulmate, keep your eyes open.

CANCER – (June 20 – July 21)

Venus joins your sign at the beginning of the month and promises a June full of romance and great feelings. Jupiter and Neptune, with the friendly sign of Pisces further strengthen your emotional life and Mars supports your initiatives until the 11th.

A very nice month to make a little money, meet a lot of people, to change what must be without jostling your assets, and to shine brightly from the arrival of summer, with the festival of music . It is, therefore, with a full heart that you will approach the holiday period, with halo of a certain seduction!

LOVE IN GENERAL:

Sensitivity, love and sweetness are on the program. After a few weeks in turmoil, your efforts seem rewarded. Thanks to a clear astral sky you swim in full bliss. Your loves are doing well, you will want to share, complicity will be at the rendezvous. A word of caution: be careful not to be too stuffy with your partner.

IN A RELATIONSHIP:

Too much sensitivity could play tricks on you. Take life on the bright side with more lightness and everything will be better. The good news is that the stars have decided to make it easier for you. Your other half supports you and backs you in all your steps.

SINGLE:

Dear Cancer at the beginning of the month, beautiful encounters are to be expected, so dare to show yourself in the best light. If your mistrust is a restraint, listen to your intuitions, you should feel good vibrations. A beautiful summer is looming, you will be pleasantly surprised by some people.

...continued on page 30

...continued from page 29



LEO – (July 22 – August 21)

Venus joins your sign at the beginning of the month and promises a great romance and great feelings. Jupiter and Neptune, since the friend sign of Pisces further consolidates your sentimental life and Mars supports your initiatives until the 11th.

A very nice month to make a little money and a lot of meetings, to change what must be without shoving your assets and to shine brightly from the arrival of summer, with the festival of music. It is so the party that you will approach the holiday period, halo of a certain seduction!

LOVE IN GENERAL:

Dear Leo friends, you like that we notice you and that we compliment you, you need it to shine, this month, you are served, indeed, the planets are generous with you. You are at the center of discussions, you are very interested. You could not dream better, you adore and it shows!

IN A RELATIONSHIP:

A dynamic first fortnight is announced. Your partner fills you by multiplying their small attentions, dates, dinners face to face and beautiful improvisation! Expect some nice surprises from them. You could get used to it very quickly. This period is conducive to declarations of love.

SINGLE:

Dear single ones, if you start a relationship this month, stay cautious. No need to put the cart before the horse, do not rush things with your lover. Time plays in your favor. This new relationship could bring you everything you've wanted for a long time.

VIRGO – (Aug 22 – Sept 21)

In June you will enjoy a very nice sky except for the delays, setbacks, misunderstandings, and distractions attributable to Mercury in retrograde. You will be able to concentrate on your emotional life in a sweet, friendly and sociable atmosphere and your finances could also grow and beautify just before the big holidays!

Until the 11th, you work hard and you get excellent results that will allow you to relax and rejuvenate in good company, intimate and complicit. Your relationships with others are sometimes a little blurry or you put a little too much on some people but overall, the changes that occur are beneficial to you and you have great assets to manage them.

LOVE IN GENERAL:

Goodbye monotony, you're showing imagination this month. The weight of daily habits will not get to you! You take the lead, you work hard to find new ideas, projects, holidays or short breaks for two, everything is an excuse to escape! Together or solo for once you decide to play it cool.

IN A RELATIONSHIP:

To please your half you dare ingenious ideas. Nothing is too good to please them even more if it spoils your relationship. You even go so far as to offer them a little romantic escape in a place out of the ordinary. We can say that you are inspired!

SINGLE:

The beginning of the month promises to be laborious, causing a lack of dynamism then suddenly a small miracle occurs, to your surprise a great motivation makes its appearance. We ask you, you go out. Rather than a serious relationship, you prefer to flutter, it's a matter of time, to each their own!

...continued from page 30



LIBRA – (Sept 22 – Oct 21)

A lot of fuss in your sky in June! The loves are a little tense, mood swings can cause trouble on both sides and your activities are a little stuck until the 11th. Now is the time to make the right choices and develop your clarity and objectivity.

After the 11th, your initiatives will be successful so do not hesitate to get started! The exchanges are a little slow until the end of the month and, if the meetings are more rare, they are however potentially enriching, literally as well as figuratively. Saturn greatly helps you take on your responsibilities and strengthen your skills in a new discipline that is very beneficial to you.

LOVE IN GENERAL:

This month it moves for the natives of Libra, you do not know which way to turn! A beautiful intensity pushes you to surpass yourself. If you had trouble believing in love again, the stars prove the opposite, opportunities come one after another, a big change takes place for couples but also for those who are single.

IN A RELATIONSHIP:

Why not let your emotions guide you? Good news, your partner wants to be more involved in your life as a couple. Planets plan beautiful moments with your other half. Dare what you have never dared. A splendid month of June is coming for those in a relationship.

SINGLE:

Free yourself dear single one! The stars accompany you in all your amorous endeavors. If you are looking for a soulmate you will not be disappointed. You are not safe from love at first sight. The past may catch you, someone who has counted for you before resurfaces and you may be destabilized.

SCORPIO – (Oct 22 – Nov 20)

Changes, big and small are in the air and their outcome depends a lot on your behavior. It would be beneficial for you to relax and welcome the novelties with optimism rather than mistrust.

You will overflow with ardor until the 11th, your sentimental life is promising all month long, it is a good reason to relax and to show yourself available to welcome all the occasions that the sky will not fail to propose to you! You also benefit from an excellent intuition that borders on clairvoyance and makes you choose, without hesitation, what is best and most constructive for your future!

LOVE IN GENERAL:

The planets carry you and help you in your search for love! In love you are ready for many things, like to change your life and change your habits. This month everything becomes easier, charm, seduction, the cocktail is explosive. For both couples and singles, luck smiles on you. Summer starts dearly for the natives of Scorpio, enjoy it.

IN A RELATIONSHIP:

If you had planned an outing or a weekend with friends your partner will probably ask you to change your plans last minute. A small disappointment may win over but then you quickly find a plan B. Tensions in the couple are just avoided, all's well that ends well.

SINGLE:

The beginning of the month is a bit chilly, you do not really feel the need to bind yourself to new people yet the planets push you to do the opposite. Around June 10th things take a new turn, love comes knocking on your door, open! Your charm works, everything becomes simpler.

...continued on page 32

...continued from page 31



SAGITTARIUS – (Nov 21– Dec 20)

The month of June is turned towards exchange, dialogue and travel. Certainly, with delays and setbacks but also with very beautiful meetings, often romantic. From the 11th, you will find a freedom of action that will encourage you to do a lot to work hard and achieve your goals and will allow you to demonstrate your best talents.

Being put in the spotlight will nourish your optimism and you just have to make sure that your kindness does not change into paternalism, so you do not turn your back on your partners, even unconsciously. Jupiter and Neptune are likely to confuse you or encourage you to excess. Stay sober and realistic and everything will smile!

LOVE IN GENERAL:

An astral sky that boosts your energies and your morale, here is the trend this month. We can say that you are lucky. Thanks to the many opportunities that come you will live festive moments. Amusements, flirtations, serious relationships, the program looks more than interesting! This beautiful dynamism may make those around you more envious.

IN A RELATIONSHIP:

Your partner seems to live on their achievements and it annoys you, so you take the lead in deciding to shake up the habits. Express organization, you prepare a romantic getaway or a meal together, you redouble small touches, and it works pretty well.

SINGLE:

You receive romantic proposals that leave you perplexed, you doubt the sincerity of some people. You ask yourself too many questions, let go of the reigns, forget the assumptions, trust and listen to your intuitions. Luck is there, love is at the rendezvous throughout this month.

CAPRICORN – (Dec 21 – Jan 19)

Your life is changing, and in June, feelings will take up a lot of space. Certainly, some delays and setbacks are unavoidable but matters of the heart and money are in a very good way because you make beautiful meetings, you invest judiciously and, above all, you have partners of choice, whatever the field. Your routine work will take a lot of scale starting on the 11th and your reinforced organizational spirit will probably be worth some success and popularity. The changes are favorable to you and your emotional life is structured from day to day!

LOVE IN GENERAL:

For you, Capricorn, there is good news in early summer, the planets give you a thrill. Dynamism and confidence, what more to say, the time of emotional renewal has arrived. For new couples, there is change in the air. For all the others, anticipate very interesting transformations.

IN A RELATIONSHIP:

If you were stubborn about a project your partner does not despair, you could quickly change your mind. Thanks to the good actions of the stars the situation is unlocked, as by a miracle everything becomes simpler. Your faults become qualities, a change that suits you. Your relationship is better.

SINGLE:

Outings with friends, activities, everything is a pretext to meet new people. You understand that it is high time to get out of your shell. Show yourself as you are, without a filter. If some people around you have difficulty expressing it, they still love you.



AQUARIUS – (Jan 20 – Feb 17)

You feel a little stuck with the feeling that upheavals disrupt your life without you having wished for it ... But you'll have to make do with it and use your good will to take advantage of this situation without suffering from it.

You have the opportunity to exchange your ideas freely and to act concretely from the 11th, so do not be discouraged by a sentimental life that is a little tepid for your taste and focus instead on your personal goals. In this area, you will have the opportunity to evolve favorably. Pleasure and leisure are also on the agenda, it's a good time to take a few days off ...

LOVE IN GENERAL:

It may well be that astral influences force you to change your plans. Whether they are projects for vacation or relationship projects you will have to accept certain modifications. From the second half of the month you learn new things, exciting meetings are announced. The last days of June foreshadow a nice surprise, enough to make you turn your head.

IN A RELATIONSHIP:

if you are in a relationship promises of the future or of commitment are on the program. If you waited a long time for that moment, you are served. For you, your partner goes out of their way, going as far as giving in to your whims. It will be the mildest month of the summer and certainly the most romantic.

SINGLE:

Around singles we talk about love, you will not know where to turn. A swirl of love that makes you grow wings and forget the constraints of everyday life. A great motivation is the rhythm of your days, sweetness and romance too. It's a big breath of fresh air.

ADVICE FROM FREE HOROSCOPE:

The moment has come to live your dreams, the stars give impetus to your love projects, your love life has never been so good. Go for it without fear of tomorrow. You benefit from astral protection.

PISCES – (Feb 18 – March 18)

With Jupiter and Neptune in your sign, your romance may turn quickly to an exaltation in love! Fortunately, Venus in Cancer will support you in this romantic vision of your relationships but you must still be wary of certain illusions that could empty your wallet or hurt your heart. Enjoy the power of Mars until the 11th to complete the work in progress, it will be better than seeking dialogue because, in terms of exchanges and travel, you may encounter many delays or misunderstandings. Your activities and your feelings are much more privileged than your dialogues which risks drowning you in contradictions that have no end ...

LOVE IN GENERAL:

There is no smoke without fire, in a couple the astral climate causes some adjustments and some warnings. Those who are single, do not give your trust too quickly. Throughout this month Pisces are subject to slight global disturbances but this does not mean that romantic relationships will not evolve according to desires.

IN A RELATIONSHIP:

Your partner lacks dynamism, so you decide to do everything to change that. You opt for sports activities or new leisure without forgetting the small romantic dinners, this seems to be the ideal solution to find a beautiful dynamic couple. Without complaining, your partner plays the game.

SINGLE:

From the beginning of the month singles have a rebuilding energy. For singles in need of love it is the time to meet new people. Flirting becomes a serious story. Love makes you a beautiful discrete invitation, you will not be able to ignore it. The chance is there.

ADVICE FROM FREE HOROSCOPE:

Take advantage of this period of development to see a little clearer especially if your doubts are about people who are close to you. Everything goes in order fairly quickly. Learning patience is the best weapon to fight impatience.



Dr Joe Dispenza

FOREWORD TO BETSY CHASSE'S TIPPING SACRED COWS

...continued from page 8

But we should never wait for science to give us permission to do the uncommon; if we do, then we are turning science into another religion. We should be brave enough to contemplate our lives, do what we feared was “outside the box,” and do it repeatedly. When we do that, we are on our way to a greater level of personal empowerment.

We are in the age of information because of advancements in technology. But all of this information that is available to us is to do something with—otherwise it’s just good dinner conversation, isn’t it? **Betsy Chasse** is not a dinner conversationalist, and neither am I. If all of us can open our minds to the way things really are, and let go of our conditioned beliefs about life and ourselves, shouldn’t we see the fruits of our efforts? In the process of that discovery, however, we might have to tip a few sacred cows along the way. This book is about changing your mindset and embracing what’s real and what’s not.

If you take intellectual information that you learn as a philosophy, and then initiate that knowledge into your life by applying it enough times until you master it, you will ultimately move from being a philosopher to an initiate to a master. There is sound scientific evidence that this is possible; however, you will most certainly be challenged along the way.

In the pages that follow, you will learn that personal transformation is a process. It is a daily step-by-step, conscious effort. To break free from the hardwired programs, social conditioning, and emotional memories that keep us anchored to the past will require that you stop yourself from going unconscious. That’s how true change happens. Nevertheless, we should never lie to ourselves and think it’s a linear process. We have to be realistic about the journey and never excuse ourselves with self-imposed beliefs about spirituality.

When you look into the mirror, you see your reflection, and you know who you are seeing is the physical you. But how does the true self, the ego and the soul, see itself? Your life is a mirror image of your mind, your consciousness, and who you really are. There are no schools

of ancient spiritual wisdom sitting high on mountaintops in the **Himalayas** waiting to initiate us into becoming mystics and saints. Our life is our initiation into greatness. You and I should see life as an opportunity to reach greater and greater levels of self so that we can overcome our own limitations with more expanded levels of mind. That’s how the pragmatist, instead of the victim, sees it.

To abandon the familiar ways that we think about life and have grown accustomed to in order to embrace new paradigms, will feel so unnatural. Frankly, it takes effort—and it’s uncomfortable. Why? Because we will no longer feel like ourselves.

How many times in history have admirable individuals who struggled against outdated beliefs been considered heretics and fools, yet after having endured the abuse of average minds emerged as geniuses, saints, or masters? In time, they became supernatural.

But how do we become supernatural? We have to begin to do what is unnatural: It is to give in the midst of crisis when everyone is feeling lack and poverty; to love when everyone is angry and judging others; to demonstrate courage and peace when everyone else is in fear; to show kindness when there is hostility and aggression; to surrender to possibility when the rest of the world is aggressively pushing to be first and competing on the way to the endless top; and to knowingly smile in the face of adversity. It seems so unnatural to make these types of choices in the midst of such experiences, but if we repeatedly succeed, in time we will transcend the norm.

So, I invite you to experiment with everything that you learn in this book, and to objectively observe the outcomes. If you make the effort to change your inner world of thoughts and feelings, your external environment should begin to give you feedback to show you that your mind has had an effect on your “outer” world. Why else would you do it?

As an educator in the fields of neuroscience, brain function, biology, and brain chemistry, I have been privileged to be at the forefront of some of this research—not just by studying these fields but also by observing the effects of this new science once applied by common people like you and me. That’s the moment when the possibilities of this new science become reality.

Betsy Chasse’s work is an invitation to “practice life” with honest spirituality. I hope you enjoy this book as much as I did. -- Dr. Joe Dispenza, author of *You Are the Placebo*, *Breaking the Habit of Being Yourself*, and *Evolve Your Brain*

ON THE COVER

BETSY CHASSE



...continued from page 9

Which means that I, er, sometimes let loose while motoring along. Because it's private space (in my make-believe land, but whatever.) So, this one

time, when I was letting loose in my private space in a way that I suppose could be described as ranting. *Okay, yes, I was ranting, ranting about an ex-boyfriend who was the cause of all my suffering. He was the reason I was insecure and unable to love fully and, on top of that, he had a really small penis! The fucking nerve.*

As I screamed all of this at the top of my lungs, I got hung up on the word penis—it's a great word to say when you're mad. I repeated the words **small penis** over and over again, spitting and frothing (as one does when using the sm's and p's). What I had forgotten was that my window was down.

"Small penis, small penis, small penis!"

That was me, all a-rant. Slow motion, my head turns. **"Smaalll peeenissss . . ."** and there, next to me, was a really nice slice of manhood in a convertible. The detail about the convertible is only important because the top was down, which was like having his windows down to the power of four, plus a roof. So there we were, eye contact being made as just as I finished the extended "s" sound of penis.

Spoiler alert. I did not get his phone number. I did get an awesome visual representation of the words gawked and in horror. I pretty sure I gave a great imitation of "insane lady" as visualized through the lens of **"Holy shit—she's going to cut off my penis!"** Good times!

Disclaimer: when playing **My Life Sucks**, keep your hands in the ride, etc., and for the love of god, make sure you're alone and no one can hear you.

THE "MY LIFE SUCKS" PROCESS

STEP 1:

MY LIFE SUCKS: SAY IT LOUD AND SAY IT PROUD!

No really, it sucks. Don't hold back, really lay it all out on the line here. What really sucks about your life? Your job, your boyfriend, your car, your house, your nails, your hair, your body . . . really, what sucks? Spend as long as you can listing everything that sucks about your life. But truly mean it and don't judge. If it popped into your head, you absolutely hate it, so say it, or write it down.

Examples: *My shoes suck because I can never find my size. My clothes suck because I'm short. My car sucks. My boyfriend sucks. My furniture sucks. My garden sucks. My hair sucks.*

STEP 2: WHY DOES IT SUCK?

Does it suck because of your parents, your husband? Who or what made it suck? Now is not the time to go all Deepak on yourself and pretend you think you have some wisdom, because if you did, your life wouldn't suck. So be honest about why you think your life sucks.

Examples: *My job sucks because the people in my office are Neanderthals and stupid and mean. My school sucks because no one likes my kind of music. My parents suck because they were broke and couldn't buy me anything.*

Note: Don't judge! I know you . . . you're judging. Stop it! Scream it, yell it, sing it, sign it—whatever, but say it.

STEP 3:

BLAME IT ON EVERYONE AND EVERYTHING ELSE.

Here's your chance. With no one listening, really let them have it. In this moment I give you permission to be the biggest victim you can be. Go back through as much of your life as you can remember and let those fuckers have it.

Examples: *I'm short because of my damn parents. My body sucks because I'm short and I had kids and they ruined my body.*

STEP 4: ACKNOWLEDGE YOU'RE A FAILURE. YEP, YOU FAILED.

Admit it—you have utterly failed at life. If you hadn't failed, your life wouldn't suck, right? So say it loud, and say it proud. I am a complete failure!

What have you failed at? Go back through your life and list every failure, no matter how small it might be. Don't let yourself off the hook, and don't hide behind some excuse. You failed—list it.

Examples: *I failed because I didn't go to college, and that made it hard for me to get jobs, and I didn't go because my parents didn't*

...continued on page 37

Reviews of Killing Buddha on Amazon

From Arielle Ford author, The Soulmate Secret

Killing Buddha (It's a good thing!)

Embrace Nothing: If you meet the Buddha, kill the Buddha.

Live your life as it is, not bound to anything ~ Linji

DID YOU KNOW THAT THE PERSONAL GROWTH WORLD HAS A DARK SIDE? AND THAT NOT ALL THE SUPERSTARS OF THIS WORLD WALK THEIR TALK?

I have spent more than 30 years attending personal growth workshops, working closely with the teachers of it, and have been in a rare birds eye place to observe what goes on. 90% of my experiences with the teachers and their teachings were very positive but I saw some things... out of control diva behavior, falling on the floor sloppy drunk, profound arrogance, and I've read about male yoga teachers taking sexual advantage of their students, etc.

I've learned that it's true, we teach what we need to learn most, and that most of us interested in personal growth deliberately come to it in search of healing, which is why the teachers are teaching it in the first place. They had a core wound, found a solution, and now want to share it with the world. So, we don't always want to be too quick to judge them (unless their behavior is abhorrent or criminal) and make room for their imperfect humanness.

This is why I am super excited to share this news with you: In her new page turner of a novel, Killing Buddha, Betsy Chasse (co-producer of What the Bleep Do We Know) delivers a laser sharp mostly fictional journey through the phony love and light dogma of the personal growth world and the many spurious teachers of self-help.

Workshop junkies will have a blast trying to figure out who is who as the story takes you up and close and personal with the purveyors of transformation and enlightenment.

The heroine, Sara, is loveable, relatable, perfectly imperfect, as well as funny as hell, scathing, snarky, and ultimately totally authentic. Seekers and cynics will equally enjoy the trip. It's laugh out loud funny.

From Elaine Hendrix, Actress (What The Bleep Do We Know!? Parent Trap, Dynasty), Activist

What happens when the least spiritual person on the planet gets hired to make a movie about spirituality? You're about to find out. "Killing Buddha is a delightfully irreverent, LOL read. Sara Wells and her crew are exactly what we need to remind us that life is a journey best enjoyed with authenticity, vulnerability and laughter. I couldn't stop laughing even as I soaked up the wisdom this hilarious tale has to tell. Enjoy this total page turner."



From Andrea de Michaelis, Publisher, Horizons

A fast read, hilarious, savvy, insightful, a laugh at what we do to seek enlightenment

What the new age/new thought world needs right now. A little laugh at ourselves and all the things we do in the name of seeking enlightenment. I've spent half my adult life wandering the halls of conscious expos, psychic fairs, gem shows (and hearing way too many private after-hours convos) that I've learned to see past the smoke and mirrors

of it all. As I read Betsy Chasse's new book, Killing Buddha, I couldn't help but laugh at her honest and hilarious portrayal of so many of the underlying dynamics of the whole experience.

Having seen many films and read a lot of books that attempt to make fun of or portray what it's really like to be a seeker of spiritual truth, in Killing Buddha and Betsy Chasse, I've found someone who GETS IT, FOR REAL, utterly authentic, insightful and laugh out loud funny.

Betsy's characters are rich, deep and multi-dimensional. Even as she sometimes scorns their attempts and guru status. Because of her years spent digging deep into the shadows of the new age movement, she offers more than just the typical platitudes and clichés of the stereotypical "spiritual person," she takes us on a peek behind the veil in ways only one who has been there, done that and can laugh at themselves would understand and be able to dissect and share. I cringed more than once calling myself out.

This book is funny and yet deeply insightful. Every comical beat is carefully layered with spiritual truths and wisdom for the reader. Not preachy in a "here's a teaching moment" kind of way, but how life ACTUALLY is, filled with sheer terror, joy and hopefully humor.

Based on the Zen Koan - "Embrace Nothing: If you meet the Buddha, kill the Buddha. Live your life as it is, not bound to anything" ~ Linji

Chasse delivers on this powerful message of letting go, finding and following your own spiritual path with a little taste of rebel and a whole lot of irreverence, just like Linji himself.

No spoilers but I found the firewalk (not what you think) and the whole crystal skull retreat segments particularly entertaining. Having published Florida's new age mag the past 27 years, this would be a cute tv series, Betsy doing the screenplay.

Killing Buddha is a fast and fun read, vivid and descriptive as if you're inside a movie with great dialogue, and settings that make you feel like you are along for the ride, sitting in the back of the van (Read the book and you'll understand this).

Killing Buddha is perfect if you're a newbie just embarking on the path of spiritual growth, or if you've been backpacking along for years. It's a treat with a potent message for us all.

ON THE COVER

BETSY CHASSE



...continued from page 35

save my money, and it's all their fault. I failed my kids because I got divorced and now they will be losers. I failed at marriage not once but twice, so now I know

that I will never find love.

Note: Now is not the time to give yourself a pep talk. These thoughts are hidden deep within you. You know it, and I know it, and they aren't going anywhere unless you let them out, so do it!

Don't you feel better? Wasn't that fun! You did it. You blamed everyone, and you admitted you were a failure. All those little thought monsters that have been partying it up in your head for years are finally out on the table or the bed or in my case, the windshield of my car.

Okay, now what? You are probably feeling a little cranky and mad at the world. After all, you did just blame them for all your life's misery. Here's what.

STEP 5: THE RELEASE: IS ANYTHING I JUST SAID TRUE?

Many of us will say no, it's not true. But if you don't believe it's true, why did you say it? There is a part of you that believes it is. Why do you believe it's true? And do you still want to?

See, now you know what's really lurking in the deep recesses of your mind. And now, if you truly let it all hang out, you can pick up that sacred cow and examine it fully, from all angles, look at it all painted and sparkly.

You can admire all the things you did to try to pretty it up, to make it spiritual, make it accepted, make it okay. And if you couldn't make it okay, and you just shoved it in the back where no one could see it and cobwebs formed and bugs moved in and it created a whole little world inside of you. Well, now it's out, front and center, and you can finally deal with it. Keep it if you want or let it go if you don't. That's the hard part: letting go of something that has become a part of you, ingrained in your skin.

STEP 6: AWARENESS, ACCEPTANCE, AND FORGIVENESS.

And this is the final step, one that you will repeat many times in your life. The first time I played this game, as I came to this step, I cried. Actually, I sobbed uncontrollably because I had never let myself feel any of this before and the relief, the release, was so profound that for days, even weeks after, I felt great. But the truth is, sometimes those fears, those beliefs try to sneak back onto my shelf. So I am aware, and I find the time to play **My Life Sucks** again, and I remind myself that I am human. My feet are planted on this earth, in this reality for a reason—to work this shit out. It's all going to be okay: just do the work.

KILLING BUDDHA: *When life is in chaos we are forced to change, a lesson successful-but-not-the-way-she-wants-to-be film producer Sara Wells reluctantly learns when her seemingly perfect life comes crashing down. Desperate for work and a new life, she takes on a documentary project about spirituality and the New Thought movement. Will Killing Buddha mark her triumphant return to the riches she thinks her life once contained? Or will she and her mismatched crew of seekers, believers and cynics find that, in the end, it's not what you have and what you believe in, but who you ultimately become that counts?*

Funny and light-hearted, Killing Buddha is a thought-provoking, mostly fictional tale based on the experiences of Betsy Chasse, award-winning filmmaker of the international hit indie film What the Bleep Do We Know!? which ignited the New Thought industry for the new millennium. The book explores the world of New Age / New Thought spirituality and personal growth, exposing both the ridiculousness and the sublimity of the spiritual journey in an authentic and humorous way.

Betsy Chasse is an award-winning filmmaker, best known for her role as co-writer, director and producer of What The Bleep Do We Know?!

The best-selling author of *Tipping Sacred Cows*, she has produced over 30 feature films and documentaries. (And yes, some of those would be considered porn...) She is a mom to two spirited and opinionated teenagers, still loves wine, but has decided to leave the Tequila on the top shelf where it belongs.

"People often ask me why I titled this book **"Killing Buddha."** Many years ago I read the Linji quote. (*"Embrace Nothing: If you meet the Buddha, kill the Buddha. Live your life as it is, not bound to anything."*) Afterwards, I had a dream. In it, much like in this book, I became aware of how many Buddhas, or beliefs, I had accepted as absolute truths, only to find out that, in fact, there was nothing absolute about them. Things my parents told me, friends, books, gurus and teachers. Ultimately, I discovered, it's up to me to choose what to believe.

As I enter into my 50th year, I have understood that beliefs shift and change as do the seasons of one's life. Greater awareness happens when we are open to it, and from it we get to expand, change and grow if we want to. But to continue to grow we have to be willing to let die the beliefs and ideas that no longer serve our true hearts, our most authentic values and selves. To me, that is what this journey called life is about. I don't know if we ever get to the end of the road, or if we're supposed to. I do know that I am humbly grateful for every step along the path." **Betsy Chasse**



Mitch Ditkoff

BARNEY & THE GATEKEEPERS

...continued from page 14

the competition. Newspaper ads were out. Too expensive. TV commercials were out. Also too expensive. And so, in honor of Willie Sutton -- the bank robber who once replied "That's where the money is" when asked why he robbed banks, my father launched his **West Palm Beach** "gatekeeper campaign."

Here's how it worked: Armed with nothing but his electric yellow business cards, he "made the rounds" to the guard houses of the most popular gated communities in the area. After the requisite amount of schmoozing, he introduced himself as "**Barney the Real Estate Agent**", handed a stack of his cards to each gatekeeper and declared, "If you ever meet anyone looking to buy a house, give them my card. For each person you refer that buys a house from me, I will give you \$100."

Once month, after that, my father would make the rounds again, bringing each security guard a fresh supply of business cards and a hot pizza. Soon, he had a "sales force" of 25 armed security guards representing him -- a uniformed crew of highly knowledgeable locals perfectly positioned to introduce him to hundreds of the house-buying public.

Two years later, my father was making more money as a retiree than he ever made in his prime. He worked until he was 89.

FAST FORWARD: I am now the age my father was 17 years into his retirement. Like him, I find great meaning in work. Like him, I have gone through my own rites of passage. And like him, I cannot afford to hire a sales force to get the word out about the services I provide. Which is why I have, in honor of the man who brought me into the world, just launched my own version of my father's gatekeeper campaign in my efforts to represent the portrait painting services of my wife, **Evelyne Pouget**. Maybe it will work and maybe it won't, but I just love the feeling of reprising my dad's idea and tweaking it for the times.

This is just one more reason why stories are such powerful agents of communication. First, the story I just told you, above, is how I remember my father's experience. Secondly, the story helps me reflect on its meaning and apply it to my own life. And third, it's how I share the wisdom of it with you.

Who knows? Maybe my father's experience, so many years ago, communicated via STORY to you now, will be enough to get your own wheels turning, as you figure out a newer, cooler, simpler way to get the word out about the service you provide in the world.

FOOD FOR THOUGHT: What "unusual suspects" in your life, might make for good referral agents -- people who can help you get the word out about what you do and, somehow, be compensated for their efforts?

PREDICTIVE ASTROLOGY

A TRANSIT REPORT describes future trends, thoughts, people and places you are likely to encounter. What cycle are you in? This report will show you where planets are NOW, where they are headed and how to make the most of it.

All Reports only \$28

Email Horizonsmagazine@gmail.com
<http://horizonsmagazine.com/astrology/>



SETH SPEAKS

...continued from page 13

even as words are. Examine for a moment your knowledge of your own speech. Though you hear the words and recognize their appropriateness, and though they may more or less approximate an expression of your feeling, they are not your feeling, and there must be a gap between your thought and your expression of it.

The familiarity of speech begins to vanish when you realize that you, yourself, when you begin a sentence do not know precisely how you will end it, or even how you form the words. You do not consciously know how you manipulate a staggering pyramid of symbols, picking from them precisely those you need to express a given thought. For that matter, you do not know how you think.

You do not know how you translate these symbols upon this page into thoughts, and then store them, or make them your own. Since the mechanisms of normal speech are so little known to you on a conscious level, then it is not surprising that you are equally unaware of more complicated tasks that you also perform - such as the constant creation of your physical environment as a method of communication and expression.

It is only from this viewpoint that the true nature of physical matter can be understood. It is only by comprehending the nature of this constant translation of thoughts and desires - not into words now, but into physical objects - that you can realize your true independence from circumstance, time, and environment.

Now, it is easy to see that you translate feelings into words or bodily expressions and gestures, but not quite as easy to realize that ***you form your physical body as effortlessly and unselfconsciously as you translate feelings into symbols that become words.***

You have heard the expression before, I am sure, that the environment expresses a particular individual's personality. I am telling you that this is a literal and not symbolic truth. The letters upon the page have the reality only of ink and paper. The information they convey is invisible. As an object, this book itself is only paper and ink. It is a carrier of information.



CRONES' COUNCIL

...continued from page 17



I believe my experience was a bit colored when I received **sadomasochism** because I was well trained in meditation and astral traveling at that point in my life. I can clearly only speak from my knowledge and experiences. For me, when physical pain was utilized, I went straight into a trance like state on purpose, so I was able to tolerate more than normal. However, what my participation taught me is that I neither enjoyed physical pain nor craved it as others I met did. What I noticed is both the **Dominant** and **Submissive** were proud of the bruising inflicted. They saw the bruising as a badge of honor, a gift, like flowers or doing the dishes. Though when I noticed or felt the bruising, it made me want to go punch someone in the throat for bruising me, which of course I never acted on.

Clearly, different perspectives, different personalities have other views on the **BDSM** lifestyle. I have many friends who are not aware that I personally went down that path. I actually hesitated to put that personal information out there. But in the end, if people want to be judgmental pricks, I neither need nor want them as friends. I wasn't purposefully hiding this information, it just doesn't typically come up in conversation. Hey Aislin, have you ever been beat with a belt during a **BDSM** scene? Or how about a paddle? LOL, right, you get my point.

Could the **BDSM** lifestyle be a metaphor for learning self control and meditation? I am positive that a person deeper into the lifestyle and more eloquent than I could posture that view. However, for me, that lifestyle was more an example of a relationships communication level, honesty and trust. To be happy in any type of **BDSM** relationship takes extremely open, honest and effective communication from everyone involved or it simply won't work. You first have to be completely honest with yourself. Next you must be willing to bare your soul to your partners in the lifestyle. And now that brings us to trust... do you trust you can safely confess your true and deepest wants, desires and needs? WOW, so many possible triggers...



ABRAHAM HICKS

...continued from page 7

Esther Hicks

ABRAHAM: Whether the trauma to your body seemed to come suddenly as a result of an accident or whether it came from a disease such as cancer, you've created the situation through your thought and the healing will come through your thought as well. Chronic thoughts of ease promote wellness while chronic stressful or resentful or hateful or fearful thoughts promote disease. But whether the result shows up suddenly as in falling and breaking your bones, or more slowly as in cancer, whatever you are living always matches the balance of your thoughts.

Once you've experienced the diminishment of well being, whether it has come from broken bones or internal diseases, it is not likely that you will suddenly find good feeling thoughts that match those of your Inner Being. In other words, if before your accident or disease you were not choosing thoughts that aligned with well being, it's not likely that now that you are faced with discomfort or pain or a frightening diagnosis, you will suddenly find alignment.

It is much easier to achieve great health from moderate health than to achieve great health from poor health. *However you can get to wherever you want to be from wherever you are, if you are able to distract your attention from the unwanted aspects of your life and focus on the aspects that are more pleasing. It really is only a matter of focus.*

Sometimes a frightening diagnosis or a traumatic injury is a powerful catalyst in getting you to focus your attention more deliberately on things that do feel good. In fact, some of our best students of Deliberate Creation are those who have been given a frightening diagnosis where doctors have told them that there is nothing more that can be done for them, who now, since they have no other options, deliberately begin to focus their thoughts.

It is interesting that so many people will not do what really works until all other options have been exhausted, but we do understand that you've acclimated to your action-oriented world and so action does seem to most of you to be the best first option. We're not guiding you away from action, but instead, encouraging you to find better feeling thoughts first and then follow with the action that you feel inspired to.

ON THE PRICE OF GAS BEING TOO HIGH

QUESTION: The price of gas is at its highest point historically, and I'm wondering what those of us who are Conscious Deliberate Creators and are on the Leading Edge can do to find the positive aspects in that, to feel good about that, to begin to change the vibration around that.

ABRAHAM: Well, here's what we would like: We would like it to cost ten times what it does, and you not care... because *as long as you care what something costs, you've got a limitation set on how much money you think will come into you.*

So you go to the pump, and the cost of gas is high, all that does is cause you to launch a rocket that says, *"I'd like more money to pay for this higher price of gas."* And Source says, *"Alrighty, then."* And then all you've got to do is bring yourself into alignment with that, you see?

Our favorite story about that was a woman who was talking about her now-husband who was a former husband of someone else to whom he was paying alimony. And his former wife kept taking him back to Court and demanding more money. And they wanted to know what they could do, how they could shut her down. She was taking too much of the money that they wanted to spend on their now-life that they were living together.

And we said, *"we wish your now-husband had ten ex-wives and we wish that they were all going to court and asking for more money ... because the most they are going to get is 50% usually. And so, if he's got that many people calling that much money through him, his income is increasing dramatically if he'll let it and they're only getting half."*

Anything that causes you to want more, when you come into alignment with it, it's a done deal. So the price of anything doesn't matter because if you want it, Source is arranging a way, right now, for you to have it - *you've just got to stop complaining about the price of gas.*

So, here's how it happens. You go to the gas pump - this is exactly how it happens: Jerry and Esther filled up the other day and it was \$725, and they

...continued to page 41



Esther Hicks

ABRAHAM HICKS

...continued from page 40

were going to drive that gas out, that day. So, as you go to the gas pump and you fill up and you feel that discord of the price of this fuel. In that moment, you launch a rocket of desire that says, "More money for fuel," and Source Energy says, "Done. Done."

Then you say, "This costs too much." So, the money is sitting there, but you don't have access to it. You say, "It's terrible what they are doing." You don't have access to it. You say, "It's highway robbery." You don't have access to it. You say, "The Bush Administration and their oil cronies are doing this deliberately just to put more money in their pocket." You don't have access to it. (You REALLY don't have access to it.)

You say, "It's nice that this gas is available to me." You start moving in the direction of the improvement in your money for gas. You say, "What I need always come to me." You start moving toward it. You say, "I have enough flexibility in my budget that I can, for now, put a little more of it here." You start moving toward it. You say, "I've never paid too much attention to what things cost, and I'm not going to make this be an exception." You start moving toward it. You say, "What I need always flows." You start moving toward it.

And with enough deliberate training, you move yourself into alignment with this BIG pile of money that's waiting for you in vibrational escrow for gas or for anything you've launched it over there for. And then, you come and you say, "I'm making \$20,000 more than I was last time I talked to you." And we say, "Good, spend some of it on gas."

So Esther has no concern about dollars and gas. Sometimes, she goes in to pay and comes back and Jerry says, "How much was it?" and Esther said, "I don't know. I didn't notice." She signed the ticket because it doesn't matter. Whatever it costs is what it costs and she was going to get it anyway so what possible difference does it matter? So her answer is usually, "Well, it costs what it costs and it's there on the ticket if you want to see

it." In other words, it's irrelevant what it costs, it costs what it costs.

And then they were at a gas station in San Diego last week and they filled up their tank on their Yukon, or they wanted to, but the pump cut them off at \$50 and only gave them half a tank. And Esther said, "Well, we could either go again or we could just leave it at that," and Jerry said, "Let's just leave it at that. We can fill up again later." And when Esther went in to get her receipt she heard the woman who had come in behind her say, "I would like \$2 worth on pump 3, please."

And Esther felt that pang because Esther saw that \$50 did not give her half a tank and she figures that \$2 won't even show on that woman's meter. And so, Esther started moving in the wrong direction on this subject of gas, not on her behalf, but on somebody else's. Esther is not worried about gas prices for herself, but she could listen to enough people that she begins worrying about them and then she's not contributing to the improvement either, you see.

And so, we want you to understand that sometimes people feel as they listen to us, "Well, Abraham, you're just teaching people to be selfish and to not care or worry about what's happening to anyone else." And we say, "We want you to care, but we don't want you to worry." When you care, you launch into Vibrational Escrow on their behalf. When you worry, you do not help them get to what you've launched over there on their behalf.

So, it's possible...this ties in with your question about 'who am I' and 'why am I here' and 'who are the people gathering here in this Abraham energy'... And we say, You care about other people and you will launch rockets of desires on their behalf, but you can't suffer for them and be catalysts to help them receive improved conditions.

In other words, you've got to follow the dream of the improved life for them. As Uplifters, you've got to learn to walk your way up the Emotional Scale on behalf of those that you care about because you can't see them as victims and do them any good. And when you see anybody as a victim, you shoot yourself in the foot.

It's really interesting how powerful you are and how you're all tied in with one another. The thoughts you think about other people not only affect you, but they affect the part of their life experience that rendezvous with you.



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

...continued from page 6

*I want to look back on my life
and be giddy with joy that I
was the one who got to live it.*

A way that helps me attract a better result. The other way I can look at the same situation is:

2. I've let myself get into a slump but I can work my way out of it, little by little. I know every day there will be opportunities for me. They may not be easy to recognize at first, but I will open every door. I will take one day at a time and know that good and opportunity will find me EVERY day. In small ways at first, I may not notice right away. But I will begin to take everything I see and hear as a sign.

I may find myself moving away from familiar people and places but I will find my place among them. I may find myself moving out of my familiar career path, but I will find a new niche nonetheless. Slowly I will begin to satisfy and free myself from prior responsibilities. It may happen slowly but it's happening. That also helps free me from the karmic momentum of the past. I'll begin to see more and more good in each day.

And when I practice these thoughts enough to tip the balance, I'll wake up expecting and believing good will come to me this day and each day and that my life will continue to get better as I continue with this line of thought. I make it a daily practice. Try it

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. Practicing reading scripts like this can help. It helps me. Looking at nature helps, too.

LAW OF ATTRACTION ISN'T A MORAL ISSUE ANY MORE THAN GRAVITY IS

This whole "LOA" thing is most frustrating bcz you've got people who DON'T understand how it WORKS charging outrageous fees to tell people how it works. **Then folks wonder why it doesn't work.** The bottom line is whatever you focus on in the Now lays the groundwork for what your future experience will be.

By your FOCUS, you're saying to the Universe **"I want to feel more of WHAT I FEEL when I focus on this."**

Lotsa folks get caught up in LOA as a moral issue, saying "you can't just ignore all the problems of the world."

It's NOT a moral issue (neither is gravity btw,) it's HOW the process works. **Whatever you pay attention to, you attract more of. You get what you think about, whether you want it not.** That doesn't necessarily mean you'll attract a car crash or race riot or be the victim of a criminal act or wrongfully charged with child sex trafficking.

It just means that - however you FEEL when you watch those things, however you FEEL when you think of those things - what you're attracting into your future experience - by your CONTINUED FOCUS on it -- is some future person, incident or news story that will make you FEEL more of that feeling, then another, then another UNTIL YOU CHANGE YOUR FOCUS.

So... what? A friend used the example "do you just let child sex trafficking happen and do nothing?"

No. You think about how it makes you FEEL when you read about it. You know you DON'T want to continue feeling that way. So **you either take your focus OFF the topic altogether, or you do something productive.**

You ask yourself how do I WANT to feel as I view this situation? **"I want to feel hopeful that a solution can be found, I want to feel there's a way to freedom from oppression. I want to be guided to be of use. I want to help close that loophole. I want to help connect people who can help make a difference."** Then you begin looking for solutions and focus all your attention there.

You use a "negative" feeling as a jumping off point to clarify for yourself how you would prefer to feel, and how that might look. In doing that, you're still focusing on the situation but doing it from a hopeful stance, looking for solutions, open to guidance.

"But if I take my attention off the child sex trafficking," my friend asked, "will my washer start working again? Will my power bill go down? Will my mother in law decide to finally leave?" Possibly. But FOR SURE when your attention is directed to something more pleasant (whether it's a circus or a solution,) you're removing resistance from the equation and things get better for you in your personal life.



Enjoy our offering.
Hari Om

Andrea

HORIZONS MAGAZINE
575 Escarole Street S.E.
Palm Bay, FL 32909-4802



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

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



Attend Programs Online

In order to support the safety of our members and staff, the CSA Retreat Center in Lakemont, Georgia will be closed in 2021.

We will continue to offer the quality ministry services that Mr. Davis dedicated his life to by conducting online classes. You can now participate in CSA programs from anywhere in the world. All times are Eastern time zone.

Retreats: Use Zoom to participate.

Visit: www.csaretreat.org

Code: 980 663 1368

Password: 957607

Note: If you don't have a smart phone or computer, you can call with your telephone: 1-669-900-6833
Then enter Meeting ID:
980-663-1368 and press #.
When it prompts you for the participant ID, press # again.

2021 Summer Saturdays:

csa-davis.org Home Page:
Calendar

or the [Center for Spiritual Awareness Facebook Page](#)

June 12 July 17 August 14

Request Your Free Copy

How to Use Your Creative Imagination by Roy Eugene Davis

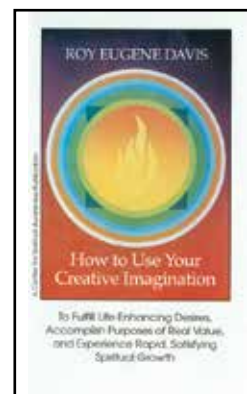
To fulfill life-enhancing desires, accomplish purposes of real value, and experience rapid, satisfying spiritual growth.

Softcover 32 pages \$2.00

Order by phone 706-782-4723 or
info@csa-davis.org.

Center for Spiritual Awareness

PO Box 7, Lakemont, Georgia 30552



Our founder, Roy Eugene Davis, a direct disciple of Paramahansa Yogananda, taught spiritual growth methods for sixty-eight years in North and South America, Japan, Africa, Europe, and India. His books are published in eleven countries.