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# 12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar <https://new-thought.org/>  
Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

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

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

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

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

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

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

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

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

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

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

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

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

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

**The greatest optical illusion is separation**

# HORIZONS

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**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](mailto: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.

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# THIS MONTH'S THOUGHTS ABOUT THINGS

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

## HELLO AND WELCOME TO THE JUNE 2023 EDITION OF HORIZONS MAGAZINE.

**Wow, Florida is sure going thru some changes. Observing what's happening gives me time to practice maintaining equanimity in the midst of upheaval. Let's get right into it.**

Is your job, the life you've grown to know disappearing? DON'T FREAK OUT. You have access to lots more inner guidance than you're aware of right now. If you could see where you'll be 2 years from now, you'd smile that you were nervous and uncertain about it right now. Your world is just beginning to change is all.

**HOW DO I GET THIS INNER GUIDANCE?** When you open your inner eye, you'll begin to see your world in a new way.

**HOW TO OPEN THE INNER EYE?** Consider the possibility, for the purpose of this exercise, that there is a part of YOU that is greater than the YOU you see in the mirror. This greater part of YOU can point you in the right direction, but you have to ASK for it. Use your willpower and discipline to pretend for the purpose of this exercise, to imagine there might be Someone listening who can bring suggestions to your mind. (Yes, you'll think they are your own thoughts, but they aren't always.)

ASK to be shown more life within the life you're living.

ASK to be guided to more happiness and meaning in your life.

ASK to be guided to your next career path, your next dollar making venture.

Remember it's possible to happen upon a career you never contemplated, doing something you love with mentors you admire and friends you enjoy. Remember it's possible for money to flow freely while doing acts of kindness and integrity in a business that is legal and above board. Open your inner eye and ASK.

**OPPORTUNITIES COME IN RESPONSE TO YOUR SELF TALK** Opportunities are presented to you in response to your self talk. ASK for new doors to be shown to you, then ask (within/silently) in every situation and as you consider every person or situation, "what good does this person or situation have for me, or me for them?"

**IF YOUR THOUGHTS ARE WRAPPED UP REHASHING PAST PROBLEMS, YOU'RE NOT ACTIVELY LOOKING FOR YOUR GOOD.** When you look for your good, people will come into your life to help you achieve it. Situations will unfold that will delight you. Be on the lookout for "What good does this week, this day, this hour hold for me?"

**A QUESTION:** A roadblock has been thrown up and you've had a disappointment. Do you rail against the perpetrator, point fingers and tell everyone you know all about it? Or do you quietly acknowledge that the Universe has your best interest in mind and, the sooner you stop whining about it, the sooner you can get on to your happier and better tomorrow?

Know that wanting to give the other party heck is just keeping you in a place of resistance. Acknowledge that you may not now understand what is happening. Trust and expect that you will always end up in a better place. Then find something to be happy about.

## **A FRIEND ASKED FOR THE QUICKEST WAY OUT OF THE DRAMA AND CHAOS SHE'S HAVING.**

The secret is to STOP TALKING ABOUT IT. Now. Don't repeat the story to anyone else, no matter how juicy the updates. STOP participating in giving any energy to the topic and the persons involved will immediately, like magic, stop having power over you. We're much more powerful than we think, all it takes is a little CHANGE OF FOCUS and the PERCEPTION SHIFT can be a life changing REVELATION.

**THERE IS AN INNER LIFE JUST AS REAL AS THIS ONE.** Sometimes I feel guilty when I want to stay quiet, on my own, some say I'm wasting life if I'm not spending it with friends. But that's not true. There is more to life than the outer 3D physical life that we live. There's an inner life that's just as real & just as responsive. When I interact with this inner reality, I'm not just going into my head & working out personality conflicts & inner compulsions. I'm being led to ever greater disclosure & understanding of the circumstances, people & events around me. When I understand them, I respond to them differently. When I respond to them differently, my world changes.

*...continued on page 37*

# ABRAHAM-HICKS



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

## THE PATH OF LEAST RESISTANCE

Last night, **Esther** put her door knocker out with what she wanted for breakfast. And the first thing she did this morning was look to see that it was gone because if it's gone that's a good sign. That means somebody's on it. Then it didn't come when it was supposed to, and the window passed. So, once it was well past the delivery time, **Esther** called downstairs and the hotel is very busy - mostly because of all of you - so it took a long time to get someone... and anyway, the breakfast never came. And as she was walking out the door, the man was standing there with her breakfast.

So, as it was unfolding, she went through bouts of impatience - mild to medium to strong - impatience, and then she just made a decision. "It's no big thing. It's no big thing. It's no big thing. It's no big thing." She just talked herself off the ledge. "It's no big thing. It just doesn't matter. It's no big thing. It's just no big thing." And then, the man who came to the door looked very afraid [...laughter...] because there had been a lot of phone calls back and forth. And so, he came to the door with breakfast, and **Esther** took it and gave him a really big tip. There was no charge for the breakfast because of the inconvenience of not getting it.

## Laura K. Roland, MA, LMHC

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And so, **Esther** gave him a really big tip and just laughed and said, "It must be one of those mornings down there." And they actually had a very nice conversation. And we want all of you to know... don't worry about **Esther**, she's not hungry. [...laughter...] She's pretty sure she could live quite a long time and not eat at all... *Esther was more fueled by her misalignment and coming back into alignment than she would have been by things going perfectly well.*

This is the thing about things like this. They don't matter. In other words, none of it matters because there is always another, there's always another, there's always another path, isn't there? And there's always another path of lesser and lesser and lesser resistance. And when you know that, you're just in the flexible place where the new thing that occurs evokes something different from you than before and leaves you in a more practiced place of knowing that all is well.

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# INVESTING IN THE UNKNOWN – EVOLVING THE EXPERIENCE

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 [www.drjoedispenza.com](http://www.drjoedispenza.com).

**People approach me all the time – at airports; in restaurants; at the gym – to ask about examples in my practice to help them better understand their own approach to this work.**

It happens a lot at our retreats, too - which is where someone captured the above quote about investing in the unknown.

First things first. As I tell my students, again and again, we can't create from a place of survival. If we're operating from our first three energy centers ... if we're trying to meet our most basic needs ... if we're worried about food, shelter, or safety ... if we're constantly reacting in anger and frustration ... then it's not the time to create. We first need to be centered. We need to be operating from a place of order.

So, when someone asks me the question I hear many times each day: "What do you do?" I start from there - from balance. And then, beginning from that point of homeostasis, I ask myself these fundamental questions:

What is my next greatest potential to experience in life? What is the next unknown that would evolve my perception of myself, the way I see the world, and my future?

Over the decades I've been developing and practicing this work, I've always approached it with this thought: My life is the great experiment. And I am the scientist.

## Developing the Image. Evolving the Experience.

Many years ago, when I had my first clinic in the Pacific Northwest, I used to develop patient X-rays myself. I'd enter the darkroom - and, in the 10 or so minutes it took to process the X-rays, in that place void of any light, I'd work on connecting with the unknown. As the image revealed itself on film after it exited the processor, I'd practice becoming no body; no one; no thing; no where; in no time.

My premise was this: If I'm truly investing my attention and energy into the unknown ... if I really believe in it, really put my attention on it, and I do it with clear intention ... then I'll see the evidence of that effort - in the form of interesting, evolving experiences in my life.

And over time, as I practiced, I became more and more adept. As I went deeper into the experiment, those experiences would accumulate. Eventually, I had enough evidence in my life that I was able to detach from any attempt to direct or control the outcome.

## Where We Place Our Attention ... Is Where We Place Our Energy

And so, each time I entered the darkroom - or, once I began traveling frequently, any time I was on a runway; sometimes four times in a day - I did so with the same intention: I'm letting go of any expectation of what my next experience will be. I'm just going to trust that it will be.

*...continued on page 31..*

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# SOUL SONGS • ABRAHAM FUN

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

## YOU CAN GET THERE FROM HERE

**Panic attacks. Anxiety attacks. Bouts of low self-esteem, self-disparagement, and guilt. If I sometimes feel helpless in the grip of painful thoughts and emotions, I can assure myself there is a way out.**

Bouts of emotional upheaval are like anything else that I don't want: the secret to moving beyond them is to minimize the attention I give them and increase the attention I give to their opposite.

In the throes of a negative, perhaps inexplicable, emotional state, I can tell myself:

"This too shall pass,"

"I survived this before, and I'll survive it now,"

"I'm an eternal being and this is a drop-in-the-bucket of my overall experience,"

"This helps me appreciate all the times I feel good,"

and most important:

"As I continue to choose good-feeling thoughts, these times of emotional upset are sure to decrease."

As I stop making negative emotional states a huge deal, they will start to shrink.

And I'll speed the process by basking in the times I feel buoyant and light-hearted.

With appreciation, I then affirm, "Yes, I want more of this! It feels so good to feel good!"

More attention to what I want more of. Less attention to what I want less of. Lousy grammar, but it will take me anywhere, anywhere, I want to go.

## THE SHINING

**In what areas of my experience can I feel bad enough to make things go well?**

If I make myself sufficiently stressed at work, will I guarantee advancement?

If I feel adequately guilty about past mistakes, will it reduce the likelihood of future blunders?

If I goad myself with anxiety in order to get projects done, allowing myself to relax only upon completion, will I eventually get caught-up with my work?

If I worry enough about what other people think of me, will I guarantee acceptance and respect?

I may have labored under the assumption that life will reward me for feeling bad. Thankfully, the opposite is true - life rewards me big-time for feeling relaxed, letting go of mistakes, taking a calm approach to getting things done, and making my own opinion of myself far more important than anyone else's appraisal.

Feeling good is good for me, and through the **Law of Attraction**, it ever places in my path the circumstances that I consider good.

Now I've gotten a grip on cause-and-effect. Now I can shine.



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# THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

*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**." See <https://www.tribalsoupproject.com/the-mysterious-man-with-the-ladder.html>

## DERRICK FOR A DAY

**Once upon an afternoon, the Man with the Ladder found himself perched on his ladder surrounded by his friends near his favorite bench in his favorite park.** It was a beautiful sunny day that had summoned everyone out to the park whether they intended to go or not.

**Reb** and **Timothy Michael** were in the midst of an argument which the **Man with the Ladder** was mediating.

Since none of the three had any serious knowledge of the subject, it wasn't too strenuous or hard to mediate and all were overlooking key objections and obvious counter argu-

ments being perhaps a little preoccupied absorbing as much sun and fresh air that passed their way.

In the midst of a pause in the discussion, little **Tatanya**, almost forgotten at the foot of the Ladder, suddenly spoke.

``The **Man with the Ladder** isn't your real name is it?" She asked, with an innocent but intent look.

**Reb** and **Timothy** froze in their seats. There was a question that neither had dared ask when they had first met the **Man with the Ladder** and having come to know him they had felt their familiarity made it awkward to ask it at such a late date. They had waited patiently for someone else to broach the subject but it had never come up. Until now. They tried not to seem too interested but words would not come to their mouths. The park itself seemed to have grown quiet as if the occupants had halted their sunny afternoon and were now holding their breath to hear how he answered the little girl's question.

``No, not the way you mean it." said the **Man with the Ladder**, taking a deep breath, ``It was not the name my parents gave me."


They had heard the **Man with the Ladder** talked about, and gossiped about, and rumored about with many names and aliases but no one had ever come forward to his face and simply asked him what his real name was --at least not to their knowledge.

The quietness of the park and the stillness of the people around her seemed to unsettle the little girl as she paused momentarily before her next question.

The **Man with the Ladder** sensed her newfound awkwardness and confided, ``The name my parents gave me was quite an ordinary name. It was very similar to their own

*...continued on page 24...*

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# HERB CORNER

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

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**Nettle** has a long history of medicinal use dating back to medieval **Europe**. Studies from the **University of Maryland Medical Center** have found that **Nettle leaf** naturally controls histamines, acting as an antihistamine and anti-inflammatory. And it was found to help with hay fever or allergic rhinitis.

**Eyebright** relieves congestion and lessens the secretions and irritations of the mucus membranes that make you sneeze. And causes you to have red, itchy, and inflamed eyes.

**Goldenrod** usually grows in the same areas as ragweed, so people often confuse them. However, **Goldenrod** has anti-inflammatory, antioxidant, and anti-histamine properties. It is a wise choice for seasonal allergies and other respiratory complaints. For allergies, the ariel parts of this plant help thin and remove excess mucus and congestion from the sinuses. *Just be aware that people who are allergic to plants in the daisy family may also react to goldenrod.*

**Yarrow** helps the sinuses by reducing congestion and secretions. It is a good anti-inflammatory herb that helps reduce and remove excess mucus.

**Horseradish**, if you have ever eaten this you know that it helps clear the sinuses. It's stronger if you prepare it fresh.

**Butterbur** has traditionally been used for cough, asthma, and breathing difficulties. Current research has found it to be useful for easing allergic rhinitis and other upper respiratory issues.

**Turmeric** contains **curcumin**, this compound has been shown to drastically reduce and inhibit allergic responses. Studies have found that people who took **curcumin** for two months reduced their sneezing and congestion, and improved nasal airflow compared to those who took a placebo.

...continued on page 43...

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# CRYSTALS, ROCKS, MINERALS

## DAILY USE AND PRACTICE

### SARDONYX

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.

**I have recently returned from the Franklin, NC Gem and Mineral Show and the mountains were reveling in their late spring glory.** It's been a while since I have seen the mountain laurel bloom so profusely - the mountainsides were draped in lacy pink and white amidst the vibrant greens of new leaves.

I'm always on the lookout for new sources of interesting rocks and have found over the years that the earth gives us what we need before we are aware that we need it.

When I was visiting a good friend's wholesale warehouse, I discovered a new find of **Sardonyx** that is strikingly beautiful. Not only did I have to bring some home to Florida, I am compelled to share it with all of you in my column this month.

**Sardonyx** is a banded variety of onyx. The banding can be black, red, white or brown and it is one of the most ancient varieties of gemstone. You will sometimes hear it referred to as **sard** and in ancient **Greece** and **Rome** it was often shaped into cabochons and worn as jewelry. It was considered to be the people's gemstone because it was relatively less expensive than the rubies, emeralds and amethysts worn by the aristocracy.

**Sardonyx** is one of the stones mentioned in the **Bible** as part of the breastplate of **Aaron**, **Moses's** brother and high priest of the **Israelites** as they wandered through the desert after leaving **Egypt**. The breastplate is widely considered to be an amulet that contains the **Tree of Life**.

Although many of the stones named have been lost in translation and cannot be positively identified today, **Sardonyx** has been known throughout the millennia and remains a constant through time.



**Sardonyx**

**Sardonyx** is a stone of power and protection and exemplifies the energy of transforming fire. It can provide the courage and strength to prevail in battles of any kind when used by someone of good moral character.

It is also a profound source for igniting creative fire in the heart of chaos. When the plans we make are swept away by unforeseen circumstance; when difficulties spring up around us causing us to feel helpless or frustrated; when we feel trapped and hopeless, **Sardonyx** can assist us in bringing new light to our situation as well as giving us new inspiration to act.

I can think of no better crystal ally to aid us in manifesting new ways out of crisis situations.

*...continued on page 27*



# PSYCHIC MICHELLE WHITEDOVE

Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: She Talks To Angels, Ghost Stalker, A Psychic Medium Relays Messages from the Heavens. As of Dec 2022 her physical body could no longer contain her Spirit, but she is still with us sending her guidance. Her

work continues. She's done much writing that has not yet been published and Horizons has been given permission to continue to publish it. Visit [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

## Dear WhiteDove,

I've recently been introduced to the concept of reincarnation. Coming from a traditional religion this was never discussed as a possibility, but when an intuitive friend said that I had a past life in **Egypt**, it felt true to my spirit. I've always had a fascination with that ancient culture. My question to you is: why would we return to **Earth** for another go round: it's not much fun here! **Just visiting from Vancouver**

## Dear One,

I hear you, it's not always fun but the **Law of Reincarnation** tells us: **Reincarnation** is the contract we made in the spirit realm. We promise **God** to learn spiritual lessons through physical experiences. The planet **Earth** is only one place where we can choose to incarnate. **Reincarnation** is the soul's journey, lifetime after lifetime of polishing and refining our spirit to perfection.

## Dear Michelle

Do you believe that **God** keeps score of all of our good and bad deeds? **Believer in Bradenton**

## Dear Believer

There is a heavenly realm that I've witnessed, that is much like a library with very high rows of bookshelves that goes on into infinity. This place is called the **Hall of Records or the Akashic Records**. Within the library there are records for each soul, that's called your "**book of Life.**" It's a detailed account of the soul's history that includes spoken word, deeds, interactions and thoughts. Every soul has an eternal record book of every experience including chapters for each incarnation and the many lives that you've lived.

In the **Heavens**, we use these chapters to study our past experiences. We look back upon our misgivings, the choices that we made both positive and negative, our difficulties, our accomplishments, our relationships with other souls and take note of the spiritual lessons that we need to master. These records serve us in our spiritual development and our continued desire to learn and grow in the Heavens. They are used extensively when we are between lives and deciding the details of our future life. With the guidance of God, Angels and master teachers, we map out a plan for encounters that set us up to learn more advanced spiritual lessons. These are opportunities that will help us to grasp new awareness and to repeat old patterns that we will strive to overcome.

The most fascinating aspect of these books as we view them, they come to life like a three dimensional movie. Using all of our senses, we deeply feel the emotions of the event that we are viewing, not only from our perspective, but from the vantage point of others too. In this way we are able to understand the full truth of the situation and we learn a great deal from the revisiting and reevaluating the experience. Every moment of the soul's grand adventure is recorded; we come here from Heaven to explore, to learn and to love.

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# THE BEST ARCHER IN ALL OF CHINA



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

**Once upon a time, in China, there was a young man named Wu Li, a most gifted archer -- so gifted, in fact, that by the time Wu Li was 21, he was known, far and**

**wide, as the best archer in all of China.**

One day, upon returning home from yet another tournament victory, **Wu Li** found himself rushing through a marketplace and bumping into an old man carrying a basket of potatoes which went flying everywhere as the old man fell to the ground with a thud.

"Old man!" shouted **Wu Li**, "Get out of my way! Don't you know who I am?"

The old man looked up, squinting. "Oh yes... I know who you are. You are **Wu Li**, second best archer -- all of **China**."

"Second best?" bellowed the **Wu Li** "Second? Surely, you humor me, grandfather. I am the best. Everyone knows there is no one in all of **China** who can beat me."

The old man, slowly gathering his potatoes, nodded his head. "Oh yes, you are great, my young friend. But there is... ONE... even greater than you!"

**Wu Li** laughed. "Surely you jest, old man. Tell me, who is this impostor you speak of? Where does he live?"

"Oh," replied the old man as if entering a temple. "His name... is **Master Po**. He lives many miles to the North -- high atop **Mt. Chan**."

"Then I will go and challenge him," putting an end to all of this nonsense once and for all."

Pushing past the old man, **Wu Li** marched off into the distance

For 30 days and nights he traveled -- through wind and fire, lightning, and hail. When he arrived at the foot of the mountain, **Wu Li** could not believe his eyes. The mountain was sheer rock, covered with ice, and pitched at a 90 degree angle straight up to the sky.

A lesser man would have ended his journey right then and there. But not **Wu Li**. He climbed. And when he

was done climbing, he climbed some more. On the 8th day of his ascent, the crest of the mountain now visible through the mist, **Wu Li** reached over head, found a small outcrop of rock, pulled himself up, stood to his full height, and found himself looking at what appeared to be a little old man sitting under a blanket.

**Wu Li** opened his mouth to speak, but it was the old man who spoke. "Welcome wayfarer, I... have... been... expecting you."

**Wu Li** took a breath. "I AM **Wu Li** -- best archer in all of China. I challenge you."

The old man, motionless as the mountain, smiled, bowed, then looked to the sky.

"Very well... as you are my guest, please, my friend... go first."

**Wu Li** grabbed an arrow from his quiver, notched it on the string of his bow, closed one eye, tilted his head, drew the string back and, with all his might, let the arrow fly.

As the arrow neared the top of its flight, **Wu Li** pulled a second from his quiver and shot it high, halving the first in two and, in a rapid succession of ten, continued, each arrow splitting the one before it, arrow halves landing in a perfect circle around **Master Po** and, upon entering the ground, made the ancient sound of **Om**.

"Hmm," said the Master. "Impressive, most impressive. Now, it is my turn."

Reaching behind him (where there would have been a quiver if he had a quiver), he pulled what would have been an arrow (if he had an arrow), notched what would have been a string on what would have been a bow, closed one eye, pulled slowly back, paused for what seemed like eternity, and then -- in slow motion pantomime -- let go.

Smiling ever so slightly, he turned to his challenger.

"You, my friend," explained **Master Po**, "have mastered the art of shooting with a bow and arrow. I, on the other hand, have mastered the art of shooting without a bow and arrow."

(Adapted from an old Zen story)

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# 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](http://www.sethlearningcenter.org)

## ON THE DREAM STATE

In the dream state, it is as if you have a still-different television set that is, however, connected with your own. Using it, you can perceive events not only from your own viewpoint, but from other focuses. Using that set, you can leap from station to station, so to speak - not simply perceiving, but experiencing what is happening in other times and places.

When you are dealing with normal waking reality, you are operating at the level of the many that are native to your psyche. When you are dreaming, from YOUR viewpoint you are entering other levels of reality quite as native to your psyche, but usually you are experiencing those events through your current "waking station". The dreams that you remember are colored or altered or even censored to a certain extent. There is no inherent psychological or biological necessity for this. Your IDEAS AND BELIEFS, however, about the nature of reality, and sanity, have resulted in such a schism.

## ON FOLLOWING GURUS

"You will not find yourself by running from teacher to teacher, from book to book.

You will not meet yourself through following any particular specialized method of meditation.

Only by looking quietly within the self that you know can your own reality be experienced, with those connections that exist between the present or immediate self and the inner identity that is multidimensional.

There must be a willingness, an acquiescence, a desire.

If you do not take the time to examine your own subjective states, then you cannot complain if so many answers seem to elude you. You cannot throw the burden of proof upon another, or expect a man or teacher to prove to you the validity of your own existence. Such a procedure is bound to lead you into one subjective trap after another."

## THE POINT OF THE PRESENT IS YOUR POINT OF POWER

**Ruburt** is a creature. You are creatures. Each in your own way, therefore, dwell in the same energy and the same knowledge. The point of the present is your point of power. If you assign power to the past, then it is lodged there because of your beliefs.

In your terms, the present is a moment of your focus through which you affect both, in your terms, the present and the future. It is a moment of your creaturehood. If you think of the past as top-heavy with power, and of yourself as powerless in the moment, then because of your beliefs you become at the mercy of the past and therefore at the mercy of the present and the future.

If you feel your consciousness alive and alert in the moment, and realize that the present moment is your point of power, then you see yourselves as you are, as creators of your experience individually and creators of the world that you know.

For a moment, open or close your eyes, as you prefer, but sense yourselves in this moment at the height of your power of action, and from this point you influence and form your present, your past and your future.

This is your moment of power as each moment in your terms is. This, the present moment, is your moment of action and power from which you influence all of your experience.

Let that knowledge then guide you who are nameless, who do not need names, who dwell now in a three-dimensional reality, nameless as always, though you give yourselves names.

You are not the names, you do not need the names any more than I need the name. Feel that moment of present reality, die, as your point of action from which you influence each moment, in your terms of your reality, and you will not feel dwarfed by the past or at the mercy of a future you do not understand.

Now in your terms, I am ancient Yet, in your terms, you are also ancient. If you were truly alive and truly perceptive, and you walked out of this house and, with all of your abilities, all of your abilities working, you picked up one brown dried leaf from last year that littered the grass, and picked it up and understood and felt its reality, and heard what it said, then you would hear my voice, for my voice is a leaf's voice.





# SPIRITUAL GRAFFITI

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

**It's not that the feelings of not-enough all go away. It's that the feelings of 'I am enough' take up more and more space inside of us.**

And then, there is less room for not-enough to roam. We are kind of like a big valley. Lots of room for positive and negative self-imaginings. When we do the work to build our 'I am enough' network

k, there is less land left for self-hatred to come into form. It may well try, but it just doesn't have space anymore. The valley of self-love has taken root. Because our self-love is a self-fulfilling prophecy.

The more we believe in ourselves, the more it becomes who we are. And then finally... we are free.



# 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>

**Neither a promotion, losing weight, finding a soul mate, writing a book or becoming a billionaire will ensure happiness.**

Nothing ensures happiness, no destination is great enough, no dream come true will do.

Because happiness, dear, that's not present at the start of the journey will not be present at its end.

apres vous

**THE UNIVERSE**



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# CATERPILLARS IN THERAPY

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

**The story of the caterpillar turning into a butterfly is a common theme in spiritual literature. The image is a powerful metaphor for the transition we sometimes undergo in our lives.**

I wonder if the caterpillar really knows what is about to happen as it creates its cocoon. Does it ever question the first stirrings of change birthing inside of itself? Does it experience terror as all the ways it has identified itself start to dissolve?



I can just imagine a caterpillar, let's call him **Barry**, starting to feel something he's not quite sure of, going to see a therapist, a ladybug named **Louise**.

**Barry:** "You know, I just don't feel quite right these days. I really can't put my finger on it. Something is just off."

**Louise:** "Tell me everything I need to know to understand this completely."

**Barry:** "Well, it just feels like I am not really here somehow. Nothing seems to hold the same value for me. It's all so confusing and I might add, more than a little unnerving."

**Louise:** "How so?"

**Barry:** "Well, it feels like something just wants to bust out, but I have no idea what it is. And on top of that, I have no idea what life will be like should whatever this is actually bust out. It's like I am afraid to let go yet I can't hold on anymore!! It's really freaking me out!!"

**Louise:** "I understand, thank you. Tell me something you are afraid to say."

*...continued on page 36...*

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

## CONTENTMENT

**If I ask you, what do you want? Inevitably the answer will be: “to be happy.” One may say I want a car, house, education, love, child, pet or anything else. As long as our basic needs are fulfilled like food and shelter, we want things or objects to make us happy.**

What is happy? Happiness can be a long or short-term feeling if the conditions that we have outlined to make us happy are fulfilled. So, to be happy is a temporary emotion. It can change momentarily when conditions are not to our liking. We have set the conditions in our mind to what will make us happy. It really has little to do with things outside of ourselves.

Every person has different reasons for what will make them happy. All those reasons will require the world around us to conform to our desires. This of course is not always possible. Therefore, our happiness comes and goes. Contentment on the other hand is different. It comes from the inside and is not conditioned by external factors. It is defined as “a state of happiness and satisfaction.”


Contentment is not having everything but being satisfied and grateful with what we have. It is an inner feeling. It is not conditioned by outside events. If we are thankful for what we have, we will have more. If we constantly are hankering for things we do not have, we will never be satisfied. If we are content with what we have, then we can enjoy the pursuits of what we want. Contentment does not take away desires for more. It takes away the discontent if we do not achieve those desires. It takes away the feeling of unhappiness. If we can not be happy with what we have at this moment, then how do we know that we will be happy with what we desire.

Contentment is an inner feeling that all of us have available. We are programmed to look outside, rather than inside. We find that inner self through observation and becoming aware. If we become mindful or practice mindfulness we learn to be in the moment. When in that moment, without the mind running around, the body begins to relax and we feel less needy, we feel

more alright and content. We come into the natural state of our existence.

When we are mindful, we can see what external factors we think that are needed to us to feel complete as a human being. Is it money, a better job, validation, success, or other things? Having goals is good but requiring them to make us feel complete is a major problem. It reinforces that we are not Ok at this moment. Which in turn does not allow us to feel self-acceptance and happiness because it is contingent on external things, which are out of our control. This leaves us feeling insecure and helpless. That feeling of insecurity prompts us to look for more things to make us secure. It is a vicious cycle.


*Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you. — Lao Tzu*



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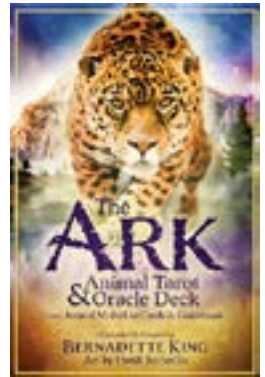
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# WHAT IS MY SPIRIT ANIMAL



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

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



Thus, when working with **Coyote** you must keep on your toes.

**Coyote** will use every opportunity to present a piece of insight through even what appears to be a wholly transparent situation.

**Coyote** challenges us to think about those things that we have pushed down or hidden from others. Very often such matters impact our body, mind, and spirit even unwittingly. Recognizing what you've buried and finding coping mechanisms is a step toward wholeness.

**Coyote** also chases away gloomy clouds and negative perspectives by offering the gift of seeing life through the eyes of good humor.

If **Coyote** had a mantra it could well be, "expect the unexpected." Uncertainty is part of life so you might as well embrace it like the **Coyote** and release what you cannot control with joy.

## COYOTE SYMBOLISM & MEANING

**Coyote** symbolism and meaning is incredibly complex.

There is nothing about this animal's teachings that are simple or superficial. The symbolism of the **Coyote** remains enigmatic, being both a trickster yet also a teacher.

**Coyote** energy is a sign of trouble or good fortune. Most of all, however **Coyote** arrives in our lives with a smile and a song, acting as a gentle reminder that laughter is truly good medicine.

One can be both playful and wise - there is a balance in between.

The **Coyote** is a wild sage whose message comes indirectly. This is not a candid spirit, but one that often resorts to chicanery and jokes to get a point across.

## COYOTE SPIRIT ANIMAL

**Coyote** as a Spirit Animal appears when we either need to remove our masks or put them on for protection. **Coyote** also enters the lives of those who have fallen into taking life much too seriously.

Learning to laugh at our mistakes and use them as a teachable moment can be incredibly healing and a wonderful coping skill.

**Coyote** may be telling you to be mindful of the risk-reward equation. Sometimes we need to play it safe, and other times take a clever leap of faith into something wholly new and challenging. It's likely that you are about to embark on a new situation that calls for adaptation.



# WHAT IS MY SPIRIT ANIMAL

*...continued from page 20*

Finally **Coyote** comes to us in times when our family needs nurturing. Turn your eyes to the home front and determine who needs extra support and what proverbial elephants in the living room you've been avoiding.

## COYOTE TOTEM ANIMAL

Those born with **Coyote** as a Totem Animal are wise, light-hearted folk. You have no trouble laughing at life, even your mistakes.

As a child you may have been the class clown. As an adult you'll find that odd happenstance has a way of finding you.

**Coyote** people like to live simply, which is why you adapt to new things so easily. Trust is very important to you, as is your tribe of family and friends.

**Coyotes** find that life can be both sacred and silly at the same time. You are cunning and sometimes tempted to use your trickster energy for pranks. The key here is making sure such jokes are not vengeful or ill-conceived. **Coyote** follows the golden rule.

In love, you are devoted. **Coyotes** mate for life and diligently care for their young.

## COYOTE POWER ANIMAL

Invoke **Coyote** as a Power Animal when you need to turn your frown upside down. If you never release stress, and only dwell on the negatives, you'll attract more negativity. Invoke **Coyote** and let him guide you in making a positive transition - tapping that inner child and learning how to live playfully once more.

Another good application for **Coyote** energy is when you're facing a new situation that makes you uncomfortable. **Coyote** shape shifts and transforms with ease. Let him show you how to reclaim your power in this space.

## NATIVE AMERICAN COYOTE SYMBOLIC MEANINGS

Native Americans consider the **Coyote** a creator, an Ancestor spirit, and a trickster. As a Creator it is said that **Coyote** shook a blanking in all four of the cardinal directions creating land and water.

Some medicine men use **Coyote** for healing in a special ritual called **Coyoteway**. This takes several days to complete, during which time **Coyote** is honored in ritual and prayer.

## COYOTE DREAMS

Dreams about **Coyotes** can be a positive or negative messenger.

If the creature is being sneaky that implies someone else is likewise deceiving you. A non-threatening **Coyote** may indicate that you need to take things less seriously. Loosen up and laugh.

Learn more about **Coyote** Spirit by reading **Coyote Dream Meaning** on [WhatIsMySpiritAnimal.com](http://WhatIsMySpiritAnimal.com)!

## FAR EASTERN COYOTE SYMBOLIC MEANINGS

In both Japan and China black and white **Coyotes** (and Foxes) are omens of good and evil, respectively. Japanese stories include references to these creatures having great magic and the ability to shape shift at will.

## COYOTE SYMBOLIC MEANINGS KEY



- Trickster
- Reluctant Hero
- Playfulness
- Adjustability
- Adaptation
- True seeing
- Creativity
- Paradox
- Shape shifting
- Wisdom



# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

## WELCOME TO JUNE 2023

**Welcome to June, the month of the longest day of the year!**

*The sun is rich  
And gladly pays  
In golden hours,  
Silver days,  
And long green weeks  
That never end.  
School's out.  
The time is ours to spend  
June - by John Updike*

**Here are some of the celebrations that will be taking place during these lazy, hazy days of summer:**

**June 3: Yoruba New Year**

**June 4: Full Strawberry Moon in Sagittarius**

**June 4: Saga Dawa:** Tibetan Buddhist's Month of Merits. This festival celebrates the birth, enlightenment and death of Lord Buddha.

**June 7 - 15th: The Vestalia** (see below)

**June 18: New Moon in Gemini**

**June 18: Father's Day**

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

**June 19: Enlightenment Day of Guan Yin,** Bodhisattva of Mercy, Buddhism.

**June 21: Summer Solstice**

**June 21: Litha:** A Pagan and Wiccan festival that begins on the summer solstice and celebrates midsummer.

**June 21: Sun enters Cancer**

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

**June 26 to July 1 :The Hajj: among the most important of Muslim holy days.** This annual pilgrimage to the holy city of **Mecca** that's required for all **Muslims** during their lifetime if they are financially and physically able to do it.

**June 7 - 15th: The Vestalia**

**Vesta** was an ancient **Roman** goddess of the domestic and civic hearth whose annual festival – **the Vestalia** – was celebrated between the 7th and 15th of June. **The Vestalia** marked a pause in everyday life as the Romans honored Vesta and purified her shrine. It was a time to commemorate the benefits the goddess had brought to the city and to ensure the continued safety and well-being of **Rome** and her people

**Vesta** was one of the guardians of the home. Such was **Vesta's** domestic importance that, according to the poet **Ovid** she lent her name to the vestibule or entrance of the **Roman** house. By **Ovid's** time, the vestibule was a hinterland between the domus's front door and the atrium. But originally, the vestibule was much more important. It was "at the front of the house" and the location of the domestic hearth fire.

You can honor **Vesta** today by giving your home a good cleaning, baking and spending time bonding with friends and family in your home.

*Happy June and Blessed Be!*

# GARDENING THE MEDICINE WAY

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 Herbals, 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. *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.*



## GARDENING INSECT ECOSYSTEM

**Certainly you have heard a great deal about creating pollinator friendly habitat around your home by plant-ing flowers to attract bees and butterflies.**

Cultivating native plants and letting bugs nibble them is perhaps the most effective thing you can do to support a healthy population of insects and other wildlife. But gardeners can also provide meaningful support for a diverse range of native insects including moths, beetles, flies, wasps, and true bugs, many of which are beneficial to the garden as well.

Do you remember the last time you really took notice of the insects that call your yard home? Chances are, it was around the same time that you noticed the ugly dead spot in the grass, or the chewed-up leaves of your shrubs. Many people don't take notice of insects until there's a problem.

While there are some pest insects that can wreak havoc in your yard, most insects are actually beneficial. Before we grab the pesticide or call in pest control, let's look at some insects that will fight on your side!

**LADYBUGS** Despite their delightful name and appearance, ladybugs are ferocious predators! Before they get their bright red colors, they start out life as larvae, cruising around on plants and feasting on aphids. Did you know that a ladybug larva can eat up to 40 aphids an hour?



Pic: Vincent van Zalinge

**SPIDERS SPIDERS**—though technically arachnids rather than insects—are often overlooked as **beneficial**, but they are very effective pest controllers. Since they are attracted to their prey by movement, they eat many live insects. **Jumping spiders** and **wolf spiders** are especially good at keeping pests under control.



Pic: leladinton

**Good spider!**

**GROUND BEETLES** “Ground beetles” is the name of a large group of predatory beetles that are **beneficial** as both adults and larvae. They will eat a wide range of insects, including nematodes, caterpillars, thrips, weevils, slugs, and silverfish. While insects like **Japanese beetles** should be controlled in the garden, don't crush every beetle you see!



Pic: Radfotosonn

Did you know that in this technological age of wonder, you can order beneficial insects online? A package of **ladybugs** will set you back about \$15. Partner with your local agriculture extension office to find out more about your native insects that will help keep pests under control. Here's a great opportunity to conquer your insect phobias! Pesticides can move up the food chain and dwindle our vulnerable ecosystems.

*Happy Gardening!*



Jim Egan

# STORIES THAT BEND REALITY

*...continued from page 10*

and like their own, pretty much arbitrarily chosen when I was newly born and still unknown to both of them. It took thirty years before I earned a name that was truly my own, and though it's not a particularly glamorous name, it is unique and mine and was given to me without prejudice or forethought from the people I come in contact with everyday. It's the realest name I have."

**Reb** and **Timothy** let out the breath they were holding. It didn't appear they were going to get the answer they had been waiting for. Their hope lingered for a moment as **Tatanya** prepared to summon up another question.

"Would you give me a name of my own?" she asked with a mischievous glint in her eyes.

"How about **Miss Nonstop Questions**?"

"I don't like that name."

"It doesn't matter if you like it or not, it only matters if it fits you or you fit it."

"Isn't that the same thing?" asked Miss Nonstop Questions.

"Oh no," the **Man with the Ladder** said, shaking his head solemnly, "For instance, 'the **Man with the Ladder**' is a name that fit me the minute someone spoke it, but I have had other names that I've tried to fit but they just never fit me."

"You're going to tell us a story aren't you?" **Tatanya** squealed with delight, "He's going to tell a story now!" she announced to everyone in ear shot.

"Well as a matter of fact there is a story I could tell right about now if someone wouldn't try so hard to live up to her new name."

"He's talking about me." **Tatanya**, alias questions, decided, "Okay, I'll promise."

"Once upon an afternoon, I was here in the park minding my own business when a stranger strides right up to the foot of my ladder and says with a big smile, 'Hello **Derrick**!'"

"I'm sorry, my name is not **Derrick**." I told him.

"Oh, but you look so much like a **Derrick**. I suppose, you are quite sure."

"Oh yes, I'd probably be the first to know."

"What makes it so hard to believe is that you're so tall and well spoken. You are well spoken aren't you?"

"Well, I suppose so."

"Unique, charming at times, confident but diplomatic?"

"I'd like to think so."

"Well then there you go-- a **Derrick**."

"I don't have to be named **Derrick** to be any of those things."

"Well if you insist your name isn't **Derrick**," he finally said with a huff, "then what is it?"

"People call me the **Man with the Ladder**."

The stranger rudely burst out laughing, "Derrick you're such a kidder-- you had me going there. You have a wonderful sense of humor."

"Thank you, but I'm not joking, that's my name." I twisted my ladder around to face him with the obvious.

The man just shrugged his head. "I think you were better off as **Derrick**," he confided, turning around and heading off.

I decided I had enough of strangers in the park for one day and was about to hoist my ladder on my shoulder and set off when I ran into **Utei** being followed by a whole pride of cats and kittens.

Every so often as he walked he would spray what looked like misty paint toward the ground. Before it would hit the pavement, it would swirl around making little darting motions, like a school of fish and his little followers would pounce on the illusion, chasing the spirals into one another until there was a tangle of paws and tails and kitten noses where the pseudo fish had once swam.

"And humans think they enjoy art!" he chuckled at the furry pile of pussycat. The air seemed to be tinged with the smell of salmon. Before I could ask about it, **Utei** turned to me and asked, "Is it my imagination or you taller today?"

I laughed, "It's funny you should say that because a perfect stranger just walked up to me and not only said I was tall but confident and charming as well."

*...continued on page 25...*





Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 24*

**Utei** looked me over carefully, "I'm no perfect stranger, but you do look more confident, more self-possessed. Perhaps new hair cut?"

"No, I haven't been near the barber. But listen to this, the stranger insisted on calling me **Derrick**."

"Hmm, you do look like a **Derrick**, though I never noticed before. Until you mentioned it I wouldn't have thought I even knew what a **Derrick** looked like, but then there you are." he said, nodding in my direction.

As he spoke, his audience grew more impatient and were slowly but surely climbing up the folds of his robe trying to make their way up his sleeve.

"I have to go now," he announced, "If I don't keep moving my adoring fans will probably eat me."

I sat there trying to image what a **Derrick** might look like. I concluded that whatever they looked like it was most likely a little too urbane and sophisticated for my taste.

I must have been staring blankly across the playground because when I focused my attention on what was before me, a rather attractive woman was staring back at me from the bench opposite mine. I assumed that I must have been staring rudely, so I turned my head and got up quickly to avoid a scene. As I was turning to go, the corner of my eye caught the distinct image of the woman smiling and giving me a wink.

My body had already started to turn with the momentum of the ladder pulling me one way and my incredulous eyes pulling me back in disbelief. It felt like I was about to lose my balance and topple ladder and all on the well dressed ladies' lap --my ego was already cringing-- when something seemed to rally my muscles and with a deft spin I was seated not twelve inches from the most beautiful woman I had ever seen up close.

"Nice move." she said, a deep purr-like quality to her voice. I looked into her face, devoid of even the slightest of imperfections, it was like a work of art.

In place of mere eyes she had deep blue crystals that glimmered with their own light, her lips were moist and slightly pursed as if preparing for a kiss --the more I looked, the more I felt my jaw tightening, incapable of speech. My ego once again prepared itself for the worst.

There is a key moment in everyone's life where events seem to take on monumental significance. At that moment either you drop the ball or you run with it. Whatever the outcome we carry that moment around on instant replay for the rest of our lives. Mine was going to be of me sitting in the bleachers as the ball went right past me and I didn't even try to reach out to catch it.

Just then a confident voice seemed to call from the confusion of my mind. "Stop being your old bumbling self", it seemed to say, "You look like a **Derrick** why not act like one?" My ego was willing to try, if anyone was going to drop the ball it might as well be **Derrick**-- anyone but the me I had to live with.

"Hello," I said, my voice sounding surprisingly confident, "My name is **Derrick**."

She seemed surprised, almost self-conscious, "I never met a **Derrick** before. My name is **Martha**."

"That's a pretty name."

"No it's a plain name, I never liked it. I guess someone like yourself with a name like **Derrick** wouldn't understand, but I've always wanted to be called **Melinda**."

"You look like a **Melinda**."

"You think so?" she asked shyly.

"As surely as my name is **Derrick**."

"You're very kind, I can tell. I meet clever, handsome men all the time but they're not kind like you. I bet you're quite an adventurer too." she said, with a mischievous smile that seemed to make my internal organs start bumping against one another.

"I've had a few adventures." I admitted.

"You're so modest. I'd love to travel and have adventures, but it's harder for a woman, especially since I'm not glib and resourceful."

"I've never heard of such a thing," I scoffed, "a **Melinda** who wasn't glib and resourceful?"

"Well at least not in the same league as you obviously are. To prove my point, let's say my name was **Melinda** and I put you on the spot and said sweep me off my feet, what would you do?"

*...continued on page 26..*



Jim Egan

# STORIES THAT BEND REALITY

*...continued from page 25*

'Quake in my boots' was the first answer that occurred to me. I had to think fast but even my imagination couldn't fathom just what a **Derrick** would do. Certainly not pool or bowling, maybe dining or dancing, or that **Hungarian Festival** on 8th street?

Just then I heard a confident voice in my head and I echoed the words out loud, 'I know a quaint little bistro near **La Visqueux Menteur in Paris**, I could make reservations.'

Unlike **Derrick**, I had never been to **Paris**, but with even my poor knowledge of **French** I vaguely remembered **Visqueux Menteur** meant 'slimy liar'. Ah, but in **French** it sounded more romantic.

'Ohh **Derrick**, you're a dream come true. Ordinary men would have offered dining or dancing, or worse that **Hungarian Festival** on 8th street, but then they're not daring and unique. It's amazing we've only just met and yet I feel like I've known you for so long.'

After we left the park the rest of the evening was an exciting blur of activities that only **Derrick** would think of, at exclusive places few besides **Derrick** could go.

**Derrick** danced and sang and why he didn't end up in **Paris** I'll never know. Maybe he did but I woke up in my apartment feeling very much like a man with a ladder with a **Derrick**-sized hangover. The phone rang sending major tremors through my brain.

'Last night was wonderful, **Derrick**.'

'I wish I remembered more of it. Tell me **Melinda**, what happened after the belly dancers and elephants...'

'My name isn't **Melinda**. This is **Stacy**.'

'**Stacy**?'

'Is this **Derrick**? You don't sound like him.' the voice changing from a purr to an accusing whine.

'No, No, **Derrick** is out, in **Paris** I think. I'm just his friend.'

'Oh, just like **Derrick** to be in gay **Paree**. So you're **Derrick**'s friend,' she said suddenly interested again,

'What's your name?'

'The **Man with the Ladder**.'

'Oh.' then an awkward silence, 'Well don't forget to tell **Derrick** I called.'-click-

To avoid any further embarrassing repercussions from **Derrick** I decided to rid myself of him that very morning.

'Hello **Derrick**!' I warmly greeted the first person I passed on the street that morning. He was a tall slim man in a business suit and he looked enough like **Derrick**.

Puzzled, he turned to face me but I was already past him, leaving him to live the **Derrick** life for a while.

**Derrick** undoubtedly lives on in someone else's shoes, and if I know **Derrick** he's dancing in **Paris** right now. But since that time and happily ever after I have remained the **Man with the Ladder**.

'How would you like to be **Derrick** for a day?' the **Man with the Ladder** asked **Tatanya** upon completion of his tale.

'I'd rather be **Lady Gaga**.' the little girl replied without hesitation.

A man jogging past suddenly called out, 'Hey **Alfonse**, nice ladder you got there --What's the matta', your cat up a tree or somethin?'

'Oh no, not again.' the **Man with the Ladder** winced.

**Tatanya** tugged on the side of his trousers, 'Hey **Alfonse**, how about getting me a drink of water from the fountain.' **Lady Gaga** instructed.

**Reb** and **Timothy Michael** had themselves a good laugh over the **Man with the Ladder**'s new alias, but while they were deciding what names they would like to don, the **Man with the Ladder** slipped away to find someplace where neither **Alfonse**, **Derrick** or the **Man with the Ladder** was known --at least not by those names.

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Photo by Karin Wolf



# CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE SARDONYX

*...continued from page 12*

As we enter into the heat and fire of summer this month, let us align ourselves with the forces beyond our control with the knowledge that we have the resources we need to work within them. It has never been so clear that great changes are underway and these changes will bring energies that we cannot yet imagine.

**Sardonyx** can give us the strength and flexibility of heart and mind to not only cope with these changes, but dance with joy as they manifest within us.

**Sardonyx** can be found at most rock shops and it remains relatively inexpensive. You are most likely to find it in polished tumblers, palmstones and spheres.



**Sardonyx**

It comes from many places around the world, but the **Sardonyx** that caught my attention was sourced in **Madagascar**. It is the perfect stone to have in your pocket as we move into the summer months.



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Dr Joe Dispenza

# INVESTING IN THE UNKNOWN – EVOLVING THE EXPERIENCE

*...continued from page 8*

I would simply make it be about my effort - not the outcome. I'd tell myself, "Since the present moment is where the unknown exists ... and since where I place my attention is where I place my energy ... the effort of staying truly present in the unknown should be what brings the novel event to me."

I thought of it like investing in a bank account. Except what I was investing in ... was the unknown.

I approached it, each time, with a calm sense of knowing. Not the energy of trying; not the energy of hoping. I just knew that if I kept tuning in; kept connecting; kept being open and curious ... sooner or later, something unusual would happen in my life.

I'd pause and think: if my thoughts truly create my life ... if I truly am a creator ... if I just keep investing in the unknown ... then my body will follow my mind to this unknown experience.

## Cultivating Curiosity

Often, when people approach me about my practice, it's because they're feeling stuck. They're hung up on wanting an outcome - and their attachment to the thing they seek is exactly what's preventing them from experiencing it in their lives. They're preoccupied with wanting. And wanting implies separation.

But in the unknown, there's no separation. That's because there's no thing in nothing to be separate from. And so, each time I connect - each time I become no body, no one, no thing, no where, in no time - I'm not wanting for ... anything. There's no want involved; this is purely about curiosity. I am the scientist. And my life is the great experiment. And I'm interested in seeing if I can evolve my truth to some degree.

What we're talking about, essentially, is the delicate balance between intention and surrender.





Esther Hicks

# ABRAHAM HICKS

*...continued from page 7...*

And the more you know that all is well no matter what, then the more you are able to go anywhere and everywhere with anyone and everyone because there's no more guardedness or protectiveness or needing things to be just right before you can feel good because you get it that it's always all right, that things are always working out for you no matter how they appear to be in any moment in time. They're always working out in one way or another, one way or another.

## THE SATISFACTION FACTOR

Life is supposed to be fun, it's supposed to feel really good to you, but satisfaction is an important factor. Let's talk about satisfaction for a moment. Satisfaction is you feeling whole. Our friend said it's like coming home. Satisfaction is you feeling whole, it's being all that you really are, it's closing the gap, it's coming into resonance with the fullness of all that you are - it's all those things that you describe like clarity and love and friskiness and all of that.

And so, when you realize that you're a vibrational being, so much of what's around you isn't really in resonance with you because most of the world doesn't know that they are vibrational beings. Most of the world is tallying up where they're standing right now, and so they are looking at you and you're looking at them, and you let too much of your vibrational nature be about what you're observing.

The point that we really want to make, and if there's ever a day that we've made it and ever a day that you'll walk out of the room knowing it, this is the point that we want to make: As humans, you mostly set your vibrational tone based upon what you are observing through your physical senses. And usually there's plenty - quite a lot - of resistance within that observation, where your **Inner Being** never looks at what is in your physical manifested form - that's not the reason that your Inner Being offers the vibration your Inner Being offers.

Your Inner Being offers the vibration that your Inner Being offers because of all that you've become. It stands in the full abundance of Source with no resistance whatsoever, and that's why there is so much power in that. So, if you can get it clear in your mind that you have your **Inner Being**, who is all powerful because there's no resistance, and that you often are limited in your power because there is resistance, and then you decide to look in the direction and be more like your Inner Being, to be more Inner Being like...

So, these are the things that your **Inner Being** does:

Your **Inner Being** always looks for the best feeling thought that your Inner Being can find, and that's some positive thought.

Your **Inner Being** is not just looking at the ingredients that are in your **Vortex**, your Inner Being is looking ahead to the combining of those ingredients into the things that you want.

Your **Inner Being** is way down the road on what you want, and that's where your inspired ideas come from, that's where your inspiration comes from, that's where inventions come from and being in the right place at the right time comes from. You have this friend upstream who has already seen what you want to call your future. But your **Inner Being** doesn't regard it as your future, your Inner Being regards it as it's isness, it's nowness.

And so, this whole conversation has been about you all figuring out (*and it will be up to you to demonstrate it to yourself - we're just giving you some words that might make it easier*) you want to find a way to mesh the past and the present and the future all into one state of being. Where most humans, when you look back, you lose your connection to **Source**, because when you look back, you disengage from the power that You are.

And we're not saying you can't look back, and we're not saying that there are not good memories sometimes when you look back there, we're just saying that usually, when you look back, you have a proclivity to shoot yourself in the foot and find some vibrational resistance. Where, when you look forward, you don't do that so much.

*...continued on page 33...*





# ABRAHAM HICKS

*...continued from page 32...*

Esther Hicks

We want you to be deliberate about your creation, and we want you to set goals - we want you to be clear about what you want - but we want you also to understand that if you spend about 5% of your time doing that and the rest of your time just being in a state of allowing, that you would have a much more exciting life, a much more pleasurable life.

And so, some of the things that are important for you to do, a sort of mindset to hold to make that easier for you, is decide that you don't have to explain anything to anyone - that you're not needing a friend to understand, that you're not needing a friend to observe you and understand you - because you have all of **Source Energy**, you have what man wants to call **God**, you have your own **Inner Being**, you have your own state of becoming.

There isn't anything that would be more comforting to you or more satisfying to you than to let yourself be who You really are, to let yourself be who You really are. Can you wrap your thoughts around that? Have we covered enough vibrational ground here today that you are beginning to get a glimpse of your prosperity and your rightness, your in-the-right-place-ness, your worthiness? And so?

## INNER BEING PERSPECTIVE

**QUESTION:** So you say who I really am is **Source Energy** focused, and a part of me is focused into this specific...

**ABRAHAM:** Who you really are is the perspective of **Source** and the perspective of your human personality. That's who you are because you can focus there or there, you are all of that. You are an extension of **Source Energy** and the closer alignment you have as you are that extension, then the more power you feel, and really, the more pure positive emotion you feel, too. You are both of those and you cannot separate yourself - you cannot get so far that you are separate from that, you always are that. And sometimes you are in human form and you are that.

**QUESTION:** So, as you said, a part of me is focused into this physical body, while the greater part of me remains **Nonphysically** focused?

**ABRAHAM:** It's the same thing as saying I am an accountant and I also like tennis. There many facets of who you are as you are here in your human form, and so there are many facets of who you are as you are in your **Nonphysical** form, and this personality is one of them.

**QUESTION:** I'm just wondering, while I'm focused in this physical body working, what's this **Nonphysical** focus that...

**ABRAHAM:** Focused with you on everything that you're thinking about; focused right there with you, with usually a different take on everything. Always knowing, always loving, never hating, always feeling confidence, never feeling insecure, always with clarity, never feeling confused. When you focus, your **Inner Being** focuses with you, but the perspectives may be different depending upon what you've been practicing, or what you've been trained by the people at school who want you to show up on time.

**QUESTION:** So, if I'm focused and...because you've also said where I may focus on unwanted, which creates the desire for what I want instead...

**ABRAHAM:** Which is really, when you focus on unwanted, you're not out of whack with your **Inner Being** because your Inner Being knows you came here to sift and sort and decide. So your **Inner Being** just has a Step 5 moment while you do that - your Inner Being feels great while you find new things to put into your **Vortex** with greater clarity.

**QUESTION:** OK. So it's just faster because **Inner Being** is focused on the wanted aspect

**ABRAHAM:** Your **Inner Being** never looks back - that's the difference between you and your Inner Being. Your Inner Being never yearns or needs, your Inner Being stands in the fullness of all that you have become. Now, feel the distinction.

So, as you stand without something you want, let's say without enough money and you want prosperity, your **Inner Being** already is living the vibrational prosper-

*...continued to page 34...*



# ABRAHAM HICKS

*...continued from page 33...*

Esther Hicks

ity, and so, when you focus in opposition to what you've asked for, your discomfort is because you've focused away from your Inner Being. It's not the absence of the money that's causing you to feel bad, it's the denying who you've already become and not letting it come in fully. Did you get that?

When you ask, it is given - someone should write a book. LOL When you ask, it is given, it is yours, it is yours to claim. And when you feel negative emotion it's because you're looking in opposition while your **Inner Being** is looking completely in full embracing of what you've been asking for.

**QUESTION:** OK. And I don't know how this relates, but there's something about the **wanted**, like source of wanted, something about how Inner Being and the greater part of me is focused on the wanted or the desired part versus I'm wanted. **So, what is the source?**

**ABRAHAM:** It is not quite like that because when any of us use the word **want** in your physical human vocabulary, it sounds like something not yet fulfilled - I'm still wanting for this. But as far as your **Inner Being** is concerned, when you ask for it, it became a **Vibrational Reality**, because you sifted through the physical environment and through the ethers and identified a desire for it, and it became and your **Inner Being** became it as it became. So now the cooperative components to it are all being gathered, and so it exists as a now reality.

But when you look too soon for the manifestation of it, so you deny the existence of it vibrationally, it's your denial of what you have become that causes your negative emotion. We've never said that more clearly - did you hear it?

When you ask for more of something, whether it's a relationship or more money or a different car, no matter what it is, when you ask for it, there is a part of you that now is that. In other words, now you are the person with that, now you are the consciousness with

that. You can't separate the money that you are asking for from you the holder of the money that you are asking for because your experience caused you to ask for it. You didn't ask for money that you're going to bury in your back yard and be apart from (although some people do do that), you're asking for the prosperity.

So the whole package has become and then when you take score and you say "Well, it isn't here yet, it's not in my bank account yet," now you're denying something that you already are.

Can you feel that? It's like not letting yourself be something that you already became, and it's because of a flawed premise - we get it, humans think that the only prosperity that you really own is that which is in the bank that the bank agrees with, or that's in your hands, or that other people can see. You're not taking credit or score of your **Vibrational Reality**. And so it's important - we have to lay that basis first before any of this makes any sense.

*So, when you feel bad because you don't have something you want, you're not missing the thing or the person or the money, what you're missing is the you that you created with it, it's the you that your life put into being. And that's hard for you to hear - someone new to this would be looking up here thinking that there's a crazy woman talking with you because we're telling you that there's something that exists that you can't see. But you have to accept that there is a vibrational premise or a vibrational beginning of all things that you are going to see.*

*You have to accept the reality that these vibrations are turning to thoughts and that these thoughts are turning to things. And you're up so close to it - you got here and there were things to see and there were things to smell and there things to hear. Even though you were feeling - because those around you weren't talking about you creating your own reality in that way, so it took a little while, but it didn't keep you from creating your own reality - you still explored the contrast.*

*Nobody needs to know this in order to fill your Vortex full of things and then find a happy moment and let some of it in. That's how most of the world is living, and that's just fine. Life is set up in a way that causes the expansion and the evolution and it works just fine.*

*...continued on page 35*



# ABRAHAM HICKS

*...continued from page 34..*

Esther Hicks

You can't stop exploring contrast - you just can't, you live in it. And you can't stop evaluating at all levels of your being what your preferences are. You're born to do that, and therefore you can't stop causing the Universe to expand. And better said, you just can't stop your expansion. You just can't stop it - you could not understand it and not acknowledge it, but you can't stop it.

So you are constantly becoming this person and this person, and the way you feel, the mood you walk around in, has to do with how conscious you are of this Nonphysical part of you and how deliberate you are about choosing the thoughts that align you with it.

So, do you say uplifting things or do you say down lifting things, do you praise or do you criticize, do you look for trouble or do you look for upliftment, do you want to feel good? You have these tools that as you begin to apply them, then oh, you begin to really feel your ability to direct your thoughts.

In the beginning as we visit with you, as you're sort of catching on to all of this, we explain it to you in the way that we did today, that contrast causes you to create things and you can't see them, but if you will accept that they are there, and then get them off your mind and don't try to make it happen - just be as happy as you can be - in those non-resistant moments, you'll get glimpses and you'll start receiving.

So, if you can separate Step 1, which is the asking, and Step 3, which is the receiving, then the receiving just gets more and more and more evident to you. And then, once you really understand this, once you have control of your own emotions, which means you want to feel good and you have the tools to feel good, and you do feel good a good percentage of the time, then what begins to happen is you can deliberately let your mind quiet and let your mind wander, and you can start receiving thoughts about things that are in the process of becoming, and then you get to witness them becoming like you saw them in your mind's eye, and then you have it, then you know that there is nothing outside of your ability to accomplish it.

Once you show yourself that you wanted it and that you cooled your jets, that you chilled, that you meditated yourself into non-resistant thought, and then the pleasant thought began to come, and then you began to deliberately think about those pleasant thoughts that are coming, so that now your human thought is joining the non-human thought, your physical thought is joining the Nonphysical thought, now the blending of Nonphysical and physical is happening and the ecstasy and joyousness that the Nonphysical is feeling as you are accomplishing that - you're just romping and yodeling and yah-hoo-ing and achieving and accomplishing and demonstrating.

Esther says that she likes to think of herself as a pointer - she just points in the direction of things and they actualize around. That's what it's like - you just identify and don't get in the way. That's your work as creators. You're not human doers, you're beings. And if you will think of yourself as a pointer, and if you will care about how you feel when you point at whatever you point at, now you have it.

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# CATERPILLARS IN THERAPY

*...continued from page 18*

**Barry:** "I HATE THE TASTE OF LEAVES!!! Phew, boy does it feel good to finally just come out and say that. I mean, I'm a caterpillar for Pete's sake, that's what we do. I used to love them; couldn't get enough of them. But now I am just sick of them. If I never eat another leaf, it will be okay with me. But this is all I have ever known so what does this all mean? Who will I be if I am not a leaf-eater?"

**Louise:** "Thank you for being honest with what you are feeling. Tell me what is true for you."

**Barry:** "True for me? Well, I am tired. And very scared."

**Louise:** "I understand. Tell me something that feels untrue for you."

**Barry:** "Untrue? Well, I guess that I am 'supposed' to always be a certain way. I mean, I can change, experience new things."

**Louise:** "Thank you. Tell me something else that is true for you."

**Barry:** "You know, what is REALLY TRUE for me is that I just want to lie down and wrap myself up and sleep! But I am just too afraid to surrender into that. I am afraid if I do, I will never come out."

**Louise:** "I understand, thank you. Tell me something else that feels untrue for you."

**Barry:** "Well, I guess it feels untrue that I would NEVER come out."

**Louise:** "I get it, thanks. Tell me something else that is true for you."

**Barry:** "Well, if I am really honest, I would have to say that this is something I just have to do. I don't really understand it; I don't know what is going to happen but, you know, I just have to do it. It feels like truth that I am just being pushed by some powerful force and I must just surrender to whatever this is. This feels really clear to me now. I feel much better. I'm still a little scared, but much clearer about things."

**Louise:** "Good. Tell me an action you can take now."

**Barry:** "I'm going to go to my favorite spot, wrap myself up and just surrender to whatever life has in store for me."

**Louise:** "Thank you. Our time is up. Is it okay with you that we end this session?"

**Barry:** "Yeah, this has been great. I will stop by after I come out and say hello if that's okay. You will recognize me, won't you? I hear you see a lot of caterpillars."

**Louise:** (smiling to herself) "Yes, of course, I will."

There are times in our lives when we feel that all the ways we identify ourselves start to shift or fall away. Perhaps the best thing we can do is simply surrender, or at least find a ladybug named **Louise** to talk to.





# THIS MONTH'S 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. So far, so good."*

## HOW TO DISCOVER THIS INNER REALITY?

You spend time in contemplation & as questions come to mind, you're guided to answers. Sometimes you're guided to other people, sometimes you're guided to dive deeper within.

## YOU CAN BE A SOLITARY WORKER ON THE INNER PLANES AND BE OF SERVICE RIGHT WHERE YOU ARE

I had a particularly deep sleep and a vision, more like a visitation. It was something I THOUGHT I knew so it gave me deeper understanding. I'm trying to wake up enough to get it into words. I have to use pictures right now. Say you're sitting with loved ones, you're partying, you're in love, you're cuddling your pet, you're having a good time. The emotions you feel are radiating off you. They affect everyone around you and everyone you bring to mind.

**DEPOSITING GOOD THOUGHTFORMS INTO THE BIG FEELING BANK IN THE SKY** These emotions are also being deposited into a big feeling-bank "in the sky." Like a giant thoughtform, other people can tap into this feeling-bank and feel your happiness.

Just the same, say you're irked at someone, maybe it's just the daily news but you're angry as hell and for hours a day you radiate off anger. Whether they know it or not, people around you are receiving some of the anger energy radiating off you. It's also being deposited into that big feeling-bank in the sky so everyone has access to it.

This feeling-bank is an entire global emotional plane that we all deposit into and withdraw from in the course of our daily life. We do this by virtue of the emotions we feel. Our emotions come forth as a result of the thoughts we think.

We can make it a daily spiritual practice and service to mankind to on-purpose deposit more good feelings into this bank by doing more things that bring us happiness. Just spending more than 51% of the day in activities that bring about good feeling thoughts fills this bank with hopeful expectation of good.

This is not new but I was shown it by way of witnessing a string of people and circumstances affected and receiving the emotions of each scene into my body. I was shown the remedy is to introduce more good feeling thoughts into the global bank "in the sky." We are all being emotionally fed by this global bank whether we know it exists or not, so the more happy, hopeful (nutritious) thoughts we can have, the better we can nourish everyone's emotional body.

## BEING SOLITARY DOESN'T MEAN BEING LONELY

You're going to fall in love with a lot of people in your lifetime, even years, decades after you think you've had your final love affair. Not every partner is meant to stay forever. Be prepared for them to arrive unexpectedly and leave unexpectedly.

Just because they leave doesn't mean you can't remain the best of friends. Just because you're best friends doesn't mean you should be lovers or that you should be married. There's no such thing as lifelong security, partners can change their mind when you least expect it. -- I know my own mind is always subject to change upon evolution of consciousness, i.e. new intel.

Don't be anxious to take things to the next level. Make the best of where you are right now. Let it be okay to be alone, too bcz you will have years of that. If you learn to love it all, you will always have love in your life.

## IF WE HEARD GOOD NEWS, HOPEFUL NEWS FOR 30 DAYS ABOUT OUR ECONOMY, IT WOULD BECOME A GLOBAL REALITY

You know, if we heard good news, hopeful news for 30 days about our economy, it would become a global reality. But we don't have to wait to hear 30 days of good news. We have the ability to self-talk ourself into hopeful anticipation and make it a personal reality no matter what the global reality appears to be. Your future is being created by your thoughts and emotions in the now.

Are you hopeful and believe things can clear up altho you do not know how they will clear up? Then you are attracting more things clearing up. And like gravity, it works whether you believe it or not.

Are you anxious and thinking we're going to hell in a handbasket and think there's no solution and it's hopeless? Then that will be your personal reality no matter how good it is around you.

Enjoy our offering this month.  
Hari Om.





## ARIES – (March 19 – April 18)

### ARIES: MOOD FOR JUNE 2023

Aided by a dynamic and supportive environment, you will display a communicative spirit. Finally, you get rid of the influences in your way and have a free zone where you can blossom without hindrance.

### ARIES: LOVE FOR JUNE 2023

Mars and Venus will enliven your love life. A touch of passion, higher expectations and the desire to pamper your loved ones, to live intense moments with great power of seduction, everything too, please.

**In a Relationship:** Mars exalts your passions and expectations towards the other while Venus favours romantic impulses. This will spice up your emotional life and rekindle the flame.

**Single:** rely on the duo formed by Mars and Venus to seduce. Take advantage of an irresistible magnetism to make an extraordinary meeting.

### ARIES: MONEY FOR JUNE 2023

Jupiter allows you to increase your income and, for some, to "remake" yourself. In the meantime, treat yourself without going overboard.

### ARIES: WORK FOR JUNE 2023

You have the creativity and determination to impose your creations, works and projects. You do not go unnoticed. Giving yourself the best of yourself is not without a counterpart. You aspire to mark the spirits and to please.

## TAURUS – (April 19 – May 19)

### TAURUS: MOOD FOR JUNE 2023

A cool atmosphere with your family and the opportunity to reaffirm your new identity, your need to direct your life without being dictated to. You combine benevolence and firmness. A winning cocktail that allows you to be appreciated without being controlled.

### TAURUS: LOVE FOR JUNE 2023

You are enjoying a respite and are safe from cosmic tremors. Take advantage of this lull to enjoy time with your family, organize meetings and outings or take charge of the housekeeping so that your recent family achievements are completed.

**In a Relationship:** exchanges in the family are warm but serious. You make it clear to your family that you will not allow yourself to be overwhelmed or invaded and that from now on, you will hold the reins and have no desire to let them go.

**Single:** you need to be faster to impose new rules within the family, which allow you to do as you please. These new principles favour better communication with your loved ones but do not exempt you from reasserting your rights.

### TAURUS: MONEY FOR JUNE 2023

The discussions will take place on the family ground if you are discussing finances. You have the necessary arguments to convince and reassure your relatives. You have the situation well in hand.

### TAURUS: WORK FOR JUNE 2023

The cosmos leaves you in peace, and you feel that nothing and no one gets in your way. Take advantage of this turbulence-free zone to welcome Jupiter, which allows you to open a new cycle of expansion promising.

*...continued on page 39...*



## GEMINI – (May 20 – June 19)

### GEMINI: MOOD FOR JUNE 2023

All charm and lightness, but determined to make yourself heard, you handle the art of seduction as much as that of persuasion, and no one can resist your arsenal.

### GEMINI: LOVE FOR JUNE 2023

You rally votes around communication, which is done in softness. You convince those around you with the ability to make a mark on people's minds and hearts, which serves your tender purposes.

**In a Relationship:** you are attentive, listening, and delicate, but sure of yourself. You have all the arguments to please, reassure, and make decisions that you impose without difficulty to your entourage.

**Single:** you have neither charm nor authority to bewitch whoever you want and persuade your loved ones that your decisions are the right ones.

### GEMINI: MONEY FOR JUNE 2023

If you need money, you find the right words to encourage those who have it to give you some. Between charm offensive and assumed authority, they have no choice.

### GEMINI: WORK FOR JUNE 2023

Rely on flawless communication to plead your case and make your files progress. You show yourself attentive to the arguments of your interlocutors while mobilizing a time of speech where your charm operates, and your arguments hit the bull's eye.

## CANCER – (June 20 – July 21)

### CANCER: MOOD FOR JUNE 2023

You enter the month with a magnetic aura that helps you achieve your goals. You convince those you need to believe in you and follow you. Rely on your charm and determination to do well on all fronts.

### CANCER: LOVE FOR JUNE 2023

Your present desires are linked to some unfulfilled ones from the past. You feel connected to certain emotions that inspire you, to certain reflections that dictate your choices, and delightfully fulfill your expectations around the 17th and 21st when you have every reason to be satisfied.

**In a Relationship:** you aspire to evolve in adequacy with the instances of your inner world. Count on Venus and Mars to help you reach a hoped-for degree of enjoyment by connecting you to your feelings.

**Single:** no great excitement or enthusiasm to be expected, but a level of inner satisfaction which is enough to keep you happy. Reflections linked to experience will allow you to clearly define what you want from now on and answer it.

### CANCER: MONEY FOR JUNE 2023

Venus exalts your desire to spend more while Mars sharpens your power to strike. This is a perfect duo to demand and obtain an increase in your salary. Opt for a discreet but effective approach through under-the-table negotiations.

### CANCER: WORK FOR JUNE 2023

You want your work to be appreciated and rewarded with dignity. You put your talents forward and claim your due. Count on your unwavering determination to plead your cause by cultivating your supporters in the shadows, negotiating for the moment undercover.

## LEO – (July 22 – August 21)

### LEO: MOOD FOR JUNE 2023

Charismatic, dynamic, and overflowing with ideas and projects, you are very pleasant to be around. Those around you are attentive and receptive to your proposals. Surf your major assets to prepare for the arrival of Jupiter, which keeps you in shape.

*...continued on page 40...*



## LEO: LOVE FOR JUNE 2023

Joyful, radiant, projects full of head and heart? You discuss it with those you love and count on your amazing charm to unite around seductive perspectives. And if some still hesitate, you go on the offensive.

**In a Relationship:** you love to share your vision of the future with your loved ones whom you can easily convince to follow you in your projects. Count on your communicative energy to rally people to your cause.

**Single:** you use your irresistible charm to influence your friends, to persuade them that your projects are worth accepting. And if your charm is not enough, you raise your voice.

## LEO: MONEY FOR JUNE 2023

You get the support of those who observe you and are sensitive to your arguments. So, if you need to finance your projects, this is the time to express your needs openly.

## LEO: WORK FOR JUNE 2023

Jupiter ratifies your current initiatives for you to open new perspectives. Count on your power of seduction and your undeniable eloquence to motivate your troops and draw them into the adventure.

## VIRGO – (Aug 22 – Sept 21)

### VIRGO: MOOD FOR JUNE 2023

Not very demonstrative, you are more inclined to act in the shade, to bet on the strategy to achieve your objectives. This attitude allows you to make yourself heard by avoiding any forceful passage. As a result, whether gently or more energetically, it is by keeping a safe distance that you relate most effectively to others.

### VIRGO: LOVE FOR JUNE 2023

You use your charm with discretion, and it is in your interest to support certain exchanges that do not necessarily concern the sentimental sphere. You make the most of your emotional fabric to direct discussions to your advantage.

**In a Relationship:** let yourself be guided by a sensitivity which expresses itself in the shadow, but proves to be a good advisor to influence fruitful discussions, even if they go beyond the sentimental framework.

**Single:** if the quest for a sentimental grail is not your priority, you will play to your strengths to feed gratifying exchanges that flatter your sensibility.

## VIRGO: MONEY FOR JUNE 2023

If the discussions in progress concern your financial situation, you negotiate to your advantage. Both charming and offensive, you draw the right arguments at the right time.

## VIRGO: WORK FOR JUNE 2023

Discussions in high places mobilize your attention and rely on a sharpened sensitivity to feed your exchanges and intuition. You can also count on your energy to be temporarily under cover but offensive when scoring points.

## LIBRA – (Sept 22 – Oct 21)

### LIBRA: MOOD FOR JUNE 2023

You'll be charming, playful, quick to fraternize, pugnacious, and unwilling to give ground. You can count on this explosive cocktail to unfold the month in excellent company.

### LIBRA: LOVE FOR JUNE 2023

You exchange intensely on projects close to your heart, your ambition to make your stories and relationships evolve on the 17th, and you don't let go. Determined to realize your ambitions in love, you mobilize your supporters so that they want to believe you and follow you.

**In a Relationship:** shared impulses and tender exchanges, you are animated by the desire to embark on the partner in your dreams. Nothing but happiness.

*...continued on page 41...*





**Single:** you are not safe from a nice meeting you make during an outing with friends. Otherwise, rely on your faithful supporters to consider and prepare the future in an inspiring way and well surrounded.

### LIBRA: MONEY FOR JUNE 2023

You convince your effective supporters to follow you and support you financially. You have the energy and arguments to plead your cause and make others want to join you.

### LIBRA: WORK FOR JUNE 2023

You can count on Mars to give you the strength and unshakeable determination to move forward, to open up the future to your idea. You will discuss with those around you who will show solidarity with your plans and support your firepower, enabling you to convince the higher-ups of the legitimacy of your projects.

## SCORPIO – (Oct 22 – Nov 20)

### SCORPIO: MOOD FOR JUNE 2023

Both radiant and enterprising, you place your pawns and use the appropriate strategy to progress and favourably influence your social circle. This mixture of authority and charm contributes to your happiness.

### SCORPIO: LOVE FOR JUNE 2023

You are mobilizing to exercise your power of seduction to progress professionally and, less so, to find your soul mate or to make your partner's heart vibrate. There is nothing wrong with this maneuver since it will not only pay off, but you will see your rating rise.

**In a Relationship:** if you assiduously frequent the world around you, nobody will hold it against you since you do it for a good cause, take care of your brand image and impose your codes.

**Single:** you have a few chances to hit the bull's eye, you assiduously attend parties and events, and your main objective remains to score points and strengthen your career plan.

### SCORPIO: MONEY FOR JUNE 2023

To improve your income, you know what to do. With an inspired and strategic mind, no one can resist your ardent solicitations for long.

### SCORPIO: WORK FOR JUNE 2023

Nothing hinders your success or disrupts your forward progress. You have no adverse influences in your initiatives and can convince people in high places. Refrain from depriving yourself of making an impression on the world and marking your territory.

## SAGITTARIUS – (Nov 21 – Dec 20)

### SAGITTARIUS: MOOD FOR JUNE 2023

Nothing interferes with your desires. You convince and seduce. You have the strength to push back previous limitations, everything to please and succeed, enough to keep you in shape and smile at you.

### SAGITTARIUS: LOVE FOR JUNE 2023

Inspiring exchanges with your partner, a relationship that is evolving in the right direction or a meeting that ticks all the right boxes, count on a conjuncture that supports your emotional ambitions to move upmarket. There is no question of giving up the slightest inch of ground.

**In a Relationship:** you maintain a dialogue with your partner, which exalts your feelings and responds to your thirst to live an unforgettable story with him/her. On the 17th, you will reach your goal and keep the bar high.

**Single:** if you have just met someone or crossed paths with someone you like, you have every reason to believe that you have found that special someone. You invest yourself with ardour so that the intensity of the beginnings lasts.

### SAGITTARIUS: MONEY FOR JUNE 2023

If you need more funds to realize your ambitions, rely on your communication skills to solicit the support of partners, interlocutors, and associates who are sensitive to your arguments.

*...continued on page 42*



## **SAGITTARIUS: WORK FOR JUNE 2023**

Your aspirations benefit from a conjuncture of hopes and achievements. Not only do you communicate gracefully about your ambitions, but you have the will to transform your desires into reality.

## **CAPRICORN – (Dec 21 – Jan 19)**

### **CAPRICORN: MOOD FOR JUNE 2023**

Magnetic, irresistible and willing to lift mountains to transform what needs to be transformed. Count on significant resources to change things for the better.

### **CAPRICORN: LOVE FOR JUNE 2023**

You embellish daily life. You warm the atmosphere by multiplying the small pleasant gestures and benevolent and sensual advances. Rely on your magnetism to spice up the relationship or entice whoever you like.

**In a Relationship**, you can count on your intense sensuality to rekindle the flame and organize a little five to seven with the one you love that will brighten up your daily life.

**Single:** rely on your irresistible magnetism to woo whomever you wish to lure into your net and who will take the bait.

### **CAPRICORN: MONEY FOR JUNE 2023**

To increase your income, you redouble your efforts and impress those who hold the funds you need. And if that's not enough, you use your charm to make them melt.

### **CAPRICORN: WORK FOR JUNE 2023**

You go on the offensive to change your situation. Your energetic initiatives and your strength of attack are likely to make a difference in marking the spirits around the 21st when you are efficient and motivating. What are you thinking about for a leadership role?

## **AQUARIUS – (Jan 20 – Feb 17)**

### **AQUARIUS: MOOD FOR JUNE 2023**

Resolutely turned towards others, eager to collaborate, to participate? Provided, of course, that others follow you. You mix the art of seducing and convincing harmoniously. A winning cocktail that allows you to make an impression.

### **AQUARIUS: LOVE FOR JUNE 2023**

Tender exchanges are on the agenda. You will charm the other person with speeches and statements that will please them. This does not prevent you from trying to have the last word or control the dialogue without turning sour.

**In a Relationship:** the communication between you and the one you love is intense. At first, you tend to coo and then control the direction of the exchanges.

**Single:** You can rely on your bewitching verve and tender words to attract the one you like into your nets. A gentle approach to the other person, followed by more improper management of the debates.

### **AQUARIUS: MONEY FOR JUNE 2023**

You involve the people around you in your projects and associate them with your initiatives. Mission successful as you juggle between softness and firmness.

### **AQUARIUS: WORK FOR JUNE 2023**

To make a good impression on your partners and interlocutors, start by giving them your charm. You are eager to satisfy them. You don't give up, and you act at the right time.

# HOROSCOPES JUNE 2023

## PISCES – (Feb 18 – March 18)

### PISCES: MOOD FOR JUNE 2023

Rather pleasant and concerned about the well-being of your loved ones, you please everyone, and you match your actions to your words. A beautiful disposition allows you to be appreciated by all. Do not be too prescriptive in your family. Notice: Undefined variable: row in /var/www/vhosts/free-horoscope.com/httpdocs/Admin3/horoscope\_monthly.php on line 198

### PISCES: LOVE FOR JUNE 2023

You redouble your zeal and attention to make life easier for your loved ones and willingly exchange with those you love to define and set the framework in which you wish to evolve. Decisions that you will quickly put into effect on the 21st when you roll up your sleeves to manage with great efficiency the stewardship.

**In a Relationship:** full of goodwill and good intentions towards your entourage, you have only one desire: to please everyone and give yourself the means.

**Single:** you aspire to embellish your daily life and your living environment, to evolve in an environment which pleases you and, if possible, in harmony with your close relations and lack neither energy nor determination to transform your desires into reality.

### PISCES: MONEY FOR JUNE 2023

If you need to free up funds to improve your living environment, you will look for them from your family and ask only a little from your banker. You are the one who puts your hand in the wallet to improve the ordinary.

### PISCES: WORK FOR JUNE 2023

There is no question of idleness. Mars exalts your energies and reinforces your combativeness and desire to participate and serve the community. At the same time, Venus sharpens your sense of solidarity. An ad hoc combination to work usefully and efficiently, especially in good understanding with your peers.

# HERB CORNER ALLERGIES

*...continued from page 11*

**Elderflowers** have anti-inflammatory properties helping to reduce inflammation of the sinuses, eyes, nose, and lungs when they become inflamed.

**Milk Thistle** has anti-inflammatory properties that help block the release of histamine. A 2011 study found that **milk thistle** helps reduce allergic, inflammatory, and histaminic reactions. It also powerful antioxidant properties and it helps the liver in its detoxing abilities, removing histamines from the body.

**Rose hips and Red Clover** are good herbs for building the body's resistance to allergies.

**Oregon Grape root, Barberry and Goldenseal** are berberine rich herbs. This constituent is good for allergies because it has antihistamine-like properties helping to dry up the sinus cavities and reducing secretions of the eyes.

This is also a good time to support the liver, because when you are having troubles with allergies the liver will help eliminate excess histamines. Some good liver herbs are **Dandelion root, Yellow Dock, and Burdock**. You will also want to support not suppress or stimulate the immune system because it's already working overtime when you have allergies. **Astragalus and Reishi** are two herbs that can help with this. And adaptogenic herbs will help the body cope with the stress caused by allergens helping the body come back into balance **Reishi, Echinacea, Cordyceps and Nettle**, are herbs that can help with this.

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# HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

## OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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

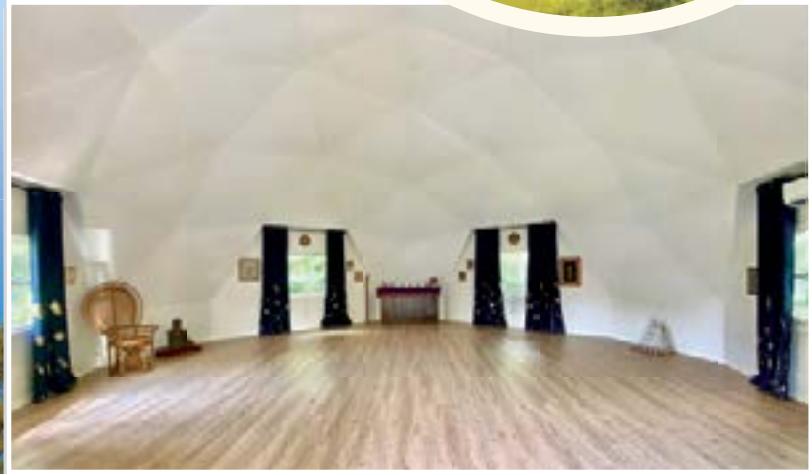


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