

Andrea de Michaelis presents

HORIZONS

June 2024

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Horoscopes page 34*



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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar 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 for the **God of our understanding**.

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.

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Andrea de Michaelis
Publisher

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."*

Welcome to the June Horizons Magazine. The woods are waking up around me and everything is blooming. Boy, the lessons never end. My two longtime cats **Ben and Sam** passed last **November**, both from outside incidents, likely toxins from someone's sprayed yard. Many new houses are in the neighborhood as they clear the wooded lots to build. I decided no more outside kitties.

After seeing for the first time birds at the feeder outside my bedroom window where new tortoiseshell kitties **Venus & Cleo** hang out, my afternoon meditation gave me insight and a little relief.

In lucid moments of clarity, I used to think part of my dharma was the duty to help and serve every single person and situation that I came across. *Was that service or ego?*

My pride and appreciation attracted to me more people & situations needing assistance. I'd alternate between being glad to be of service to feeling overwhelmed because I'd take on too much, I'd over promise & wear myself out upholding what I deemed a commitment.

I'd also beat myself up if I couldn't follow thru as if I were the only one in the world to get it done. Then I learned that if I passed on a person or situation, they'd soon attract someone else to assist them. If I felt overwhelmed, I could let it pass on to someone else and not beat myself up for it. I realized not everything is mine to fix & I don't need to feel guilty for not tryna fix everything that presents itself to me.

**Not everything is mine to fix
& I don't need to feel guilty
for not tryna fix everything
that presents itself to me**

A day after I posted on **Facebook** that I'd dreamed of new kitties coming to my door, three young cats appeared in the yard. They kept their distance and did not appear to be underfed. I decided to not feed them as the woods around me can provide them a natural diet until they move on and 3 blocks away is a woman who feeds ferals. And no surprise I began seeing birds at the window feeder for the first time, I knew they'd find it eventually. Vibrational match.

So the lesson for me now is how involved do I want to be in the situations now presenting themselves to me, when frankly I've got my mind & hands full otherwise. It's easy enough to take down the bird feeders to keep them from outside cats but I'll contemplate my further responsibility and willingness to take on anything else.

Boy, once you ask the Universe to help you clear up any remaining issues in your life, the lessons never end. Thankfully, after that realization, the three cats appear to have moved on.

SPEAKING OF BIRDS AT THE BIRD FEEDER

Cleo's seen a bird at the bird feeder but **Venus** hasn't. **Venus** says she'll believe it when she sees it. Nothing **Cleo** says can convince her. I was a witness to it, but **Venus** won't believe me either, her mind is made up. It reminded me of this I wrote awhile back:

I was at a friend's property and walking along a wooded path taking in the glorious greens of nature and came upon a bubbling pond. I stopped to look at the water's edge then noticed the fish just below the surface, come to look at their new guest.

So shyly do they come to watch, fins waving back and forth slowly, keeping them moving but staying in the same place. A brave one pokes his face above the surface to get a closer look and he looks me straight in the eye and then dips slowly back into his own world.

The brave fish swims off to tell his friends that he dared to get a closer look at what was beyond the pond and he found it was benevolent and good; he encouraged everyone to go look for themselves.

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ABRAHAM-HICKS



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

PARENTING

"Hot seat gal: I have two daughters, it's about parenting. This is amazing! But, how do I introduce this to my young children? Or do I need to?

ABRAHAM: You don't need to, because they intuitively know it. Just don't get in their way.

Hot seat gal: So, specific question, they love to eat candy. If I let them, they can eat candy all day long. It will make them happy. What do I do? Just one example.

ABRAHAM: Well, you're like most people, who don't want to accept from us what we say, so you take the strongest thing that comes up the most, like something that -- Candy?! We can't compete with candy! Let's calibrate it! Situation: 'My children want candy. They want candy. They want candy. They want candy all the time. They would eat all the candy that I would give them!'

You don't know that, because you've never let them have very much candy, so you don't know how absurd it would get to them and at what point that they would say *'Can I have a sandwich?'* So, you're starting with a flawed premise, first of all. But let's say that they seem to want more and more candy and you've decided that you're going to not get in their way.

Well, by not getting in their way, we don't mean pull them back when the train is going to run over them. We don't mean keep them in as much well-being as you can. That's not what we're talking about!

When we say *'Don't get in the way'*, we mean *'Don't trample their desire with old beliefs that don't have anything to do with them!'* That's what we mean by *'Don't get in their way.'*

We don't mean *'Let them drink gasoline just to find out what it's like!'* We don't mean anything absurd like that. We mean: *Don't get in their vibrational way!*

We mean: *Believe in them as much as they believe in them.* We mean: *You do your best to stay in this high-rise place so that you're calling them upward!* Don't let your worry call downward! Children are naturally feeling good and when a parent worries about them, you call them down. Never call them down!

Make sure that you are tuned in, tapped in, turned on, so that you're believing in them and when you're tuned in, the perfect words will flow forth from you. So, you heard all of that. You all heard that. That was really good."

WHAT AM I DOING WRONG?

"Our favorite story is a friend of **Jerry & Esther's**, who was having a conversation with **Abraham** on the telephone, back in the days when **Jerry & Esther** were not traveling so much and were doing telephone consultations. She had two appointments, back-to-back, with a segment of refreshment in-between.

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NON - RELIGIOUS SPIRITUALITY

Jim Palmer is the Founder of the Center for Non-Religious Spirituality. A critically acclaimed author, Jim also writes for professional journals and major publications. Jim is an adjunct professor of Ethics, Philosophy of Religion and Comparative Religion. He is a Spiritual Director, Founder of the Nashville Humanist Association and Chaplain with the American Humanist Association. He is a trained religious trauma and spiritual abuse counselor. <https://nonreligiousspirituality.com> & <https://jimpalmerauthor.com>

I saw a post in my FB news feed that read: "It is misleading to say that God accepts us the way we are. Rather, He accepts us despite the way we are. He receives us only in Christ and for Christ's sake. Nor does He mean to leave us the way He found us, but to transform us into the likeness of his son." I found these words to be insulting and oppressive. I decided to write 7 responses to this statement:

1. The teaching that God's disposition toward humankind in our natural state is condemnation and rejection, is false. The first declaration about ourselves from God's point of view is that we are "good", and have been naturally endowed with the tools to live meaningfully, virtuously, industriously and courageously.

2. The fact that human beings must consciously participate in the process of becoming and actualizing our fullest potentialities and possibilities is not a disqualifier in the eyes of God. Jesus himself had to go through this process.

3. The notion that God accepts human beings through some metaphysical transference and substitute of Christ's value for our own is absurd. The point of Jesus was to obliterate the religious falsehood that God and humankind are separated, and to show that humankind and God are inseparable and one.

4. The idea that God's interest is to transform us into the "likeness of his Son" only has merit insofar as Jesus represents a human being who lives wholly, compassionately and courageously. In this case, Jesus is to be understood as one who represents the actualization and unification of one's humanity and transcendence.

5. God is not involved in any such drama of only accepting human beings based on the convoluted theological formulas (such as imputed righteousness and substitutionary atonement) Paul constructed in the New Testament, which Jesus would have outright rejected.

6. When the Bible identifies God by saying "God is love", it is conveying that God's disposition toward humankind is perpetual goodness, solidarity, empowerment, and empathy. It's not that God DOES loving things - God IS love. Love is the underlying, unchanging, primordial, and fundamental essence of all things. The Bible says God IS love as a way of expressing that love is the highest truth and ultimate reality. This love does not fluctuate. It cannot be earned or lost. It is never threatened. This love is available to all people, all the time, everywhere.

7. We are not transformed as a result of God's refusal to accept us as we are, or by his intervention to make us who he wants us to be. Transformation is a the result of discovering what we are at a fundamental level, and being this in our lived human experience.

BELOW ARE LINKS TO A FEW OF MY RECENT PUBLISHED ARTICLES (which are free to read) you might find useful. These articles include: my leaving-religion do and don't list; examining the Christian belief in Heaven; deconstructing the supernatural; unpacking the truth about the Bible; and musings about recent events such as **Russell Brand's** conversion, **David Archuleta's** crisis of faith, the tradwife trend, and what would happen if **Jesus** showed up at **Joel Osteen's** church. I've listed several articles of note below, which are all free to read.

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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

AN ANGLE ON ADDICTIONS

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

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

And yet this addiction to self-sabotaging thoughts (such as resentment, self-pity, self-criticism, or it's-a-scary-world) isn't really an addiction at all.

It's merely a long-practiced habit that is comfortably at home in my cranium.

Countless people have been able to move beyond addictions, and I can too. But it will probably require more than simply swearing off the **Marlboros** or **Bud Light**.

It will mean getting proactive with the painful thoughts that keep me reaching for that **Marlboro** or a **Bud Light**.

STEP 1) I place a band on my wrist.

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

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

The road to recovery rises up ahead.

REFLECTIONS ON CONNECTION

If I were a scuba diver, probing the treasures of a sunken ship, my work would come secondary to staying fully hooked-up to my air source.

This principle applies to all aspects of life. It is crucial that I ever give priority to connection to my Source energy.

Part and parcel of this energy, I came into physical expression to have desires born of life in this environment of contrast and then find ways to feel emotionally good enough to manifest these desires. But when I lapse into negative thought and emotion, I compromise my ability to manifest what I want. I clog my supply line of well-being.

If I've convinced myself that success comes by hurrying, overworking, prodding people, staying on my guard, and obsessing about details, well, I'm just like countless other people who do life the hard way and likely fall prey to stress ailments and maybe addiction.

Achieving my desires comes from learning to stay relaxed, calm, and upbeat, no matter what happens around me. When I thus keep my connection to my joyful Source clear, I lead a "charmed life," and my goals and desires come running with open arms.

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO JUNE 2024

Based on the writings of Ovid, it is believed that the month of June is named after Juno, a Roman Goddess and daughter of Saturn.

Ancient **Romans** also honored the **Goddess Vesta** this month, celebrating **Vestalia** between the 7th and 15th day of **June**. During this period, this goddess of earth, home and family was honored with ceremonies and processions, before purifying her shrine on the last day of the festival.

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

In **England**, the stones of the monument of **Stonehenge** align with the **Midsummer** sunrise.

In **Egypt**, the sun will set over the head of the statue of **The Sphinx**, directly between the pyramids of **Khufu** and **Khafr**.

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

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

June 3: Yoruba New Year

June 6: New Moon in Gemini

Evening of Tue, Jun 11, 2024 – Thu, Jun 13, 2024 Shavuot 2024 is from the evening of June 11th to the evening of June 12th in Israel and from the evening of June 11th to the evening of June 13th in the Jewish diaspora (outside Israel).

June 16: Father's Day, U.S.A

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

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

June 20: Sun enters Cancer

June 20: Litha: A Pagan and Wiccan festival that begins on the **summer solstice** and celebrates **midsummer**.

June 23: Full Strawberry Moon in Capricorn

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

PLANTS associated with **Midsummer** are oak, mistletoe, frankincense, lemon, sandalwood, heliotrope, copal, saffron, galangal, laurel and ylang-ylang. **HERBS** associated with this sabbath are chamomile, cinquefoil, elder, fennel, hemp, larkspur, lavender, male fern, mugwort, pine, roses, Saint John's wort, wild thyme, wisteria and verbena. Traditionally, herbs gathered on this day are extremely powerful.

Gather some of these plants on the **Solstice** day to give your home strength and protection until next year's **Midsummer** day.

Happy June & blessed Be!

HERB CORNER

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

RED CLOVER

A member of the bean family, **Red Clover** can be found all over America. In some areas might be called **Meadow Clover, Trefoil or Cow Grass**. Recognized by the **National Formulary** since 1916 as an herb that can assist the **Respiratory, Circulatory, Immune and Urinary** systems, supporting the liver, the skin and with the absorption of nutrients.

For women **Red Clover** can act as a hormonal balancer, balancing estrogen levels by blocking or activating estrogen receptors depending on the needs of the women.

This may help block breast cancer in its earliest stages. **Red Clover** gets this ability from its isoflavone compounds, which in **Red Clover** is four times stronger than soy.

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Red Clover also strengthens the pelvic floor muscles and increases blood flow to the area working much like hormone replacement therapies.

For the skeletal system research found in a double-blind study that **Red Clover** was found to improve bone density particularly in the lumbar spine after six months of use. This may be because **Red Clover** is loaded with the nutrients needed for bones.

Because it acts as a detoxifier with blood purifying abilities Red Clover may help with headaches due to environmental toxins and because it is a highly nutritive plant it can help with headaches due to nutritional deficiencies.

It also helps with the removal of heavy metals and candida that can contribute to mood swings and symptoms of bipolar disorder.

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CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

Brochantite

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. See her [Facebook page at SharronRocks](#)

*"What is so rare as a day in June?
Then, if ever, come perfect days."*

The springtime is yielding to the fullness of summer. I have come down from the green mountains of North Carolina where the lacy pink mountain laurel graces the crags and valleys to the Outer Banks.

At my friend's house on the river I have been watching the birds dip joyfully down to the feeders to feast before returning to their nests. Painted buntings, crested flycatchers, red-winged blackbirds, cardinals and ruby-throated hummingbirds delight my eyes as I listen to the meadowlarks sing in the marsh. The abundance of life here on our beautiful earth fills me with gratitude. It is easy to give thanks to be alive.

This is the gift of **June**. Nature provides ample evidence of life's sweetness and it is almost impossible to ignore. The stone I want to share with you this month exemplifies the power of Nature in her highest form.

Brochantite is a copper sulfate mineral that is a rich emerald green, resonating with life and growth. It is a relatively rare mineral found in arid climates that usually forms in radiating needle like crystals. Sometimes **brochantite** forms pseudomorphs after **diopside** or **azurite**, taking the crystal forms of those minerals.

Working with **brochantite** fills the heart with the life giving power of Nature. It is a very strong healer of the heart and can connect you to the essence of the Earth, the source of life.

Often we can feel disconnected from the core of our being as the pains and traumas in our lives can wound us to the point that we withdraw.

Brochantite allows us to open our hearts to healing as we accept our entire being and acknowledge the sweet gift of life. We can then face and accept all aspects of ourselves as our wounds become a source of awareness and knowledge.



Brochantite, Mapima, Mexico

...continued on page 23...



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

DEAR WHITEDOVE, When I sleep, I often see a lady in white. We talk and then when I wake I only remember bits and pieces of our conversation. I wish I could remember what she is telling me
Vivid Dreamer in Denver

DEAR DREAMER, Everyone has this ability, you are working with your spiritual entourage of guardian angels and spirit guides; even loved ones will come through to you at night. Most people have experienced vivid, lucid dreams - which feel more real than when you awake.

Is it just a dream or do you think that was a visitation? It's both because dreams are the doorway to the spirit world; that's one way that your unseen support team can come to you. They have to lower their vibration because they're in the heavens and we have to raise ours. Usually the body's resting and the soul steps out, and so there's this profound connection. But we can only hold that space for a short time.

It's important for you to keep a bedside journal and write everything down immediately when you wake. You'll learn a lot from those interactions. Sometimes it's a simple message like, "*Listen, heads up.*" They'll usually tell you whether it's something coming up that you don't need to experience. Sometimes they come through just saying, "*Hey, I'm here. I'm with you. I love you. You think I'm not here because I'm not in the physical form, but I'm with you in spirit.*"

They try to let us know that Heaven is right here. It's just a veil that's between the heavens and this world.

...continued on page 45 ...

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LOOKING FOR THE REAL

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)

See that guy below? Looks a little intense, eh? Must be on some kind of spiritual trip. Or maybe he's just protein deficient. I'm guessing he's into Eastern things. Probably reads the Bhagavad Gita and doesn't make enough money to pay taxes. Maybe he lives in a tent. Fruitarian? Vegan? I really don't know for sure.



Wait a minute! That's me! 54 years ago.

Now you know why my parents were so freaked out when I was in my 20's. After all, I was their golden boy, the carrier of the family name, the hope for the future.

According to everyone, I was supposed to be a doctor, lawyer, or dentist. Maybe even a rabbi. I coulda been a contender.

What happened? Why the long hair, sallow cheeks, and penetrating I-can-outstare-anyone look?

Growing up in the suburbs, you'd never think I would have gone off what some people referred to as the "deep end." After all, I had my own room, my own TV, a girlfriend, dog, good grades, played varsity basketball, and went to summer camp.

And though my father, unlike **Buddha's**, was not the King, he had enough money to send me to a good college where I majored in **English** and existential despair. No matter. Still, I graduated with honors and went on to graduate school. Not in medicine, law, teeth, or the **Talmud** - but poetry.

So there I was, in some fancy schmancy **Ivy League** school - hair and shadow growing longer by the day,

when I get an invitation to an ultra-hip, faculty-student party - the kind where everyone is either drunk or stoned. Or both.

Feeling especially bold after imbibing whatever was in arm's reach, I approached each of my professors and asked them the exact same question: "*If you could be anywhere on Earth at this precise moment in time, where would it be?*"

Glad for the audience, each of them took turns waxing poetic about their favorite place, the nearest of which was 2,000 miles away. Doh! No one wanted to be where they were! Everyone wanted to be somewhere else!

And me, the wise-ass, longhair, **Vietnam-phobic**, draft-deferred 22 year-old enduring **Beowulf**, **Wallace Stevens**, and **iambic pentameter** was aspiring to be one of them? I saw the future and it wasn't pretty. I'd be 45, bearded, smoking a pipe, and sitting in this same room being asked by my much younger alter ego where I wanted to be at that moment in time and it would be somewhere else.

And so I decided to quit.

Thus began a series of adventures and odd jobs that left my mother somewhat close-lipped around the canasta table - dish washer, waiter, cook, hotel desk clerk, house painter, day care teacher and food stamp collector.

Thirsty for less, I moved to an island - a pristine place where I could really get away from it all.

I grew vegetables. I grew a beard. I grew further disillusioned with the world.

I fasted. I chanted. I prayed. I read the the **Tao Te Ching**, **the Upanishads**, **the Dhammapada**, **the Aquarian Gospel**, **the Zen Teachings of Huang Po**, **the Old Testament**, **the collected writings of Chuang Tzu**, **Meher Baba's discourses**, **the Life of Milarepa**, **the Tibetan Book of the Dead**, **Autobiography of a Yogi**, **the Gnostic Gospels**, and anything else I could get my hands on that would help me understand what life was really all about.

...continued on page 32...

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

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VENDORS/READERS

We keep a balance of vendors in all categories: Alternative Practitioners, Massage & Energy work, Aromatherapy, Astrology, Aura Photography, Gifts, Crystals, Jewelry, Health & Nutrition and Psychics. I look forward to seeing you at our next event! Blessings & Light! Candyce Strafford



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

MALE VS. FEMALE GODS AS YOUR SOCIETY SEES THEM

SETH: Generally speaking, creativity has feminine connotations in your society, while power has masculine connotations, and is largely thought of as destructive.

Your scientists are generally, now, intellectually oriented, believing in reason above the intuitions, taking it for granted that those qualities are opposites. They cannot imagine, life's "initial" creative source, for in their terms it would remind them of creativity's feminine basis.

In the framework of this discussion, now, only, you have a male's universe. It is a universe endowed with male characteristics as these appear in the male-female orientations of your history. The universe seems to have no meaning because the male "intellect" alone cannot discern meaning, since it must take nothing for granted. Even though certain characteristics of the universe are most apparent, they must be ignored.

You must understand I know that the terms male and female here are being used as they are generally understood, and have nothing to do with the basic characteristics of either sex.

In those terms, **the male-oriented intellect** wants to order the universe, name its parts, and so forth. It wants to ignore the creative aspects of the universe, however, which are everywhere apparent, and it first of all believes that it must divorce itself from any evidence of feeling.

You have in your history then a male god of power and vengeance, who killed your enemies for you. You have a prejudiced god, who will for example slay the **Egyptians** on behalf of the **Jews**...

The male god is a god of power. He is not a god of creativity. Now, **creativity** has always been the species' closest connection with its own source, with the nature of its own being. Through **creativity** the species senses **All That Is**.

Creativity goes by a different set of rules, however. It defies categories and it insists upon the evidence of feeling. It is a source of revelation and inspiration--but revelation and inspiration do not initially deal with power, but with knowing.

So what happens often in your society when men or women have creative bents, and good minds to boot? You run into many contradictions.

According to your society, **God** is supposed to be male. **The soul** is sometimes considered female. **The angels are male.**

Now let us look at the **Garden of Eden**. The story says that **Eve** tempted the male, having him eat of the tree of good and evil, or the tree of knowledge.

This represented a state of consciousness, the point at which the species began to think and feel for itself when it approached a certain state of consciousness in which it dared exert its own creativity.

This is difficult to verbalize. It was a state when the species became aware of its own thoughts as its own thoughts, and became conscious of the self who thinks.

That point released man's creativity.

In your terms it was the product of the feminine intuitions (though, as you know, such intuitions belong to both sexes).

When the passages were written, the species had come to various states of order, achieving certain powers and organizations; it wanted to maintain the status quo.

No more intuitive visions, no more changes were wanted.

Creativity was to follow certain definite roads, so the woman became the villain.

Seth: SESSION 853



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 and www.Soulshapinginstitute.com

People often ask me why it feels so difficult to be here, now. It's such an important question. I believe that we have reached a kind of trauma tipping point as a collective, one where the adaptations and disguises that served us are quickly losing their effectiveness. They worked for a long time, but they no longer do. There is now too much accumulated trauma to bury, and we long to unburden ourselves. In other words, the real is getting harder to bypass because our individual and generational trauma is pushing its way to the surface. And not a moment too soon. With the relational and planetary challenges before us, we will need all the energy we can muster to make our way through. Repression, privilege, and artifice will only ensure our demise. Expression, equality, and authenticity will see us through.

A FEW SUGGESTIONS ON HOW TO MAKE YOUR WAY IN THE COMING YEARS:

(1) Unpack your emotional bags. Acknowledge the trauma you are carrying, and do all you can to understand its roots and to heal it. When we are riddled with unresolved material ("the power of then"), the path is blocked. Where possible, move some of it through so that more space opens up inside. You will need your energy to effect meaningful change;

(2) Be aware of any tendency to bypass reality. The temptations are everywhere. If you need to bypass, do it consciously so that you can return back to reality when things feel safe again. Detachment is a tool—its not a life. And its not the way of being that will serve us going forward. We don't need floaters right now. We need those who can stand their ground, in the heart of reality;

(3) Engage in acts of sacred activism. That is, bring your benevolent intentions into the world where they are needed. Get your heart on your sleeve, your boots on the ground, and do something, anything, to make our world a better place. We are a remarkable species, balancing our quest for individual actualization with our co-creational nature. If ever there was a time for us to join forces with like-spirited others, it's now;



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>

You know, it's only after umpteen lifetimes, a dramatic ascension into peak vibrational levels of light and awareness, and only after "the way" has been meticulously prepared and tests have been passed that a soul can even hope for the kind of life you're now living.

You overachiever. Tallyho, The Universe

(4) Find your people, love your people, help your people. Don't waste your time on those who don't show up when you need them the most. Find your soul-pod. Build a world of like-spirited others that will stand beside you when you face our individual and collective challenges. Even one true ally can make all the difference;

(5) Love yourself as best as you can. Build your healthy ego. Solidify your sense of self. This is not always easy, given that we have been shamed and controlled for centuries, but it is perhaps the most essential work of all. Because our faith in ourselves empowers us. It illuminates our offerings. It ignites us to step towards the world, and to have the audacity to demand change. The more sovereign we become, the more meaningful our impact. Don't doubt your significance. We need what you have to offer desperately. And now is the time to bring it.



RIDING SHOTGUN

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. All photographs shown here were taken by him.

When my older brother and I were very young we used to argue over who got to 'ride shotgun'. Riding shotgun refers to sitting up front in the family car when only one of the parents was going. It's an expression that goes back to the days of stagecoaches.

The person riding shotgun sat up top next to the driver, and as the name implies, usually held a shotgun. It was the best seat because it offered a great view, and as long as there were no bad guys around, no real responsibilities. Riding shotgun as a kid meant temporary elevation to grownup status.

Many years later, having officially elevated to grownup status, I used to chuckle when either my son or daughter would proclaim, "I got shotgun!" as we were getting to go somewhere. As a parent I would mediate the situation, ensuring equal turns.

I have learned that the 'riding shotgun' concept can help in working with uncomfortable emotions.

Our emotions can be thought of as being like our children, and they will take turns wanting to 'ride shotgun' or being up front in our experience. If I am saddened by something I can say "I am sad" or I can say "Sadness is present." In the former, it is easy for me to be overshadowed by the experience. In the latter, it is easier for me to maintain equanimity and to allow the energy of sadness to move through me.

I am not denying the experience or making it wrong but rather acknowledging it and giving it space to simply be. I have found that doing so helps to bring a sense of peace along with the experience.

So if something happens that pushes my buttons and angers me, I find it helpful to think, "Okay, anger is present and wants to ride shotgun for a while." If any action is necessary, this helps me engage from a clearer perspective.

And as with my real-life children, just because one of my 'emotional children' is riding shotgun doesn't mean I give them the steering wheel.



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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 Email yogashaktiny@gmail.com Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYn0b6QhPw>

TAT TVAM ASI – THOU ART THAT

We were created in the image of God. That means that the Divine energy resides in everything and everybody, including us. We call that energy a fragment of the Divine, or our “I am Presence” or Spirit. It is pure and perfect and directly connected to the Source. It is a part of our being right now; it is not removed; it is not separated from us.

The only separation we have from our **I am Presence** is our own human consciousness, our sense of limitation which we have created, that are less than the highest qualities of our **True Self**. Our “**Higher Selves**” or higher mental body, or inner guru, or inner heart leads us back to our **True Self**, our **Immortal Self**.

There is always a connection of the **I am Presence** with the incarnated soul and body through a **shaft of light or crystal cord**. It is the lifeline that ties us to Spirit.

That crystal cord nourishes the **Divine Flame of God** in the chamber of our heart. It can never be extinguished.

It is the three-fold flame which has the attributes of **Divine Will, Divine Wisdom and Divine Love**. It is a spark of **Sacred Light** that is transmitted from **God’s** heart to ours. So, we are threefold: **I am Presence or Divine Self, Soul or our Higher Selves and Body or our Lower self**.

We are not always aware of our **Divine Nature**, and now we strive to go back to **the Source, our Real Self**. There is a deep innate desire, to find our true self. We wish to achieve **Christ Consciousness, Liberation, Self-Realization, or Nirvana**.

This soul is using this body to explore and create. We can create because we have a fragment of **Divine Energy**.

God created this world for us to enjoy and explore our creative talents, our inner gifts, not to suffer. In the present state we have also created misery and suffer-

ing. We know that it is not using our highest state of purity or our true self. So, what happened?

We all have energy that can create. How we use that energy is up to us. **God or Source** did not specify how. We can create either heaven or hell on earth.

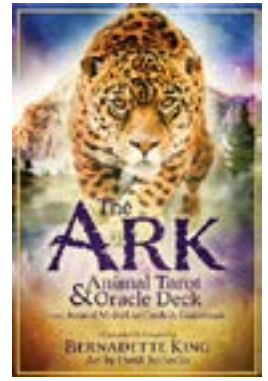
We are the creators of our destiny, through our thoughts and actions. Our vibrations from our conscious, unconscious, and super-conscious mind emit into the world, and the world responds accordingly.

...continued on page 30...

A purple rectangular graphic for Yogashakti Ashram. At the top is a lotus flower logo. Below it, the text reads "Yogashakti Ashram" and "Founder: Maha Mandaleshwar Ma Yoga Shakti". A list of activities follows: "Arti (daily 6:30 am & pm)", "Puja (Holidays & Full Moon)", "Satsang (Lectures)", "Meditation", "Yoga (9 classes per week)", "Sunshine Lectures", "Retreat (45 acres in Catskills)", and "Teachers Training (Meditation)". To the right of this list is an oval image of a Hindu deity. Below the list are several book covers. At the bottom, contact information is provided: "Ma Yoga Shakti International Mission", "114-41 Lefferts Blvd. S. Ozone Park, NY 11420", "718.641.0402", "www.yogashakti.org", and "yogashaktiny@gmail.com".



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

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

HOW TO FIND YOUR SPIRIT ANIMAL - THE COMPLETE GUIDE

WHY FIND YOUR SPIRIT ANIMAL?

Finding your spirit animal can radically change your life in countless, positive ways. Working with your animal spirit guide's 'energy' or 'medicine' can help enhance your mental, physical, emotional, and spiritual abilities.

How?

When you find your spirit animal you'll have a choice to make - either accept its messages and act on them or walk away. Should you accept your animal spirit guide's messages and act on them you might find your whole life transforming.

Why?

Because finding your spirit animal and truly integrating its energy, medicine, and lessons into your existence is a spiritual awakening. Relationships, careers, thought patterns, tastes (food, drink, clothing, music, and more) - anything which no longer serves your highest and best interest will fall away.

When you find your spirit animal, you begin to understand there are worlds beyond the material one in which we live. Your 6 senses can become sharper as you start using natural instincts to "think."

This can seem a little overwhelming but if you weren't ready for transmutation, if you weren't ready to live a better life, you wouldn't be searching for your spirit animal and you wouldn't be reading this article.

FINDING YOUR SPIRIT ANIMAL CAN HELP YOU DISCOVER THE...

- Courage to leave a toxic relationship, ask for a raise, go to college.
- Ability to communicate more effectively or speak your truth.
- Path to tune into your psychic or intuitive self.
- Strength to kick depression or addiction and find your joy.
- Wisdom to make tough decisions. Everyone has times in their lives when they need help. Spirit animals can help us when we are;
- Fearful- It can be much easier to find courage if we come to know the Tiger spirit animal and trust that it has joined our posse.
- Sad - The playful Otter spirit animal can have us giggling in no time!
- Angry - Peaceful Panda spirit animal can help talk us down off the proverbial ledge.

HOW DO SPIRIT ANIMALS 'WORK'

First, and most importantly, your spirit animal is not separate from you. Its energy and spirit is now and has always been part of you - of your basic nature. After all, humans are animals.

So, in some ways, you are your own spirit animal.

Wait a minute. Spirit animals are entities that are supposed to mysteriously show up and deliver messages when we need them, right?



WHAT IS MY SPIRIT ANIMAL

... from page 20

Oh, if that were only true. If only outside forces would show up throughout our lifetime and save the day! We could just sit back and enjoy the ride.

But, in the many years I've been researching spirit animal guides, energy, and medicine, I've come to know it doesn't work like that.

Though we have animal spirit guides who do appear in our hour of need, it's our own soul who cries out to the animal kingdom for help. Animal spirits hear those pleas and rally around us to offer protection, hope, healing, and wisdom.

Technically speaking, our spirit animal chooses us. However, because we subconsciously 'ask for help' we are why they show up.

HOW DOES MY SPIRIT ANIMAL FIND ME?

Science gives us evidence that DNA matches can be found between humans and many other animals - even plants. This means living things are infinitely intertwined.

The Native Americans call this relation 'Wakan' and 'Wakan Tanka'.

To the Native Americans, everything has its own spirit (Wakan) but all share the same spiritual essence (Wakan Tanka). This is why Native Americans refer to animals as 'peoples.'

Because of this intricate connection, when your soul sends out an S.O.S. all other living things hear the signal. The name for this is the Non-Local Universal Mind. At Shift.is, you can check out the awesome (and extensive) article about the non-local mind.

This concept is easy to understand if you think of the famous Star Wars quote, *"I felt a great disturbance in the Force, as if millions of voices suddenly cried out in terror..."* - Obi-Wan Kenobi

So, when you need help or guidance all animals hear your heart and the appropriate creatures appear.

WHY AM I TRYING TO FIND MY SPIRIT ANIMAL

When one is called to connect with their spirit animal it's a sign they're ready to evolve into their 'true or authentic self.'

Huh?

What does our "true or authentic self" have to do with spirit animals?

Your spirit animal is a living part of you because all animals are related.

Just like a child will have the same traits as its mom and dad (red hair, brown eyes, or like/dislike broccoli, etc.) we are, literally, related to all other living things. What this really boils down to is that part of you is a tiger, a snake, an eagle, a cricket, etc. Even if only in a minute sense, you have cellular memory of what it feels like to be any and all animals.

When you are called to find your spirit animal, you're really searching for the part of your own animal spirit which has been fragmented, injured, or lost. This is why some Shaman specialize in a thing called "soul retrieval."

The idea of 'soul retrieval' is that as our spirit suffers trauma, little parts of it break off and are left along the soul's path through each lifetime in which it incarnated.

Your true or authentic self is not angry, depressed, or weak. The real you is whole, strong, and happy! A true Shaman (of which there are very few) will enter an altered state of consciousness and travel back down your path, gathering those broken parts of you to 'bring back' - helping you to return to strength and wholeness.

By finding your spirit animal, you can act as your own Shaman and rekindle your personal power.

Now, on to how to find your spirit animal!

...continued on page 46 ...



Jim Palmer

NON--RELIGIOUS SPIRITUALITY

... from page 8

BELOW ARE LINKS TO A FEW OF MY RECENT PUBLISHED ARTICLES (which are free to read) you might find useful. These articles include: my leaving-religion do and don't list; examining the Christian belief in Heaven; deconstructing the supernatural; unpacking the truth about the Bible; and musings about recent events such as **Russell Brand's** conversion, **David Archuleta's** crisis of faith, the tradwife trend, and what would happen if **Jesus** showed up at **Joel Osteen's** church. I've listed several articles of note below, which are all free to read.

The Leaving-Religion Do and Don't List. Reflections of a heretic... 25 years later.
<https://tinyurl.com/4a38z62m>

Russell Brand Comes to Jesus: Or Did He.
<https://tinyurl.com/2wcfyr89>

Does Heaven Exist? Did religion get Heaven wrong?
<https://tinyurl.com/4vzmdfew>

Deconstructing the Tradwife Movement: Rethinking Eve as the Hero of Humankind
<https://tinyurl.com/mr47asp2>

"What if Jesus Went Undercover at Joel Osteen's Church: Can church be relevant in today's unChristian America?" <https://tinyurl.com/2jnezj2x>

"Which Bible Should You Read? How religion messed up the significance of the Bible"
<https://tinyurl.com/mr4cdenv>

"Remember David Archuleta? The Courage To Walk Away" <https://tinyurl.com/wcrnnk>

"The Christian Nationalism Problem. Would Jesus be a Christian Nationalist?"
<https://tinyurl.com/munf7enu>

"Of Angels, Demons, Deities and Spirits: Exploring post-supernatural spirituality"
<https://tinyurl.com/26by354h>

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BY SARRANDA TORRE

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Photo by Karin Wolf



CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

... from page 12

It is time to sing out, dance with joy and fully feel the fire of burgeoning life flow through your body.

In **June** we celebrate the coming of summer. The **Summer Solstice** honors the fullness of the light on the longest day of the year.

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I love it when the Earth provides her gifts to us just when we most need them.

When you find the **brochantite** meant for you, find a beautiful spot outside under the summer sun and hold it to your heart while you meditate.

Give thanks.

Find a beach or spring and dive in the water.

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Many blessings and Happy Solstice to you all!

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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.



ABRAHAM HICKS

... from page 7...

Esther Hicks

During the first half hour, she talked about her father who was getting ready to make his transition, but had been for a long time. He was lingering and miserable and it was costing a fortune and he hated that. And he was not recovering and really had no intention of recovery. Was fitful about why he was not going. Why he was not having the experience.

And his daughter, who is a renowned counselor, has helped so many people in so many ways, trying to help him, but not knowing what to do and so, she's talking to us and her question was 'What is wrong? What am I doing wrong?' and we said 'There's nothing wrong here! This is unfolding perfectly! This could not be unfolding more perfectly!

There isn't anything for you to do differently or for your father to do differently! Everything is perfect! It's all just right!' and then, she took her segment of refreshment and when she called back, she explained that her father had made his transition in that moment, in that moment of her relief. In that moment of her not trying to control it and in her not just releasing him, but releasing to **Source**, releasing to law of attraction, releasing to the natural laws of the universe. Releasing, letting go. In her letting go, he was then able to let go."

TRUST THE UNIVERSE BUT HAVE FAITH IN YOUR OWN ABILITIES

"Taking steps to protect your energy is also crucial. Such as setting boundaries, avoiding negative situations and relationships and practicing self-care. The Universe aligns in your favor, bringing you everything that resonates with your energy. Trusting and having faith in the power of energy can create remarkable transformations in your life.

By placing trust in energy, you recognize your own deservingness to receive and the capacity to generously give to others. *Start perceiving that there is more to life than what is apparent and that a greater force is at play.* Become connected to something

vast, something that posses boundless knowledge, understanding and love. Trusting in energy brings about remarkable changes in your well-being; your energy aligns, your cells rejuvenate and your overall health improves.

Feelings of despair, confusion and disappointment fade away, replaced by a sense of serenity, balance and lightness. Your energy becomes clear, pure and flows smoothly, like a mountain stream. You embrace your worthiness and deservingness and joy becomes a constant presence in your life. Wisdom and inner peace enrich your being and clarity pervades your thoughts.

This is the profound impact of energy and when you place your trust in it, everything effortlessly falls into place. When you trust in the Universe and have faith in your own abilities, your energy becomes both powerful and serene. Wisdom and tranquility emerge from within. Your thoughts transform into beliefs and your dreams start to materialize in your reality."

WHEN WHAT YOU WANT IS STRONG, THERE IS NO OTHER CONVERSATION MIXED IN WITH IT

Hot seat gal: You always talk about turning on the TV and feeling really bad, so one of my big visions is to create a television network where you turn on the TV and you want to watch it because it makes you feel good, but it's such a grand vision; I've always been born with that big belief that I wanted to make the world a better place through entertainment and creating a news network that you watch and you'd feel good watching it, so that you'd be inspired to go in and watch it and it presents in an enlightening way. That being said, it's such a vision. What do you think he best way is to accomplish it? Like just to get into alignment and be inspired?

ABRAHAM: Well, we think it is notable that you are characterizing that as a huge vision slash difficult vision, so you're sort of shooting yourself in the foot at the beginning of it and also, feel it coming from need rather than from desire. Your vibration so fast is 'I want this, because I don't want this', but which vibration is stronger? What you don't want or what you do want?

Because, when what you do want is stronger, then there wouldn't be the other conversation mixed in with it, you see. There are so many people that are looking for things to feel good about and that's why the Internet is overtaking the television, that's why there are

...continued on page 29 ...



ABRAHAM HICKS

... from page 28...

Esther Hicks

niches where people can find exactly what they're looking for, you no longer have to sit and let some network executive or some cable executive make the decisions about how much pathos you need to receive in a day.

Oh, we'll let them feel good, but we see them where they are, we'll take them to the depths of despair, then we'll make it better and they will feel like they've had a good time with us.' That's sort of the formula for most movies and most anything.

Where, now, you live in a world where you get to choose more specifically what you are wanting. You get to make more of the decisions about what feels good to you and that is an indication of how many people really do want to feel good, the television ratings are going down, down, down; there's only a fraction of people watching television that were at one point watching television, because there are so many other choices and so many other options.

People are living their own individual lives with more determination and more deliberation, more deliberate thought is going in to more of it. So, it is becoming more as you want it to be, so as you focus like that, then the ideas of how to dovetail with that will occur to you, you see. You don't have to take an old, dying art like television and revive it with something that is unlikely.

Hot seat gal: Yeah.

ABRAHAM: Let it die while individual niches are being allowed.

Hot seat gal: Perfect.

YOU CAN SAY IT BETTER

ABRAHAM: Esther's been doing focus wheels and she talks constantly, whether she is alone or whether she is with someone. She really enjoys formulating words and so, she has been making statements and saying to herself 'I can say that better!' So for example, if she's in traffic, all bound up, not wanting to be and saying 'This

is a really dysfunctional part of the world!', she would catch herself at this stage of her vibrational game and say 'Oh! I can say that way better!'

'Sometimes, this is a dysfunctional thing!' 'Well, I can say it even better!' 'Right now, this seems to be a dysfunctional thing!' 'Well, I can even say it better!'

It is not always a dysfunctional thing!' 'Well, I can even say it better!' 'Traffic doesn't always bind up like this!' 'I can even say it better!'

'Sometimes, traffic binds up and sometimes, it doesn't!' 'I can even say it better!'

'I usually don't get caught in things like this!' 'I can even say it better!'

'I really don't like being caught in this!' 'I can say that way better!'

'I create my own reality!' 'Can't say that any better!'

'I rendezvous with the things I think about!' 'Can't say that any better!'

'I've rendezvoused with this, because it's something active in my vibration!'

'I can say that better!' 'I'm getting better at rendezvousing with things that I like!'

'I can say it better!' 'I'm pretty good at rendezvousing with things that I like!' 'I can say it better!'

'No matter what I'm rendezvousing with, I like it, because it's an indication of what I'm offering vibrationally!' 'I can say it better!'

'I really like being the creator of my own reality!' 'I can say it better!'

'I like watching the evidence of what my vibrational output is!' 'I can say it better!'

'My vibrational output is in my control!' 'I can say it better!' 'I'm gaining control of my vibrational output!' 'I can say it better!'

'I like gaining control of my vibrational output!' 'I can say it better!' 'I like directing my thoughts in positive ways!' 'I can say it better!' 'I like thinking on purpose!' 'I can say it better!' 'I like the way purposeful thoughts

...continued to page 48...



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

... from page 19

Energy attracts similar energy; thoughts attract similar thoughts. We are like magnets creating a world around us attracting the energy and thoughts that we emit.

In the beginning we were pure and created a paradise. But then we got attached to certain likes and dislikes. We started demanding the world to give us what we wanted without regard for consequences.

We also stopped listening to the nudging of our higher selves or spirit because that may interfere with our attachments. This allowed the ego body, the tool for us to use in this world, to take over.

The ego, like a bully, was louder and more dominant and our communication with our higher selves became less and less. After a while and many incarnations, we have lost our ability to have direct communications with our higher selves and our **Spirit**.

Our higher selves or I Am Presence, or the spirit of God individualized for each one of us is always with us. It is ready to guide and support us in all our endeavors. We are the ones who have closed the door of communication.

This world is a world of free will and even **Spirit** is not allowed to interfere unless it is an untimely situation of life and death.

Because of the bully, ego, we do not realize that our **I Am Presence** will always guide us to our highest good and fulfill our innermost desires at the appropriate time.

Ironically, our attachments sometimes interfere with the fulfillment of our desires. Only when we surrender our ego can our **I Am Presence** take over. Initially we were to be guided by our **I Am Presence** to fulfill our experiences here in this world. All of our desires were to be fulfilled as long as it was for our highest good and for the highest good of all involved.

We all must return to that purity, that **Divinity** that resides in the core of our being in the threefold flame of our heart. It is there that we will find what we are searching for.

Our attachments are a feeble attempt to regain our deepest soul's desire. What we fail to realize is that by trying to control through the ego, we go further and further away from our goals. This in turn leads us to actions which are selfish and do not consider the whole of humanity. We can see extreme cases of this in greed, war, prejudice, power, and hatred. What all of these have in common is a lack of love, the purest of all emotions, but only if that love has no strings attached.

We are not talking of love of attachments like love of money, power and so on.

A seed disintegrates in order to transform itself into a beautiful oak tree, its purest potential. Similarly, we must disintegrate in order to become the splendor of the **Divine**, our purest potential. Only transformation brings us back to our purity, not death.

To do that we must understand what the mind is thinking and doing. We must understand what our emotions are emitting into the universe. But that is a difficult task. Sit back and try to have no thought and the mind keeps on rambling on and on. We are not aware of what it is doing.

Many times we are not even aware why we are feeling the way we are. When the mind is not engaged it seems to constantly keep on talking.

Generally, it is judging us. I am no good; I should have; why did I not and so on. Also, it goes over things that have happened in the past like a broken record and keeps repeating and repeating the same stuff. Or the mind gets into creating situations that that do not exist like worrying. It does these things all by itself. **Mataji** always mentioned: "*An idle mind is a devil's workshop.*"

Our quest needs to be to find out what is in there, in our mind and in our emotions. Our mind should be under our control, and not run rampant with whatever it wants. If the mind and feelings create vibrations, and vibrations attract similar vibrations, then we want to control what we attract. Because what we attract creates the world around us.

We are the creators of our environment and the world we live in. Right now, it seems that for most, the bully, ego is the one creating, not us with the guidance of our **Spirit or I Am Presence**. Let us make an effort to become aware of what the mind is thinking.

HERB CORNER

... from page 11...

Red Clover is also an excellent choice for cleansing the blood, kidneys, and the liver. As an anti-inflammatory herb **Red Clover** may be able to help move the uric acid from the body and to help reduce pain and analgesic herbs to reduce pain.

In the Respiratory system as a strong tea, it has been used as a sedative for coughs. Its antispasmodic and expectorant actions make it good for conditions such as whooping cough and asthma.

For the Cardiovascular System it helps to improve the healthy development of blood vessels, it reduces arterial stiffness and helps to lower blood pressure particularly for post- menopausal women.

Just be careful if you are taking blood thinners as **Red Clover** contains coumarins.

In the Immune system Red Clover improves the circulation of lymphatic fluids helping to neutralize free radical damage before they have a chance to become cancerous.

Red Clover can be used in many ways. As a spring tonic herb its leaves, flowers and sprouts can be added to salads.

As a poultice or compress its soothing actions can be used on the skin for eczema, psoriasis or for burns.

RECIPE

Or it can be prepared as a tea using 2-3 teaspoons of the herb with 8 ounces of boiling water; after steeping 10-15 minutes and straining honey can be added for flavor. This herb tastes so good as a tea, either hot or cold you may want to make it by the quart.

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Mitch Ditkoff

LOOKING FOR THE REAL

... from page 14...

Yes, I was living in paradise, but I wasn't happy.

To the casual observer, I had it all - the house in the country, good friends, the mellow job on a 200-acre farm, but it wasn't enough. I plastered my house with pictures of all the enlightened beings I could find - **Buddha, Jesus, Krishna, Shiva, and Meher Baba**. I stared into their eyes. I prayed to them all. And then I got the letter - the letter from my best friend, **Ed**.

Ed was the real deal - a practicing **Zen Buddhist**, a calligrapher, and a kind of spiritual big brother to me. Five years older (and maybe several lifetimes, too), he was deep, soulful, and cool. He was also a man of few words, had a huge BS detector and always had a twinkle in his eye. A full tilt individual, Ed was not the easily influenced kind. Nor was he a joiner of anything that smacked of group think. I trusted him.

Which is why I was so intrigued to get a letter from him one fine summer day. **Ed**, the man of few words, had a lot to say in this missive. Apparently, since the last time I'd seen him, he'd "received Knowledge" from a **13-year-old boy Guru from India** - someone he referred to as "**Maharaji**."

The first thing I did, after reading **Ed's** letter, was stuff it in a drawer. Something in me knew the jig was up - that all my seeking was about to come to an end. But I didn't want it to end. I liked seeking. Seeking was cool. Seeking was exciting and a proven way to meet the ladies. Seeking gave me an identity - "the seeker."

And so I procrastinated as best I could.

I knew in my gut that **Ed's** letter was a direct response to a deep prayer of mine, but the immediacy of it all made me anxious. **Ed** was relentless. He was not about to concede to my procrastination. Two weeks later he called, inviting me to visit him for the weekend.

I went.

The first thing I noticed in **Ed's** apartment was a framed picture of the young boy from **India**. I found it odd - especially since my image of "**The Guru**" was very different than the one in **Ed's** frame. Where were the sallow cheeks? The long white hair? The ancient look in the deep-set eyes as if to say: "**Come my son, I know you have waited lifetimes for me to incarnate and HERE I AM - crossing the universe to come for one of my favorite (and most humble) disciples of all time.**"

Ed, God bless him, didn't care in the least. He just kept on talking and laughing and smiling. When we went for a walk, I couldn't keep up with him. He was a ball of fire - glowing, buoyant, alive. Gone was the **Zen minimalist shtick**. Gone the dude who mindfully chewed his rice 100 times before swallowing. In its place? Radiant, child-like wonder. Fun. Mojo. Elan. And something neither of us had talked about in any of our esoteric conversations - true fulfillment.

When I returned home, I had a lot to think about.

Could it be? Could this young boy from **India** be the one (at least for me, that is)? Could all of my chanting, praying, fasting, yoga and attempts to meditate have invoked this moment in time? Was **Prem Rawat's** appearance on the scene in direct response to an inner calling of mine?

I didn't have to wait long for the answer.

Two weeks later **Ed** called to tell me that one of **Prem's** emissaries was going to be in **Boston** and that, if I wanted to receive Knowledge - a way to experience my true nature, I should go. The cost? Nothing. Zero. Nada. Zilch. There was no charge, **Ed** explained, because what I was about to receive I already had.

I went. I asked. I received.

It was, quite simply, the most extraordinary experience of my life. Like coming home. Like waking up. Like discovering I was made of pure love. Everything became so simple, so perfect, so full of essence, energy, and peace.

I could have pulled **Redwood** trees from the ground.

These, of course, are only words. If you ask a hundred people who have received Knowledge from **Prem Rawat** (and practiced it), you'll probably hear a hundred different descriptions. But all of them will be spoken with the kind of feeling that will catch your attention.

Q. What are YOU searching for and where do you think you might find it?

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HOROSCOPES JUNE 2024



ARIES – (March 19 – April 18)

ARIES: ASTRAL CLIMATE FOR JUNE 2024

While some embark on a new cycle of expansion in full possession of their means in June, others struggle to manage their desire to love and the resentments to overcome. Still, others must beware of unclear messages they send, causing confusion in exchanges with close associates.

Mood

ARIES: MOOD FOR JUNE 2024

June connects you more to the past than to the present or the future. The first half blocks your momentum. This deleterious atmosphere gives you dark thoughts. However, by the end of the month, you regain your composure and the will to fight.

Love

ARIES: LOVE FOR JUNE 2024

Some memories interfere with your desire to express your feelings. The connection is difficult. Towards the end of the month, you draw lessons from the past to rekindle discussions within the family, making an effort to please everyone.

In a relationship: Despite a desire to communicate your love, you lack inspiration. If ghosts from the past block your expression, you can strengthen family bonds.

Single: Emotional baggage haunts you, disrupting your desire to love. Count on the end of the month to re-establish contact.

Money

ARIES: MONEY FOR JUNE 2024

Don't expect anything positive on the financial front; you lack confidence. Towards the end of the month, you can convince your counterparts and then score points.

Work

ARIES: WORK FOR JUNE 2024

You are held back by influences that restrain your creativity and frustrate the free expression of your ideas.



Patience until the end of the month to regain confidence and actively improve the situation.

Leisure

ARIES: LEISURE FOR JUNE 2024

You are burdened by negative emotions. Isolate yourself to understand what is undermining you rather than dampening everyone's spirits.

Key dates

ARIES: KEY DATES FOR JUNE 2024

- 1st: You receive support in a project that directs your life in a new but definitive way. A friendship takes on great importance in your life.
- 8th: Avoid making reproaches that affect the atmosphere between you and a close one. Despite your good intentions, you are not immune to mistakes.
- 11th: If you aspire to launch your plans, avoid demanding unconditional financing. Lower your tone so that others will follow.
- 17th: Your feelings are confused. Your messages arouse the mistrust of your interlocutors. Before expressing yourself, clarify your feelings and emotions.
- 29th: You defend your interests and those of your loved ones to keep them secure, ensure their well-being, and redouble your initiatives to achieve it.

Advice

ARIES: ADVICE FOR JUNE 2024

June plunges you into the past and prevents you from acting freely. Don't try to force events to escape essential analyses; rebound towards more positive perspectives at the end of the month.

HOROSCOPES JUNE 2024



TAURUS – (April 19 – May 19)

TAURUS: ASTRAL CLIMATE FOR JUNE 2024

If some have the opportunity to change jobs, direction, or even their lives, they should avoid thinking that they have all the power. Others are implementing a project, a dream, but not everything is so easy. Finally, some are disappointed in their expectations and forced to temporarily defer the realization of their plans.

Mood

TAURUS: MOOD FOR JUNE 2024

In June, you sometimes feel like people are targeting you, cornering you, and blocking your way. Approach this period without paranoia. Towards the end of the month, you'll regain control.

Love

TAURUS: LOVE FOR JUNE 2024

A feeling of frustration takes hold of you and taints the first half of the month. You feel like you're hitting a wall. This disappointment doesn't only concern your love life, but you only regain your desire to connect with others towards the end of the month.

In a relationship: Your desires are difficult to fulfill, and weariness sets in. Explain to those around you that they are not affected by your moods.

Single: Your aspirations are thwarted, and you are going through a difficult period personally and professionally. Discuss this with those you love so they understand what's going on.

Money

TAURUS: MONEY FOR JUNE 2024

A lack of means compromises or postpones the realization of a project. Don't try to force your way through; wait for a more favorable end of the month for exchanges.

Work

TAURUS: WORK FOR JUNE 2024

You struggle to make progress on a project. Either you expect too much from it, or you demand that your plans be funded as you see fit. In both cases, you may feel unsatisfied in June. Wait until the end of the month for a better chance of convincing others.

Leisure

TAURUS: LEISURE FOR JUNE 2024

You're in a bad mood and not inclined to have a good time in pleasant company. Towards the end of the month, you rediscover the joy of exchanging and sharing.

Key dates

TAURUS: KEY DATES FOR JUNE 2024

-3rd: A gift falls from the sky, a raise, a promotion allows you to make a significant turn. Seize your chance in time.

-9th: A project in progress encounters a lack of resources that could stop everything. Don't take it too tragically. Wait for things to pick up.

-11th: Making noise won't unlock the situation. Lower your tone and let others speak.

-20th: You underestimate the funds needed to achieve your goals. Take the time to understand your real needs so that others want to follow you.

-30th: Rely on your unique tone, humor, and desire to stand out to surprise, charm, or even impress your loved ones.

Advice

TAURUS: ADVICE FOR JUNE 2024

Take a step back to avoid succumbing to discouragement. The first half of the month looks frustrating, so wait for it to pass.

GEMINI – (May 20 – June 19)

GEMINI: ASTRAL CLIMATE FOR JUNE 2024

Some may risk sabotaging their successes by spreading aggressive messages towards those who encourage them. Others endure constraints and obstacles affecting their morale, while some approach an ideal but must remain modest and considerate of others' well-being.

Mood

GEMINI: MOOD FOR JUNE 2024

The first half restrains your enthusiasm and slows down the pace. Adapt to the circumstances while waiting for a month-end more conducive to exchanges.

...continued on page 36

HOROSCOPES JUNE 2024



Love

GEMINI: LOVE FOR JUNE 2024

Your desire to charm encounters obstacles in the social and professional realms. Towards the end of the month, you can reignite the discussions.

In a relationship: A frustration unrelated to your love life will only leave you by the end of the month. In the meantime, don't take it out on your loved ones.

Single: You lack the desire or opportunity for pleasure, enduring stressful conditions at work. Towards the end of the month, you will let your heart speak.

Money

GEMINI: MONEY FOR JUNE 2024

The atmosphere and trend lean towards restriction rather than abundance. Towards the end of the month, you reconnect with a strategy that could bear fruit.

Work

GEMINI: WORK FOR JUNE 2024

The heavens block your initiatives, frustrating your desire to evolve, overcome obstacles, and face challenges. Towards the end of the month, your negotiation skills allow you to make a lasting impression.

Leisure

GEMINI: LEISURE FOR JUNE 2024

Instead of getting depressed, escape by engaging in activities you love to decompress.

Key dates

GEMINI: KEY DATES FOR JUNE 2024

- The 3rd: Your destiny takes a turn that pleases you, and negotiations play a role in advocating for your cause.
- The 6th: The sky invites you to lay the groundwork for an ideal that inspires you. It's time to move forward resolutely.
- The 11th: Beware of messages that may be poorly received. Scrutinize your intentions to understand what will or will not serve your cause.
- The 17th: Your charm is undeniable, but your approaches sow doubt in minds and make others wary of you.

- The 26th: Negotiate; your lucidity and exchanges conducted with a sense of measure should yield results in these conditions.

Advice

GEMINI: ADVICE FOR JUNE 2024

No need to complain about everything. Take care of yourself by putting problems into perspective and focusing on topics that can bring back your smile.

CANCER – (June 20 – July 21)

CANCER: ASTRAL CLIMATE FOR JUNE 2024

A profound transformation allows you to access a more authentic version of yourself if you go with the flow without forcing the passage. Others are dealing with conflicting influences that limit their ambitions. It is necessary to channel your emotions to approach a sentimental ideal serenely rather than in confusion or illusion.

Mood

CANCER: MOOD FOR JUNE 2024

You feel that your emotions no longer find expression in the face of ambitions that take up all the space. Do not exaggerate the importance of your moods. Towards the end of the month, you return to greater clarity.

Love

CANCER: LOVE FOR JUNE 2024

You are frustrated on the emotional level, feeling that spontaneity is lacking. You will reconnect with more enthusiasm and warmth towards the end of the month.

In a relationship: You struggle to rekindle the flame. If tension between sensitivity and a sense of duty hinders your impulses, you will ignite towards the end of the month.

Single: Your sensitive universe is overshadowed by Saturn, which invites you to intellectualize your loves. To vibrate more freely and express what you feel, wait until the end of the month.

Money

CANCER: MONEY FOR JUNE 2024

You do not have the opportunity to use your resources as you please, and caution is required. Wait until the end of the month to negotiate funds, extolling the interest in financing your projects.

HOROSCOPES JUNE 2024



Work

CANCER: WORK FOR JUNE 2024

You aspire to accomplish lasting works, but you face a situation that challenges you. The gap widens between your aspirations and your feelings. Take the time to reflect on the best way to harmoniously connect these tendencies.

Leisure

CANCER: LEISURE FOR JUNE 2024

Contrary circumstances weigh on your morale, relax by treating yourself to reading breaks, meditation, or walks in the forest, preferably away from the noise of the world.

Key dates

CANCER: KEY DATES FOR JUNE 2024

-3rd: Count on your resources and support to accelerate an ongoing transformation. Rely on your loved ones to carry an ideal alongside you.

-8th: You face obstacles that limit your ambitions. Wait for the obstacles to be lifted to overcome a recurring sense of helplessness.

-11th: Your determination to realize a project encounters a wall, opposing forces, or the reluctance of your supporters to follow you on the adventure.

-20th: Do not indulge in dreams that turn into fantasy. To reach an ideal, start by coming back down to earth.

-22nd: The full moon invites you to take a step towards others, to listen to and remain attentive to the world around you.

Advice

CANCER: ADVICE FOR JUNE 2024

The sky slows down your impulses, puts you under pressure, but you reverse the trend by opening debates on the concrete means to implement to achieve your goals.

LEO – (July 22 – August 21)

LEO: ASTRAL CLIMATE FOR JUNE 2024

A project and new perspectives are evolving your relationships. However, you encounter the difficulty of realizing your aspirations due to a lack of obstacles that hinder your progress. Others make an effort to contain their ambitions to avoid an awkward financial situation. It's a month to approach with full awareness to avoid wasting your chances of shaping the future as you wish.

Mood

LEO: MOOD FOR JUNE 2024

Try to put things in perspective in the face of a frustrating situation that blocks you. In the end, don't hesitate to take some distance to direct your efforts in the right direction and come out as a winner from this period.

Love

LEO: LOVE FOR JUNE 2024

If you have a desire to love the whole world, you are hindered in your enthusiasm by a lack of means. Taking a step back from events will help you better manage the situation.

In a relationship: You are supportive of those around you, but you must deal with frustration as external problems delay your plans.

Single: Your desire to play your role as a global citizen may be sabotaged by concrete realities that could limit you.

Money

LEO: MONEY FOR JUNE 2024

Saturn limits your resources or borrowing capacity. Focus on finding solutions to get through it rather than making it a drama.

Work

LEO: WORK FOR JUNE 2024

Some structures in your life disappear, and these losses hinder your need for fulfillment, your desire to build, and your projection into a future that pleases you. Try to channel your emotions so that they become a lever for success.

Leisure

LEO: LEISURE FOR JUNE 2024

You tend to be obsessed with your problems during a somewhat frustrating first half of the month. Opt for breaks at the end of the month, away from the noise of the world. This withdrawal could pay off.

...continued on page 38...

HOROSCOPES JUNE 2024



Key dates

LEO: KEY DATES FOR JUNE 2024

-3rd: Your destiny is evolving; you receive the necessary support to orient your life differently.

-6th: The new moon invites you to make plans, but channel your enthusiasm and expenses to avoid exceeding the allowed threshold.

-8th: You may feel some frustration due to the lack of means that slightly hinders your progress.

-11th: It's not by imposing your methods that you will convince your partners to believe in you and follow you. Diplomacy is the right method.

-17th: Take the time to evaluate the means at your disposal to realize your projects; this precaution can save you many disappointments.

Advice

LEO: ADVICE FOR JUNE 2024

The month starts a bit painfully; the situation pushes you to your limits. However, take the time at the end of the month to assess the assets you have to steer things in the right direction.

VIRGO – (Aug 22 – Sept 21)

VIRGO: ASTRAL CLIMATE FOR JUNE 2024

A change of direction is crowned with success that needs to be maintained. You strive to preserve your recent achievements, but you face resistance from partners who are not open to your proposals. Others, initially driven by a favorable celestial alignment for the realization of their ambitions, are willing to return to reality to avoid sowing doubt in the minds of those around them.

Mood

VIRGO: MOOD FOR JUNE 2024

It is difficult for you to maintain dialogue with your partners. You need to examine your expectations, those of the other, and establish a compromise that takes into account everyone's needs. Afterward, it will be a matter of honoring it or breaking the game.

Love

VIRGO: LOVE FOR JUNE 2024

Your charm is not enough to thaw blocked exchanges. Your connections are subjected to an analysis that does not favor your fulfillment. Rely on your argumentation

to convince those you love to follow you in your exciting projects.

In a relationship: If you have difficulty communicating with your partner, if you feel alone in the world, do not give up. You will find the right words to involve your partner in your dreams at the end of the month.

Single: You have few opportunities to be passionate about anyone. Your approach to others is more critical than spontaneous. Your heart should open again at the end of the month.

Money

VIRGO: MONEY FOR JUNE 2024

Do not expect much in this area; the atmosphere is more frustrating than exciting. At the end of the month, you will find the right words to convince everyone.

Work

VIRGO: WORK FOR JUNE 2024

Despite a genuine desire to shine, expect to receive a more icy than enthusiastic reception from your reserved interlocutors. Instead of lamenting your fate, wait until the end of the month; your determination could pay off.

Leisure

VIRGO: LEISURE FOR JUNE 2024

You are not in the mood for fun during a somewhat depressing first half of the month, but you make up for it at the end of the month as your projects gain popularity. In the meantime, be patient, at the pool or elsewhere.

Key dates

VIRGO: KEY DATES FOR JUNE 2024

-3rd: Your daily life is undergoing significant changes, offering you opportunities to gain credibility. Put yourself forward by continuing to serve common interests.

-9th: You face difficulties in establishing a creative, constructive contact with your interlocutors. Don't make it a drama and maintain confidence in yourself.

-11th: Avoid imposing your codes and methods. Whether at home or at work, people don't like your authoritarian ways. So, lower your tone.

-20th: You interfere with the frequency. If your need for recognition is legitimate, charm without allowing doubt about your disinterest.

HOROSCOPES JUNE 2024



-30th: It is with unusual projects that you have the best chance of attracting attention. You arouse the curiosity of both private and social circles.

Advice

VIRGO: ADVICE FOR JUNE 2024

Do not dramatize the dominant trend, more wintery than summery. If your exchanges lack warmth, they will regain color at the end of the month, so wait.

LIBRA – (Sept 22 – Oct 21)

LIBRA: ASTRAL CLIMATE FOR JUNE 2024

High ambitions in love and the opportunity to achieve them for some, but others endure a daily life strewn with obstacles that could expose them to frustration. Yet others maintain control over their emotions to preserve the trust placed in them.

Mood

LIBRA: MOOD FOR JUNE 2024

You are a bit discouraged in the first half. Don't give up. You regain optimism at the end of the month because you will have faced challenges.

Love

LIBRA: LOVE FOR JUNE 2024

Your romantic aspirations are thwarted by recurring blocks that you endure on a daily basis. Your charm works in society at the end of the month.

In a relationship: Responsibilities weigh you down daily and prevent you from flourishing. Count on the end of the month to fulfill some of your desires.

Single: Stressed, frustrated by a burdensome daily life, you only rediscover the pleasure of seduction at the end of the month.

Money

LIBRA: MONEY FOR JUNE 2024

You need to lower your standard of living. Wait until the end of the month to showcase your talents and steer negotiations in your favor.

Work

LIBRA: WORK FOR JUNE 2024

A workload and obligations weigh you down; the first half hinders your ambitions, and you temporarily give up your aspirations. You make up for it at the end of the month, more comfortable in wielding power.

Leisure

LIBRA: LEISURE FOR JUNE 2024

Too much work to manage to feel like having fun, but you reconnect with more lightness at the end of the month.

Key dates

LIBRA: KEY DATES FOR JUNE 2024

-3rd: Solicited by high authorities for your skills, you leave a lasting impression, and paths open up, favoring your advancement.

-6th: The new moon invites you to broaden your horizons, believe in yourself, push the boundaries of the possible, and surpass yourself.

-11th: Do not wield your power to manipulate events in your favor. You would encounter someone more powerful, stronger than you.

-17th: Do not communicate too emotionally; those around you do not understand where you are going and interpret your impulses as manipulations.

-29th: You combine determination, firepower, and authority with disarming charm; this explosive cocktail helps you score points.

Advice

LIBRA: ADVICE FOR JUNE 2024

The situation overwhelms you with duties to fulfill. Do not try to escape your responsibilities that test your ability to handle daily life.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: ASTRAL CLIMATE FOR JUNE 2024

You can make changes within your family, but you struggle to satisfy your desires, cooled by a mindset more inclined to criticism than abandon. Don't harbor illusions about the reality of your relationships.

Mood

SCORPIO: MOOD FOR JUNE 2024

You feel restricted in your impulses, and you are not free in your movements. Your mood reflects this, but at the end of the month, you regain your smile.

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HOROSCOPES JUNE 2024



Love

SCORPIO: LOVE FOR JUNE 2024

You keep your distance and do not express your yet fervent desires. Wait until the end of the month to take a step towards the other.

In a relationship: The sky cools your enthusiasm; you are more critical than accommodating in your commitments. Fortunately, you will have a better attitude at the end of the month.

Single: Despite your sensuality, you remain reserved. At the end of the month, you decide to take a chance.

Money

SCORPIO: MONEY FOR JUNE 2024

Despite heightened appetites, you settle for what you have without hoping to make a fortune.

Work

SCORPIO: WORK FOR JUNE 2024

In your creative expression, you are more inclined to follow a method than your imagination. A certain frustration overtakes you in the face of a feeling of helplessness. At the end of the month, more assertive, you broaden your horizons.

Leisure

SCORPIO: LEISURE FOR JUNE 2024

You do not take things lightly, and you may seem a bit severe to others. You make up for it at the end of the month when you finally come out of your shell.

Key dates

SCORPIO: KEY DATES FOR JUNE 2024

-3rd: If your family life is currently in question, rely on external events to make progress on this matter.

-8th: Your desires may encounter a polar atmosphere in the emotional realm. You need to test the substance and legitimacy of your attachments.

-11th: Tensions to be wary of in the family; lower your tone if you truly want to establish a constructive dialogue.

-20th: Do not try to live an idealized version of love; your thoughts are not clear. Regain your clarity before surrendering to love.

-30th: To spice up your relationships, push the other out of their comfort zone. Or let the partner push you out of your comfort zone.

Advice

SCORPIO: ADVICE FOR JUNE 2024

The sky frustrates your desires and darkens your mood. Be patient without complaining, waiting for a more favorable end of the month for your fulfillment.

SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: ASTRAL CLIMATE JUNE 2024

You deepen relationships with those around you, showing increased kindness to prevent the atmosphere from becoming frosty at home. Some are enhancing their private world but should manage their communication better to ensure a clear understanding with their loved ones.

Love

SAGITTARIUS: LOVE FOR JUNE 2024

Recurrent issues persist within your family circle; rely on your strategic sense to unlock communication.

In a relationship: Stay attentive to each other, even if there is a communication breakdown, as the family environment may be resistant to your proposals. Towards the end of the month, take initiatives to address the blockages.

Single: There are tensions within the family despite your efforts. Towards the end of the month, you positively revive discussions.

Money

SAGITTARIUS: MONEY FOR JUNE 2024

If you need to negotiate a loan, claim a bonus, or handle an inheritance, postpone your efforts until the end of the month when you can present strong arguments to plead your case.

HOROSCOPES JUNE 2024



Work

SAGITTARIUS: WORK FOR JUNE 2024

Your family concerns occupy your mind; count on your willingness to serve collective interests to make a difference.

Mood You feel powerless in the face of family issues that weigh down the atmosphere. Don't give up and rely on your sharp mind to overcome resistance.

Leisure

SAGITTARIUS: LEISURE FOR JUNE 2024

You are not in the mood for distractions in the first half of the month, but you make up for it towards the end as the atmosphere becomes lighter. Tempted by gambling, know when to stop.

Key dates

SAGITTARIUS: KEY DATES FOR JUNE 2024

-The 3rd: Exchanges allow you to strengthen bonds with those you love and inspire you to take a step forward, commit, or disengage.

-The 6th: The sky invites you to reach out to others. It's not the time to isolate yourself but to connect with your surroundings, collaborate, and share.

-The 9th: Don't rush your loved ones by imposing your point of view. If there's an issue in the family, strive to keep the dialogue open.

-The 11th: Approaching a sensitive topic with aggression won't help. Lower your tone and let others take the floor, or even the initiative.

-The 17th: You're doing your best to maintain a warm atmosphere in the family. However, ensure that your need for love doesn't conceal unresolved issues.

Advice

SAGITTARIUS: ADVICE FOR JUNE 2024

This month exposes you to family burdens that are difficult to dispel. Rely on your intelligence to facilitate better communication.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: ASTRAL CLIMATE FOR JUNE 2024

You express untapped talents, but you must balance between your priorities and your ideas of serving the community, and this choice could frustrate you. You start the month in harmony with those around you; later, channel their interventions to avoid falling into sentimentality.

Mood

CAPRICORN: MOOD FOR JUNE 2024

A bit stuck with new ideas, you reconnect with a bold spirit at the end of the month, where you lead operations with everyone's approval.

Love

CAPRICORN: LOVE FOR JUNE 2024

Despite a genuine desire to serve the other, to ensure their well-being, it is difficult for you to express your sensitivity. You must find the energy to make yourself better understood.

In a relationship: Your mind hinders the free expression of your feelings and emotions. Wait until the end of the month to convey your messages.

Single: You struggle to support those you love despite your good intentions. You declare yourself at the end of the month as your inhibitions dissipate.

Money

CAPRICORN: MONEY FOR JUNE 2024

You are not in optimal conditions to engage in fruitful negotiations. If you have something to ask, wait.

Work

CAPRICORN: WORK FOR JUNE 2024

Do not let yourself be limited by unconstructive thoughts that disappoint the group's expectations. However, at the end of the month, you charm your interlocutors.

...continued on page 42...

HOROSCOPES JUNE 2024



Leisure

CAPRICORN: LEISURE FOR JUNE 2024

A bit too withdrawn in the first half, you are found unsociable. You make up for it at the end of June, making others want to team up with you.

Key dates

CAPRICORN: KEY DATES FOR JUNE 2024

-3rd: Opportunities to express your talents and enhance your earnings. Some evolve in a fulfilling atmosphere of complicity.

-8th: You would like to devote yourself to the common cause, but you struggle to freely express your proposals, causing a difficult-to-bear sense of frustration.

-11th: Do not always insist on being right, risking displeasure from interlocutors who find you too demanding.

-20th: You are a bit disconnected from reality; your speeches are vague, your intentions are hard to grasp. Reflect before intervening.

-26th: Your exchanges are based on solid ground, and you convince your interlocutors of the reliability of your proposals and arguments.

Advice

CAPRICORN: ADVICE FOR JUNE 2024

In the first half, you withdraw into yourself. You feel lonely, misunderstood, or even rejected. You successfully reach out to others at the end of the month.

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: ASTRAL CLIMATE FOR JUNE 2024

You experience intense events on an emotional or creative level but must contend with a lack of resources and strictness that hinders your enthusiasm. You need to stay grounded and remain reasonable for your story to evolve on solid foundations.

Mood

AQUARIUS: MOOD FOR JUNE 2024

Expect to face some inconveniences that frustrate your expectations, but this adversity will yield to your combative energy and good intentions.

Love

AQUARIUS: LOVE FOR JUNE 2024

Obstacles frustrate your need to flourish. You regain your ability to handle these concerns and reconnect with your loved ones in a more pleasant way only at the end of the month.

In a relationship: You are criticized for plunging the family into financial difficulties that could dampen the atmosphere. Fortunately, you find ways to get out of the impasse by the end of the month.

Single: To satisfy your desires, you put yourself in a difficult situation financially, but you reverse the trend at the end of the month.

Money

AQUARIUS: MONEY FOR JUNE 2024

Saturn restricts your financial capabilities to bring you back to reason. Whatever limits are imposed on you, accept them.

Work

AQUARIUS: WORK FOR JUNE 2024

You want to demonstrate your talents and charm, but you are stuck by material limitations. Do not lose patience or confidence; you will reconnect with more efficiency.

Leisure

AQUARIUS: LEISURE FOR JUNE 2024

You feel trapped in material problems that are hard to ignore. At the end of the month, you get closer to those you love and share a more pleasant daily life with them.

Key dates

AQUARIUS: KEY DATES FOR JUNE 2024

-3rd: You exude a powerful magnetism that boosts your emotional life; a meeting shakes you. Expect to experience powerful moments.

-11th: Do not impose your worldview and human relationship vision on your loved ones, risking triggering a major conflict.

-12th: Your impulses clash with imposed strictness. You struggle to express your emotions and feelings freely.

-17th: People are wary of you and your overly good

HOROSCOPES JUNE 2024



feelings. To convince and seduce, start by keeping your feet on the ground.

-30th: To manage logistics, maintain constructive exchanges with your loved ones and devise inventive solutions to fundamental problems.

Advice

AQUARIUS: ADVICE FOR JUNE 2024

Your finances are a concern, limitations in this area keep you under tension. Approach these worrying subjects more productively to ease your anxieties.

PISCES – (Feb 18 – March 18)

PISCES: ASTRAL CLIMATE FOR JUNE 2024

Inner work helps you gain clarity on a personal level, but you struggle to communicate with your loved ones despite your desire to warm the atmosphere at home. Consider the real needs of your family members rather than projecting your own desires.

Mood

PISCES: MOOD FOR JUNE 2024

Saturn darkens your character and urges you to maturely perceive the world without embellishing it, a version of the world that your imaginative nature struggles to integrate.

Love

PISCES: LOVE FOR JUNE 2024

Saturn darkens your mood, causing you to withdraw, risking cooling the family atmosphere. Restore dialogue and infuse your exchanges with a touch of tenderness.

In a relationship: You tend to isolate yourself more than socialize. Fortunately, at the end of the month, you reconnect with your partner, adding a bit more passion.

Single: Despite your efforts to participate in family life, you are perceived as austere. You find a way to warm the atmosphere at the end of the month.

Money

PISCES: MONEY FOR JUNE 2024

You are more concerned with the direction of your personal destiny than with material interests. If you need to discuss money, wait until the end of the month.

Work

PISCES: WORK FOR JUNE 2024

At work, your seriousness and sense of responsibility are appreciated. Even under the load, you persevere. You show more enthusiasm and a willingness to communicate at the end of the month.

Leisure

PISCES: LEISURE FOR JUNE 2024

Despite the desire to spend time with family, things don't flow well in the first half, where it would be better to evolve solo.

Key dates

PISCES: KEY DATES FOR JUNE 2024

3d: You benefit from great opportunities to broaden your horizons. It's time to create new foundations more in line with your desires.

4th: Family exchanges are constructive and warm; take advantage of this atmosphere to express your feelings warmly.

9th: A bit grumpy, you tend to only listen to yourself, risking that your loved ones take offense. You just need a little time alone.

11tr: Think before you speak. If anger is brewing, it's better to remain silent.

20th: You have the right to dream, but don't take others into a disconnected-from-reality universe.

Advice

PISCES: ADVICE FOR JUNE 2024

You are having difficulty connecting with others. Wait until the end of the month to re-establish contact with better chances.



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."

... from page 6

Three little yellow and green fish went together, since there's strength in numbers, and two of them stood guard by a fallen branch while the brave one poked his fishy face above the surface.

He too encountered the visitor and was rewarded for his bravery by a broad smile and a breadcrumb, which he quickly ate, forgetting for a moment that his friends were nearby and would have liked a crumb of bread themselves.

He hurried and swam to his friends and encouraged them to look for themselves, which they did together, receiving a big smile, a hello AND a giant breadcrumb to share between them.



They were elated to discover that not only was there something which existed OUTSIDE the POND which they grew up in, that "something" was kind and good AND gave them each a big tasty breadcrumb to eat! They dashed back home to tell everyone that they could receive smiles and breadcrumbs and all they had to do was dare to poke their nose above the pond's surface.

Some of the older fish already knew that from their daring younger days but seldom ventured from the security of the bottom of the pond because it was, well, more comfortable and convenient where they were. And you couldn't always depend on getting a breadcrumb.

In the past, some of the fish had leapt above the surface of the pond as they were being chased by bigger fish and thus were unaware of the beauty that existed beyond the pond as their attention had been focused upon running away from the bigger fish in a fight for their own life.

Still others had never attempted to look beyond the surface and decried long and loud that nothing else existed because they had not seen it themselves. (Many of them, in fact, didn't even believe there was any such thing as The Pond because no one had yet proved its existence to them.)

One young fish who thought he knew everything went around telling everyone that he had once dared to poke his nose above the surface and encountered a giant creature, larger than any fish he'd ever seen, and it was resting on an oak branch that had fallen into the water. As soon as the bragging fish poked his face above the surface, the creature opened its mouth wide to eat him and he barely escaped with his life. He had not attempted to seek beyond the pond since then.

Some of the fish believe the stories of the older fish; some believed the story of the know-it-all fish and some believed that no pond existed at all and that such discussions were a waste of time.

Others knew that to find out the true story, they would have to poke their own faces above the surface.

Some did and told everyone of the beauty they discovered. Some did and found nothing much to report. Some did and didn't understand what they encountered, so they depicted a frightening scene as they wove their tale to the others. Soon they began believing their own tale and remained frightened ever since.

I love those little spontaneous meditations.
Another day in paradise.

[Original post here.](#)

Enjoy our offering this month.
Hari Om.

Andrea





MICHELLE WHITEDOVE

...continued from page 13...

Some people see the other side and others like you can train yourself to actively participate in these conversations and to remember the messages. There is nothing better than working with your entourage of guardian angels and spirit guides!

DEAR MICHELLE, I'm being prompted to give free readings to family and friends as I develop my gifts. I'd like to know how you ask spirit for the most detailed information. I've seen you on TV and I'd like to be as clear of a channel as you are.

Your Student in Spring Hill

DEAR STUDENT, Over the years I have fine-tuned my gifts of communication through daily prayer (Talking to Heaven) and meditation (Listening to Heaven). This spiritual practice is a must to raise your vibration and improve your abilities.

During my prayers I always give thanks for the information, I claim it. Instead of asking, give thanks; express your sincere gratitude.

Mediocre readings are not an option. Cold readings are not an option. If **God** is calling - then do the work! As I pray and meditate, I feel my energy levels rise. You need to feel that connection.

Your intuition is a knowing, you're not thinking about an answer, you're not being analytical, you're not mulling it over, it's not something that's intellectual. It's just, boom! It came in and you're like, where did that come from? Once you start doing the spiritual work, claiming the solutions, then the information is going to be clear, clear, clear, and then there's not even a question.

You'll trust the information that comes through on a high vibrational level. Sometimes I tell **Spirit** to turn up the volume: I need to hear more clearly. When I'm seeking an answer for myself, but feel my emotions are in the way, I will tell **God** to give me three signs or omens that only I will clearly understand and know to be true. Don't ask, claim it. If I want confirmation on something that seems tricky or way out here; I'll just wait for those three signs of confirmation. Every time I demand it, I get it. So I tell you to pray and meditate daily and claim it. Knock and the door will open!



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Bernadette King

... from page 21

WHAT IS MY SPIRIT ANIMAL

In this case, maybe the Dolphin appears to let you know that to have good friends, you must first be a good friend. Maybe Dolphin has come to remind you that laughter is healing and it's time to lighten up.

One spirit animal meditation technique is to focus on one chakra at a time and take note of the animal(s) which show up for each chakra. This method is a bit advanced so I have a complete guide coming out soon.

If you find yourself confused about why a particular animal came to you, look up it in my Spirit Animal Meanings database.

METHODS FOR FINDING YOUR SPIRIT ANIMAL

There are any number of ways to find your spirit animal.

- Pay attention to what animal or animals keep showing up in songs, pictures, movies, books, conversations, etc. Trust that if Red Cardinals, Horses, Crickets, etc, keep appearing to you, they are trying to help you in some way.
- Meditation & journeying involves attaining an altered state of consciousness and the use of deep imagery or visualization with the specific intention of meeting your spirit animal guide(s).

These methods can be guided (spoken, drumming, music with vocals) or it can be non-guided (silence, nature sounds, instrumental-only music). Below in the meditation directions you'll find one of my favorite instrumental meditation tracks.

- Dreams about animals. Humans often do not believe they are receiving messages from their spirit animal guides so they will come to us in the dreamstate. Often, it is much easier for folks to trust their dreams rather than their own intuition during waking times or meditations.

SPIRIT ANIMAL MEDITATION

If you are committed to finding your true spirit animal, mediation may provide some surprises. Try your best to be open and trust that the "right" animal spirit guide(s) will present themselves to you.

Do not be afraid if a sick or injured animal appears to you. Remember, your spirit animal is the guide who shows up when you need him/her most.

Perhaps you are feeling lonely and don't know how to make or keep friends. An injured Dolphin may appear to you. Dolphins are social creatures who represent community. Dolphins are well known for befriending many different species - oftentimes saving their lives.

SPIRIT ANIMAL MEDITATION STEP-BY-STEP

1. Turn off all electronic devices and make sure you can't be disturbed.
2. Create & protect your sacred space. You can use prayer, crystals, ask the 4 directions (east, south, west, & north) and **Mother Earth and Father Sky** to join you.
3. Sit or lie in a position which keeps your back straight. This helps the energy or Chi flow uninterrupted.
4. If you are using sound, turn on the water fountain, nature sounds CD, music, etc.
5. Relax and breathe. Allow your body to release all tension, beginning right above the top of your head - then slowly moving down until all negativity and stress flow out through your feet and into Mother Earth.
6. When you feel ready, invite your spirit animal to come forward. Don't panic if an animal doesn't immediately appear. Trust is needed at this time.
7. When an animal appears, welcome it and thank it for coming.
8. Ask the animal if it is your animal spirit guide. If it replies with a yes, ask what messages it has for you. Let your animal helper know you want honest messages - even if they are a little hard to know.
9. When your spirit animal is finished delivering its messages, ask if there is anything you can do for it in return.
10. You'll sense when the session is nearing its conclusion. Thank your spirit animal for showing up and tell him/her, honestly, if you will integrate its messages into your life.

11. As you are comfortable, return to the physical world.

12. Thank the 4 directions, Mother Earth, and Father Sky and release their energies.

13. Take time to journal the experience. Include all details that you can remember. This is a vital step. It's not enough to meet your spirit animal and, then, forget him/her/them. It's helpful to revisit your guide's lessons until you no longer need its medicine.

HOW TO PROTECT YOUR SACRED SPACE

It's important to create a protected sacred space before you start the spirit animal meditation. Remember, when you meditate you are in an altered state and you want only peaceful and loving spirits to contact you. One of the best ways to create a protective field of energy around yourself is to call in the 4 cardinal directions: north, south, east, and west.

Below is an example of a prayer/affirmation/spell (they are all the same thing) you can use to call in the four directions as well as Mother Earth and Father Sky. When the meditation is over, thank the four directions/Mother Earth/Father Sky and bid them farewell.

STAND AND FACE EAST

Spirit of the East, direction of new beginnings and home of the winds. I bless you and ask for your wisdom and blessing here with me today. Please join and protect me, Spirit of the East.

TURN AND FACE SOUTH

Spirit of the South, direction of passion, creation, and inspiration and home of the fire. I bless you and ask for your wisdom and blessing here with me today. Please join and protect me, Spirit of the South.

TURN AND FACE WEST

Spirit of the West, direction of the harvest and home of water. I bless you and ask for your wisdom and blessing here with me today. Please join and protect me, Spirit of the West.

TURN AND FACE NORTH

Spirit of the North, direction of stillness and introspection and home of the deep earth. I bless you and ask for your wisdom and blessing here with me today. Please join and protect me, Spirit of the North.

TURN AND FACE EAST – KNEEL AND TOUCH THE EARTH

Spirit of Mother Earth, thank you for holding us all in your fertile womb. I am grateful for the life you provide to all. I bless you and ask for your wisdom and blessing here with me today. Please join and protect me, **Spirit of Mother Earth.**

STAND – TURN YOUR FACE UPWARD – RAISE ARMS/HANDS TO THE SKY

Spirit of Father Sky, thank you for shining your daylight so that all living things can thrive. Thank you for the glowing moon and stars. These light our way so we can always be reminded of angelic realms, even in times of darkness. I bless you and ask for your wisdom and blessing here with me today. Please join and protect me, Father Sky.

It is begun.

WHAT TO DO AFTER YOU FIND YOUR SPIRIT ANIMAL

Once you find your spirit animal, learning to integrate its teachings into your world can be exciting and sometimes a little confusing or scary. Understanding Biomimicry can help.

Biomimicry is an approach to innovation that seeks sustainable solutions to human challenges by emulating nature's time-tested patterns and strategies. - BIOMIM-ICRY.org

That's a fancy way of saying that we should look to nature and mimic its systems because doing so will help us live a happier and more sustainable life. Scientists! They are so...scientific sometimes, right?

Are you a police person, fire fighter, or in the military? Do you need to move stealthily through a potentially harmful situation? Learning to mimic the cautious, then decisive, and lightning fast movements of a Cheetah might help.

Are you on a sports team and need to learn how to aim more accurately? Learning about the incredible eyesight of a Hawk may help.

Do you work at a child care center and need help learning how to corral all the kids in after recess? Maybe taking a look at how herds of horses move as a single unit can help.

Finding your spirit animal does little good unless you put its spiritual messages to use.

Learning all you can about your spirit animal guide's habitat and behavior can really make the difference in being able to learn and grow from the guidance it gives you. As you learn more about your animal spirit guide, lessons you hadn't originally known or realized will present themselves.



ABRAHAM HICKS

... from page 29...

Esther Hicks

think! 'I can say it better!' 'I really like feeling good!' 'I can say it better!' 'I so like feeling good!' 'I can say it better!' 'I love feeling good!' 'I can say it better!' 'I feel good so often!' 'I can say it better!' 'I feel good most of the time!' 'I can say it better!'

'The world is reflecting to me how I feel! I love that the world reflects to me how I feel! I love knowing that I'm the creator of my own reality! I love everything that comes to me and the evidence that it brings to me!

I love everything, wanted and unwanted, because it's all part of the dance that I'm playing in this deliberate creation! I love the contrast that helps me to define who I am and what I want!

I love the contrast that helps me to choose and decide! I love me navigating myself comfortably within the contrast! I love choosing the words that I project! I love speaking and feeling and speaking and feeling and speaking and feeling!

I love fine-tuning this! I love being the deliberate creator of my experience! I love moving about this magnificent world with all of these people that are willing to play with me and reflect back to me what I've got going on vibrationally!

I love evidence of my sloppy thinking! I love evidence of direct thinking! I love evidence of my positive thinking! I love evidence of my negative thinking!

I love the evidence that comes to me! I love this creative control! I love learning to mold the clay! I'm getting so good at molding the clay! Bring it on!

I'm wanting more! I'm ready for whatever it is! Don't you want to be the deliberate creator of your own experience? Yeah! 'I can say it better!'

That's a good mantra! 'I can say it better! I can say that better!

I can say that in a way, right now, that feels better! I can say it better!'

Just don't do it in the midst of a lot of momentum, because then, you get defensive. 'crankily

Yeah, I COULD say it better, I just don't WANT to say it better!

It's easy for YOU to say it better, because you're living in a better place!

Where I'm standing, it sucks and I don't feel like saying it better, Abraham!'

Anyway! Good enough?

Hot seat guy: Absolutely! Can't wait to see the perfect unfolding!

ABRAHAM: Yeah!

Hot seat guy: It's going to be so good!

ABRAHAM: 'I'm enjoying the perfect unfolding!'

Hot seat guy: I'm enjoying the perfect unfolding!

ABRAHAM: 'I'm never going to get it done, so it's always going to be the perfect unfolding!'

So I'm not looking for an end result, I'm living in the end result!

I'm living the end result, because all of my power is right now!

And since I have the ability to feel the way I mean to feel right now, then now's where it's all at!

Now's the juncture between me and me!'

Yeah? Yeah!

Really good! Really good!"

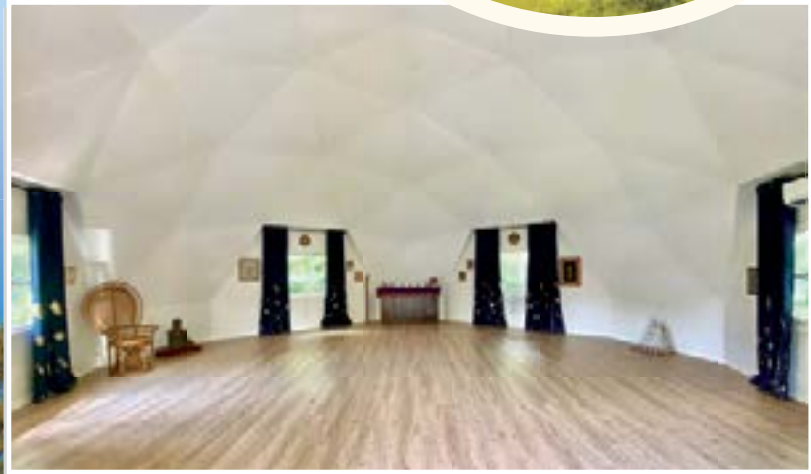


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