

Andrea de Michaelis presents

HORIZONS

JUNE 2025

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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**

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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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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

Hello and welcome to the June 2025 edition of **Horizons Magazine.**

Lotsa excitement last month! When we had a midnight trip to the emergency room, I was glad we live just 4 miles from **Palm Bay Hospital**. Two hours later they'd determined it was the gall bladder and they arranged for my pal to be transported the next day to **Cape Canaveral Hospital** which was the nearest place they could do an **ERCP**, which sends a flexible endoscope down your throat into your upper intestine to robotically check to see how open the bile ducts are.

An **ERCP** has a 5% chance of giving you pancreatitis so yep, my pal got that. The next day while waiting for his gall bladder removal surgery (now with pancreatitis,) his fever spiked and heart rate went wild. He was given **Tylenol** which brought the fever down and he was mildly sedated. The surgery went fine, all is cool now, 3 weeks later as I write this.

He'd never been in the hospital before, never had surgery, so I was glad **Cape Can Hosp** had 24/7 visiting hours. The day of his surgery, they changed his room to be right outside the nurse's station. I asked the new nurse if I could bring the reclining visitor's chair from the old room and she told me I couldn't sleep in the room. I told her I wasn't going to sleep there, I was going to sit up with him. She immediately had an attitude and said I couldn't stay in the room overnight. I told her visiting hours were 24/7. She said I could sleep in the family waiting area down the hall. I told her I wasn't going to sleep, that this was a friend who'd never been in the hospital, the night after his first ever surgery. She had a real attitude.

I knew I was in the right but I was too exhausted to argue with her - knowing she would target the room since it was right outside the nurse station -- so at midnight I drove the 40 miles back home, just to drive back 5 hours later.

I got irked at the nurse but I knew I'd attracted the situation to me because I know how **ATTRACTION** works. I could stay pissed and report her and face who knows what kinda retaliation to my pal or I could recognize that anytime I experience something unpleasant, I have somehow attracted it to me. I didn't need to drive myself crazy wondering exactly **HOW** I did attract it, but I knew forgiveness and gratitude was the only way out. I began doing rounds of [Dr. Len's Ho'oponopono Hawaiian Healing Process](#) See below for the process.

It took a few days to feel better about it. I loved when hospital admin came in before he was discharged to do their survey asking how things went with the staff. I did report the incident but that was the only snafu. Well, that and that unless you were on a clear liquids diet (which my pal was,) the only other choices contained milk products. The night before surgery they brought him dinner: **3 PORK CHOPS**. He doesn't eat meat so he was horrified but just kindly declined it.

I spent the next week as I drove back and forth until he got home, going back over in my mind why I got so ticked at the nurse but knew it ultimately didn't matter. I know staying ticked at someone only impacts what I attract.

HOW IT WORKS :

If you're so mad at someone that you're plotting how to get back at them, **THAT** puts a kink in your happiness hose (which btw is also your \$\$ hose,) and like **GRAVITY**, it works whether you believe it or not. It's all related.

If you're so mad at someone you want them to suffer, **THAT's** putting a kink in your own happiness hose. Get over it, release it, trust me, try it for 30 days.

... And BTW when I say **RELEASE** it I mean every time the thought comes to your mind say to yourself "I release this, I forgive them, I acknowledge my part in this and forgive the situation, I release this."

And do that every single time the thought comes to mind, even if it's 20 times an hour.

I guarantee after a few rounds of this it will begin to come up less and less and it will be behind you. You will have released it and you'll know by the **FLOW OF GOOD THINGS** into your life again that you've released the resistance.

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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.

QUESTION: Abraham, How do you feel about New Year's Resolutions? And how would you approach a New Year's Resolution if you were in our physical shoes.

ABRAHAM: They are a wonderful idea. They fall into the same category as Segment Intending or Positive Expectations or Deliberate Creation. Most New Year's Resolutions, like any new decisions, are made from a rather clear awareness of what you do not want or of what has not gone well, and so, in order to set your New Year's Resolutions into motion with enough momentum to keep them going, it is necessary to spend some time lining up your energy with your new decision. Many people make resolutions, and often by the first or second day of the new year they have gone back to their old habits, and then they feel discouraged. Every day provides a wonderful opportunity to set forth your clear intentions. You do not have to wait for a new calendar year.

Find a comfortable place where you will not be interrupted by. Write at the top of your notebook page:

MY DOMINANT INTENTIONS

Then write four sub-headings:

1. My Current Intentions Regarding My Body
2. My Relationships
3. My Home
4. My Work

Then, write a general description of how you want to feel and be, regarding each of the 4 categories. Be general and easy. Let these words come easily from you.

Now, go back to the first category, focus on the topic, sit back, relax, and daydream about this. Imagine your body looking just as you would like it to look. See it in your mind's eye. Try to imagine how that beautiful body would feel. Move it, in your imagination. Take it for a walk, dress it in something that pleases you. Appreciate its stamina and flexibility and clarity. Spend as much time daydreaming about this wonderful physical vehicle as you can. Stay in your vision until you feel refreshed, and continue to be there as long as you can.

Now, go to the second category, and do the same thing. Bring an image of the most significant person in your life experience and see that person with you. Feel appreciation for that person. Mentally speak your appreciation. Imagine that person loving you back. Praising you, and complimenting you. Feel your mutual appreciation and admiration. Stay within the vision until you feel refreshed.

Now, go to the third category, and feel appreciation for your home. Make mental pictures of your home as you want it to be. See it orderly, if you desire that, and beautifully furnished, if you desire that. In an easy and carefree manner, imagine it however you would like it to be. Take pleasure from your vision and stay there until you feel refreshed.

Now, go to the fourth page, and gather a mental picture of your work. Feel appreciation for the excuse it gives you to flow energy toward something. Acknowledge how expansive it is, and feel appreciation for its ever changing nature. See yourself expanding and thriving. Stay there until you are refreshed.

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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>

What psychological reality do you think most threatens healthy and whole human development? Founder of psychoanalysis, Sigmund Freud, postulated that the Oedipus complex is the root of most neurosis. Others in the field of psychoanalysis believe that unconscious and unresolved fears of death is the fount of neuroticism.

Consider the possibility that the failure to truly accept ourselves may be the greatest threat to personal wholeness. Psychologist **Carl Jung** wrote,

"The acceptance of oneself is the essence of the whole moral problem and the epitome of a whole outlook on life."

I can appreciate that to some this might sound like navel-gazing and a bit narcissistic - that are greatest need is self-acceptance... meanwhile 9 million people die from hunger and malnutrition each year. Point well taken. But consider that unhealthy people do harm, and so it's in everyone's best interest to cultivate personal wholeness and psychological wellbeing. Self-acceptance is, according to **Jung**, a non-negotiable.

However you might arrive there (philosophy, spirituality, science), one can make a credible argument that the foundation of existence or ground of all being is whole and complete unto itself. For the purpose of this post, let's just assume this is true, which means there is nothing wrong, inadequate or incomplete about what you fundamentally are.

We are a mind-body human expression/manifestation of that ground of being. An aspect of our earth journey is to actualize our fundamental essence as a Homo sapiens. Given the fragility and volatility of this actualization project, the process is quite messy, even for those who approach it thoughtfully and intentionally.

Jung asserted that the root of neuroticism is the failure to accept ourselves. The path to self-acceptance involves no longer sitting in judgement of yourself.

Self-judgment is viewing yourself through eyes of condemnation and disapproval. Self-judgment and shame go together. You have thoughts and feelings of inadequacy and unworthiness, and they become the basis of your self-image. For some people, fear-based religion or childhood emotional wounds foster shame and self-judgment. People can become self-hate junkies. The

running commentary in the background of your life is perpetual self-condemnation.

WHAT IS THE SOLUTION? It's common to assert that self-acceptance is the antidote to self-condemnation. However, typically the kind of self-acceptance we are familiar with does not go far enough and therefore does not solve the problem and set us free.

Until you can look upon the entirety of yourself without judgment, you will never find complete freedom in life. This doesn't mean we turn a blind eye or refuse to take responsibility for our flaws and shortcomings, and their consequences. It means stepping back and seeing yourself from a more constructive and compassionate viewpoint.

We often judge ourselves through a binary lens - good or bad. Unfortunately, it's typically a standard of perfection with which we make this judgement. We are also prone to use individual occurrences as a sweeping condemnation against ourselves. This thought, action, choice, characteristic, habit, pattern, mindset, feeling is bad, THEREFORE, I am bad.

The good/bad binary lens is problematic. It's too simplistic and isn't helpful. It doesn't contribute to your personal growth. Consider looking upon yourself and your life in a different way.

For example, you could approach your life by asking questions like:

Does this action, choice, characteristic, habit, pattern, or mindset...

- contribute to my well-being or is it a source of personal suffering?
- line up with what really matters most to me in life?
- represent the kind of person I want to be and the kind of life I want to live?
- reveal something about myself that is useful in my continuing growth and development?
- point to a deeper set of dynamics I need to address more seriously?

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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

Soul song #433 - When Mr./Ms. Right Turns Out Wrong

When a once exciting and promising relationship goes sour, I may feel intense disappointment.

That's natural. That's human. But I want to gradually move beyond disappointment in order to attract a relationship that proves to be satisfying and fulfilling.

When I'm mired in thoughts of loss, resentment, or self-pity, I can only magnetize another relationship that will have results similar to the previous one. That's how people become stuck in vicious cycles with one unsatisfactory partner after another.

Whether it's a brief date or a long-term marriage, it's important that I leave any romantic encounter by focusing on what went right, not what went wrong, by thinking about the other person's pleasing qualities, not his/her maddening quirks.

That which I remember from past relationships sets the stage for the kind of person I'll attract in the future.

I banish wounded-ness. I consistently envision my dream date. And I delight in whoever turns up next.

AD RATES ON PAGE 4

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SOULSONG #145 THE SILENT TREATMENT

I pause now, breathe deeply, and allow my thoughts to subside. Becoming still, calm, and relaxed, I release the need to get things done and make things happen. I turn my attention to my breath or perhaps listen to an inner sound in order to stay focused within.

I rest in this state of alert passivity for a few moments, a few minutes, or longer, knowing that this is a time of intense receptivity, intense allowing of all that I want to come forth. I am welcoming my deepest longings for physical and emotional health, money, love, and every good thing while I'm in this quiet, peaceful place. I am actually setting in motion events and circumstances that will bring blessings, answers, solutions, even miracles.

It seems that I'm doing nothing, but I can actually accomplish more this way than any other way. I am allowing the good that ever seeks me to start finding me. Now, without effort, in the silence.

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

PROTECTING YOUR BONES FROM OSTEOPOROSIS

Believe it or not your bones are living tissue constantly undergoing change and renewal. Think of your skele-ton as a huge calcium bank. When you are younger a healthy diet and exercise build a healthy bank account then somewhere around 35 your body reaches its calcium peak accepting fewer and fewer deposits using up more calcium than it can replace.

Calcium plays a major role in the health of your bones but the lack of **calcium** is not the only cause of **osteoporosis**. The lack of exercise, high protein, high fat diets, drinking sodas or alcohol, hormonal imbalances, smoking, low levels of **vitamin D** and **calcium** along with the consumption of refined, processed, and chemical laden foods along with certain medications are just a few things that can rob calcium from your skeletal bank account.

SO WHAT CAN YOU DO TO HELP YOURSELF?

The use of herbs alone cannot eliminate **osteoporosis** but they can slow its progress. Exercise will encourage your bones to become stronger a 30 minute walk increases bone density reducing fracture risk by about 30%.

IF YOU ARE THINKING OF USING HERBS consider **Oatstraw, Red Raspberry, Dandelion, Horsetail, Nettle, Alfalfa, Boneset or fennel**. These herbs are rich in **calcium, magnesium, boron, silica, Vitamin K, and zinc** helping to strengthen your joints, muscles, cartilage and bone density.

With menopausal women and men (Yeah! Men go through this too!) the increase of bone loss is associated with less estrogen being produced by the ovaries and by lower levels of testosterone being produced.

...continued on page 31...



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DAILY USE AND PRACTICE

COPPER

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](#)

The heat is on here in Florida. Although summer does not officially begin until June 21, these 98 degree days sure feel like summer to me! It is challenging to go out and work in my garden unless I get out there early in the morning but my plants keep calling me to bring them water and the birds are very appreciative of the bird feeder in my back yard. Two years ago I decided to let my yard grow natural so I no longer have to worry about keeping a green lawn during summer droughts or heat spells.

The fallen leaves create habitats for firefly larva and native bees. The wildflowers provide nectar for the butterflies. The native vines and grasses feed the caterpillars that magically become butterflies to delight my heart. A wild grape vine has popped up on my fence. All of this ever changing bounty from the earth demonstrates the natural connections that create the ecosystem that sustains us all.

During this time when divisiveness seems to surround us, we can all use a boost of the energy we can feel when we are connected to this sacred balance. The lethargy that comes from working too long in the summer sun can be shifted towards revitalization when we can connect to the **Source of Being**. Our creativity is stimulated and potential for positive change can be activated.

The crystal I have chosen to assist in providing connection is **Copper**. As you may know, **Copper** is an elemental metal that is the strongest conductor of both electricity and heat. It has many applications in engineering and electrical wiring and has both anti microbial and antioxidant properties. **Copper** is infinitely recyclable - it can be purified and reused no matter how it has been used. What a wonderful metaphor this!

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The **Copper** piece in the picture here is an art piece of **Splash Copper** created by pouring molten **Copper** onto water. These are lovely to hang on your wall or place over your altar and you can find this particular piece at the High Springs Emporium Rock Shop. (www.hserockshop.com)



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. As of Dec 2022 her physical body could no longer contain her Spirit, but she is still 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,

The world seems so heavy now, there is so much stress and financial burdens. It's hard to stay in a place of spirituality when the world is going crazy around me. I want to do more to help animals and finish building an organic garden co-op. But I get pulled away from my daily spiritual practices with drama: how to I come to terms with this? My green thumb is wilting.

DEAREST,

The movie "**The Matrix**" is a good analogy of life. It is a dream world: an illusion based on what we co-create individually and collectively. For some, life can be astounding, but mostly Life is a bittersweet journey.

We come here to experience both the **Darkness** and the **Light**. If you have not experienced hardships, how would you know joy? **Earth** is a place of duality. We come here to create our reality and work out our karma. Here you can walk through a nightmare and you can also experience bliss.

Your choices are based on what your soul desires to learn. If we did not need some dark lessons, we would not reincarnate here.

But there is the trick, as you learn to actively co-create your reality, you will manifest better scenarios and outcomes. Once the larger population begins to do this, we will enjoy a better **Earth**.

This is a very special time, yes, the energy is chaotic, but we came to celebrate. There is an evolution of consciousness happening: collectively, individually and this includes Mother Nature.

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YOGA SHAKTI MISSION



YOGA SHAKTI MISSION

**3895 HIELD ROAD, NW
PALM BAY, FL 32907
321-725-4024**

www.yogashakti.org/

Ma Yoga Shakti yogashaktipalmbay@gmail.com

SUNDAY LECTURES 9 - 10AM



Students doing Surya Namaska on the International Yoga Day (held every year on June 21st.)

YOGA CLASS SCHEDULE

Donation: \$10 per class or \$50 per month
Our weekly Yoga classes are held outside in a large, beautiful, screened in pavilion in the woods of Palm Bay. Bring your own mats.

Mon. 7 pm Annapurna Classical Asana Yoga

Tues 10 AM Yoga with Kashi

Tues. 7 pm Vinyas Flow with Natalia

Wed 7 pm. Lisa Campbell Yin Yoga

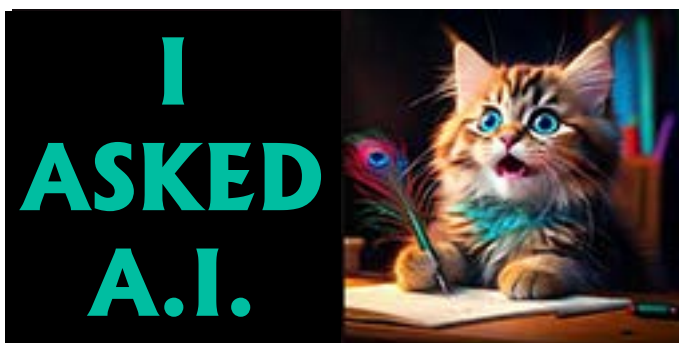
Thurs 7 pm Sensei Marguerite Intermediate Yoga

Schedule subject to change.

VEGETARIAN INTERNATIONAL LUNCHES -- FIRST SATURDAY OF THE MONTH AT NOON

Suggested Donation \$15 — small children free





Here I've gone online to <https://openai.com/index/chatgpt/> and asked questions. Your choice When you "Try ChatGPT" is to (1) Log in, (2) Sign Up for Free or (3) Stay Logged Out. I always stay logged out.

While Artificial Intelligence can produce some interesting info, it can also hallucinate and give errors.

In Roberto Mata vs. Avianca Airlines US District Ct, Southern District of NY Case 1:22-cv-1461(PKC) attorney Steven Schwartz used ChatGPT to conduct legal research for the court filing. The court found that the cases didn't exist and had "bogus judicial decisions with bogus quotes and bogus internal citations" and sanctioned and fined the attorney and the law firm.

HAVE FUN BUT CHECK FOR ACCURACY. -- Publisher

I ASKED A.I. WHAT IS THE ROLE OF THOUGHT IN DISEASE AND TRAUMATIC INJURIES? CAN THEY BE RESOLVED THROUGH THOUGHT?

ChatGPT said: The role of thought in disease and injury is complex and multifaceted. Thought—meaning mental activity, beliefs, emotions, and perception—can influence physical health profoundly, but it also has clear limits when it comes to directly resolving diseases or injuries. Here's a breakdown:

HOW THOUGHT INFLUENCES DISEASE AND HEALING

Psychoneuroimmunology

The mind affects the body through the nervous and immune systems. Chronic stress, anxiety, and negative thinking can suppress immune function, while positive emotions and optimism may enhance it.

Stress and Inflammation

Prolonged stress (often rooted in thought patterns) increases cortisol, which can contribute to inflammation, high blood pressure, and chronic conditions like heart disease, diabetes, and autoimmune disorders.

Placebo and Nocebo Effects

Belief alone can influence outcomes. Placebos can produce real physiological changes (pain reduction, hormonal shifts), while negative expectations (nocebo) can worsen symptoms.

Pain Perception

Pain is partly a construct of the brain. Mindfulness, meditation, cognitive-behavioral therapy (CBT), and reframing thought patterns can reduce the experience of pain, even if the physical cause remains.

Behavioral Influence

Thoughts shape behavior—how we eat, sleep, exercise, follow medical advice. Health-improving actions are more likely when people think positively or have a sense of agency and hope.

LIMITS: THOUGHT ALONE CANNOT FULLY RESOLVE DISEASE OR INJURY

Structural Damage

A broken bone, torn ligament, or severed artery cannot be healed by thought alone. These require medical intervention, though mental state can support the healing process.

Infections and Genetic Diseases

Bacteria, viruses, or inherited disorders aren't resolved purely by changing thought patterns. Mindset may influence outcomes but doesn't eliminate the root cause.

Cancer and Chronic Illnesses

While a positive mindset can help patients cope and sometimes improve quality of life or treatment response, it does not cure the disease on its own.

WHERE THOUGHT HAS POWERFUL THERAPEUTIC VALUE

Recovery and Rehabilitation: Patients who believe in their capacity to recover often do better in rehab.

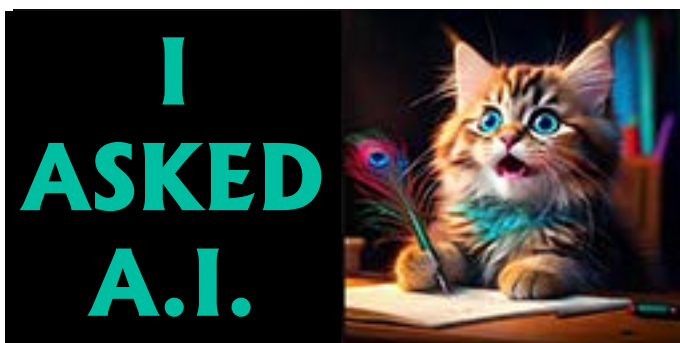
Chronic Illness Management: Thought training (CBT, mindfulness, etc.) helps manage symptoms of conditions like fibromyalgia, irritable bowel syndrome, or chronic fatigue.

Mental Illness: Thought work (like therapy, mindfulness, etc.) is often central to treatment.

CONCLUSION

Thought can't replace medical treatment, but it can greatly support or hinder healing. It's a partner in recovery, not a solo healer. Integrative approaches that include both medical care and attention to mindset tend to produce the best results.

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FROM A SPIRITUAL LENS, the role of thought in disease and injury touches on deeper questions about the nature of the mind, the body, consciousness, and even the soul. Different spiritual traditions approach this in varied ways, but many share a core belief: that our inner state profoundly shapes our outer experience, including health and illness.

LET'S EXPLORE THIS IN A FEW SPIRITUAL FRAMEWORKS:

Eastern Traditions (Hinduism, Buddhism, Taoism)

1. Mind as a Source of Suffering and Liberation

In **Buddhism**, suffering (dukkha) is said to arise from attachment, aversion, and ignorance—all rooted in thought. Disease, while physical, can also be a reflection of inner imbalance or karmic unfoldment.

Healing, in this view, involves freeing the mind from clinging and identification. Meditation, mindfulness, and compassion are tools to align with deeper peace, which in turn can affect the body.

The body is impermanent and part of the cycle of birth and death (samsara), but peace of mind transcends that.

2. Energy and Chakras (Yoga, Ayurveda)

Thoughts affect **prana (life energy)**. Negative emotions or chronic mental tension can block energy flow, which in yogic and **Ayurvedic** traditions, leads to disease.

Practices like **pranayama, mantra, visualization, and meditation** are used to clear these blockages—aligning thought and intention with healing energy.

Western Mysticism & Esoteric Christianity

1. Divine Mind and Healing

In **Christian Science**, **Mary Baker Eddy** taught that disease arises from misperception and that “matter” is a mistaken belief of the mortal mind. Healing comes through alignment with Divine Mind—pure, spiritual reality.

THOUGHT, WHEN ALIGNED WITH GOD'S TRUTH, DISPELS THE ILLUSION OF ILLNESS.

2. Faith Healing In certain Christian traditions, faith and prayer are seen as conduits for divine healing. This isn't “thought” in the ordinary sense, but a deep surrender and connection to divine will. Miraculous recoveries are sometimes reported, attributed to the power of spiritual conviction, divine love, and grace.

NEW THOUGHT, LAW OF ATTRACTION, AND METAPHYSICAL APPROACHES

1. Thought Creates Reality

In **New Thought**, thought is causative. What you hold in consciousness tends to manifest. Illness may arise from fear, guilt, resentment, or prolonged negative thinking. Healing is mental and spiritual re-alignment—cultivating thoughts of health, wholeness, love, and gratitude.

Thinkers like **Neville Goddard, Louise Hay, and Florence Scovel Shinn** taught that affirmations, visualization, and mental discipline could reshape not just emotion but physical health.

SHAMANIC AND INDIGENOUS VIEWS

1. Illness as Disconnection

In many shamanic traditions, illness is not just physical but a sign of spiritual imbalance, soul loss, or disharmony with nature. Healing may involve ceremonies, plant medicine, and vision quests—aimed at restoring wholeness to the soul.

Thought is part of this—healing often requires a shift in self-conception, re-integration of lost parts of the psyche, or a release of ancestral trauma.

SUMMARY (SPIRITUALLY SPEAKING)

ORIGIN OF DISEASE Misalignment with truth, energy blockages, karmic patterns, or soul disconnection
Role of Thought Thought is creative and formative; it can trap or liberate the spirit

Healing Through Thought Yes—but requires deep inner transformation, not just surface positivity. Often involves returning to Source, to God, to stillness, to Oneness

FINAL REFLECTION

In spiritual terms, true healing is not just about the body—it's about awakening. Sometimes illness is a teacher, a messenger, or even a gateway to higher consciousness. And sometimes, healing doesn't mean cure—it means peace, freedom, wholeness, even in the presence of pain.



THE FORBIDDEN ORANGE

Be Not Attached to the Fruits of Your Concepts

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. ([mitchditkoff.medium.com](https://medium.com/@mitchditkoff)) and mitch@thegiftofpoetry.com See also <http://www.idealchampions.com/heart/>

Every spiritual tradition in the world has its own collection of rites and rituals that make up the warp and woof of its particular path.

These rites and rituals, the origins of which are not always understood, give its practitioners something to do – something not just think about or meditate on, but a physical activity they can focus on to help them remember the metaphysical connection to the essence of their path.

I get it. I do. Rituals work. Or as my rabbi liked to say, “If you want to learn to dance, sometimes you need to start with the box step.”

My kids, for example, cannot celebrate **Christmas** without leaving milk and cookies out for **Santa**, even though its been years since they realized that the fat guy in the red suit didn’t have a snowball’s chance in hell of making it down our chimney.

While I have never been a big fan of rites and rituals, I definitely have experienced their benefit, the most memorable one happening for me in 1974. That was the year I lived in a spiritual commune, on a 600 acre farm, 12 miles outside of **Charlottesville, Virginia**.

Three times a week, the six of us would sit, cross-legged, in our living room and, as a part of a spiritual practice given us by the same wonderful Teacher, share from the heart.

It was at one of these gatherings that I first heard the news about an ashram that would soon be moving to our little town. An ashram!

A center of spiritual life! A divine abode of **God**-seeking souls – students of the same teacher I had – who had dedicated their lives to the realization of the highest truth.

I couldn’t believe my good fortune. Now, I would have a place to go and serve whenever I wanted to dive deeper into the depths of the spiritual path I was on.

Cool.

Back then, as I understood it, the prevailing ritual of welcoming a new ashram was to bring a gift – usually a flower or a piece of fruit – and place it on the altar.

And so, on the day the ashram was going to open its doors, I made a pilgrimage to my favorite grocery store in search of the perfect piece of fruit.

The cantaloupes looked great, but seemed a bit too big to place upon an altar. The apples also looked great. They were red, unblemished, and shiny. Too shiny, I thought – almost as if they had been polished in some back room to make them stand out.

Uh uh. No way did I want my offering to stand out. I wanted my offering to fit in with the other flowers and fruit.

Hey, this wasn’t about me and my offering. This was about selfless giving, right? That’s when I noticed the oranges – perfectly round, unpolished, and delicately textured pieces of fruit. Yes! Oranges!

Choosing the roundest and most orangey orange I could find, I blissfully made my way through the 5 Items or Less check-out lane, carefully positioned my orange on the passenger seat of my **1966 Volkswagen**, and began driving to the ashram – a destination that was going to be the radiant sun around which the **Pluto** of my longing was going to revolve.

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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 2025

Welcome to June, the month of the longest day of the year! Here are some of the celebrations that will be taking place during these lazy, hazy days of summer:

June 1 thru June 3: Shavuot - A **Jewish** holiday that combines a grain harvest and the giving of the **Torah** on **Mount Sinai**.

June 3: Yoruba New Year The **Yoruba** believe in the continued existence of ancestors and their influence on the living, with rituals and ceremonies performed to honor them. **Yoruba religion**, often referred to as **Ifá**, is characterized by a complex hierarchy of deities (Orishas), ancestors, and spirits. Practices include divination, rituals, and festivals.

June 4 thru June 29 :The Hajj: among the most important of Muslim holy days. This annual pilgrimage to the holy city of **Mecca** that's required for all **Muslims** during their lifetime if they are financially and physically able to do it.

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

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

June 8: Pentecost Sunday, also known as **Whitsunday**. Marks the end of the **Easter** cycle, which began 90 days ago with **Ash Wednesday** at the start of **Lent**.

June 11: Full Strawberry Moon in Sagittarius

June 11: Saga Dawa: Tibetan Buddhist's Month of Merits. This festival celebrates the birth, enlightenment and death of **Lord Buddha**.

June 13: Enlightenment Day of Guan Yin, Bodhisatva of Mercy, Buddhism.

June 15: Father's Day

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

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

June 20-21: Summer Solstice **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**. 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 24: Inti Raymi Festival of the **Incan Sun God**, **Peru**

June 25: New Moon in Cancer

HAPPY JUNE AND BLESSED BE!



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 source of power, wisdom within you. www.sethlearning-center.org

QUESTION: Is my automatic writing legitimate?

SETH: You are opening up channels to the inner self and, hence, hopefully beyond. Consider then what you are doing quite legitimate as a means, but not an end. Do not take everything you get as the holy word of God. You are working through the subconscious, and you must work through the subconscious in order to clear the channels. To know this does not mean that you should not trust what you are getting. It simply means you should look to it subjectively as well as intuitively.

You are on a pathway and you have a good beginning. There is debris in your way. This is not the fault of the pathway and the debris is perfectly legitimate for what it is so do not be discouraged but go your own way, slower, more calmly, and with inner confidence. Do not question so severely, for underneath you have been wondering whether or not you are reaching only the subconsciousness. To reach the subconsciousness itself is quite an endeavor and worthwhile. You must work through this in order to make communication with other layers.

And you have received some legitimate information in regard to your family. Information that helps you relate to them more clearly. Now, whether or not it is couched in reincarnational terms, it offers clear, precise and excellent insights as to how those within your family operate and what stimuli is important to them. Be thankful for it."

SETH ON WHAT TO DO WHEN TOLD YOU HAVE A SHORT TIME TO LIVE

SETH: No man or woman consciously knows for sure which day will be the last for him or her in this particular life, that each calls the present one. Mortality with its birth and death is the framework in which the soul, for now, is expressed in flesh.

Birth and death, then, have their function, intensifying and focusing your attention. Life seems more dear in your terms,

corporeal terms, because of the existence of death. It seems obvious, but the full enjoyment of life would be impossible in the FRAMEWORK, NOW, of earthly reality without the knowledge of death.

You have been given an opportunity to study life and to experience it more fully than you ever have before in this existence. Its intensity and brilliance, its contrasts and similarities, its joys and its sorrows, are here for you to perceive, whose eyes are opened by the fact of the doctor's pronouncement.

Now I tell you: That intensification, appreciated and understood, and the experience of life and living, accepted unconditionally, can bring you in this lifetime another birth in which the doctor's pronouncements are meaningless. Spiritually the death sentence given you is another chance at life, if you are freely able to accept life with all of its conditions and to feel its full dimensions, for that alone will rejuvenate your spiritual and physical self.

DELETED SESSION 853, THE PERSONAL SESSIONS

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...

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SPIRITUAL GRAFFITI

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

It's not about "letting it go." It's about letting it in. It's about letting it deep. It's about letting it through.

It's about being true to your feelings. It's about giving your experiences the attention they deserve. And that may take a moment, or it may take years.

The trick is not to shame your need to hold on to what has yet to be resolved.

"Let it go" is the mantra of the self-avoidant, feigning resolution because they lack the courage or the preparedness to face their feelings. Let's not play that game.

Let's let things in and through, until they are fully and truly ready to shift. Let's let it grow into the transformation at its heart. We write our story by fully living it. Not by "letting it go" before its time.

You are the sign you have been waiting for.

From *Hearticulations: On Love, Friendship & Healing*



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>

Plan the celebration now.

**Sweep the floor. Clean the slate.
Pick a date.**

Window shop, buy a few things, go out on a limb.

Rearrange the furniture, pick some flowers, take some time off.

No, no. Not necessarily because a tipping point has been reached... but because this is how you reach it.

How's today looking?

The Universe

HORIZONS MAGAZINE AD RATES ON PAGE 4
Text 321-750-3375 or email HorizonsMagazine@gmail.com

We don't answer unknown callers (too much spam.) We DO return voice mail & texts



Scott Grace

THE FEAR TRANSLATOR APP

Scott Grace is a healer, guide and life coach, as well as the author of: [Mindful Masculinity](#), [Teach Me How To Love](#), [Oh the Places Your Ego Will Go!](#) And.... [How To Evolve During The Trump Experience Whether Humanity Joins You or Not](#), which he never dreamed would be relevant again. He can be found at www.scottsongs.com, on YouTube, and Facebook, and in Ajijic, Mexico if you want to take him out to lunch.

Most people think the world is divided by politics, race, or religion. But peel back the layers, and you'll find a common thread woven through it all: fear. Not the kind that makes you jump at spiders or run from bears—but the subtle, shape-shifting kind. The fear that masquerades as certainty, anger, or superiority. The kind that whispers, "If they're right, I'm wrong."

Here we explore that fear—and imagines a world where we could lovingly translate it... before it shouts.

When my daughter was thirteen, I arranged for her to have a **Zoom** call with one of her heroes, the environmental activist **Ocean Robbins**. (Take a wild guess at his parents' politics—after all, they named him **Ocean**.)

She came prepared with questions. The juiciest one: **"What do you think is the biggest problem facing the world today?"**

I was expecting something like climate change, greed, income inequality, or narcissists in power. His answer? Just one word: Fear.

It surprised and delighted me.

Wouldn't it be something if we had an app that could translate the world's chaos back into its underlying fears? Something that could decode aggression, racism, greed—even that twitchy feeling you get before a family dinner during election season?

Let's call it **The Fear Translator**. Its voice, of course, would sound like **Deepak Chopra**. But instead of **Siri**, it would be called... **Feary**.

CONVERSATIONS WITH **FEARY**

Scott: What fear is behind greed and the endless hunger for wealth and power?

Feary: Checking... Yes. We're seeing a strong signal from the fear of scarcity. Not having enough. Not being enough. To avoid painful feelings of inadequacy, the accumulation of more becomes a coping mechanism—an addiction. These individuals often lacked real love in childhood and settled for its hollow substitutes.

Would you like us to send compassion?

Scott: You can do that?

Feary: Compassion sent. Would you like us to also send compassion to those affected by their behavior?

Scott: Absolutely. Double strength.

Scott: What's the fear behind arrogance?

Feary: Ah. This may come as a surprise. It's actually... shame. Unworthiness. The loud bullhorn of superiority often serves to drown out a deep fear of being not good enough. Shall I send the antidote, humility and authentic self-love?

Scott: Please do. Ready for another?

Feary: Always. Shoot.

Scott: What's behind hatred?

Feary: That one's a no-brainer. Would you like to answer it yourself?

Scott: Are you being smug with me?

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OUR MIND



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>

YOGA SUTRAS OF PATANJALI Techniques of Meditation

OUR MIND #11 SAMAADHI

This is a systematic series of the study of the Our Mind. We will be giving you the most important **Yoga Sutras of Sage Patanjali** each month. The **Sutras** reveal how our mind works and how we can have complete control not only of the conscious but also of the unconscious mind. This is the true goal of all yogic practices.

Sage Patanjali understood the mental process to such a degree, that he could take the mind and evolve it to a higher consciousness just through this study. The text is written to be practiced, and through practice it brings deeper wisdom and awareness of our own mind. I am hoping that the reader will reflect on the contents and begin to understand how our mind works and how we can harness its power.

CHARACTERISTICS OF SAMAADHI

The study of yoga is to have complete control over our mind. This is a difficult practice because the mind gets constantly disturbed by outside forces called life. It is required to take some time from our life and keep the mind quiet and reflect. Yoga recommends to do this first thing in the morning before the bustle of the day begins. Once we learn to have the mind silent and listen to it we will be ready to practice meditation. Meditation is the culmination of a very concentrated and focused mind.

Most of our thoughts are looking at a situation in the light of previous impressions or future expectations. Those are the thoughts that are colored by the ego rather than fact. When the mind is on one point, the ego has to step aside with its comparing and judgments and we are able to see the reality. Reality is without judgement or comparison to previous experiences. When we go into meditation, or deep concentration we begin to tap into our inner knowing self, our spirit.

By practicing meditation the **vruttis** (the turbulent waves of the mind) become weak. Every thought that we have creates more waves of the mind. We call them **samskaras**. We need to remove all of those waves stored within our conscious, unconscious and subconscious mind that color our experiences. When we are in a state of meditation, we do not color the thoughts with previous impressions of likes, dislikes, beliefs, and judgements. We experience the situation in the now moment and react to it from our inner self, our real self, not the one we have created through previous impressions.

By meditation we stop creating waves that store in the unconscious. The mind becomes its original shape, and the mind awareness remains only in three parts.

THE THREE KINDS OF VRITTIS ARE:

1. the one who sees or receives
2. the act of seeing, or receiving
3. the object that is seen, or received

When all three **vruttis** merge into one, where there is no difference between the meditator and the object of meditation, then there is **samaapattihi samaadhi**.

At that stage of **samaadhi** no "I" awareness is left. No more "mine" and "thine." The "I" and "you" are gone. There is only one totality. This stage cannot be reached without **bhakti** (love). When the mind loves an object it will not leave it. **Sam** is balance, **aadi** is mind. **Samahit** is receding into something. **Adyat** means completely absorbed. A **devotee** loves to merge into the **Divine**. Everything is **Divine**. There is no more "I" consciousness, only One consciousness.

...continued on page 30...



A GOOD DAY TO BE DRIVING

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 hiking in nearby woods. You can follow him on Facebook: www.facebook.com/david.cronin.79/ and Instagram: www.instagram.com/david.a.cronin/. He can be reached at: davidcronin490@gmail.com. He took all the photographs accompanying his articles. *Editor's note: David takes photos of everyday places and items and reveals to us their magic, urging us to find the magic in our own seemingly ordinary Here and Now.*

Many years ago, I worked as an Uber driver. I enjoyed writing about my experiences in a series called 'Driving Our Humanity'. Here is one of the articles. I hope you enjoy it.

A GOOD DAY TO BE DRIVING

Ever have one of those days when you really didn't want to do something but somehow knew that it would be beneficial if you persevered, pushed through your resistance, and did it anyway?

Driving today was like that for me.

I was struggling somewhat this morning, in my 'stuff' as it were. My mind was not a comfortable place to be lost in. A couple of downsides of being there are 1) it tends to be self-isolating, you don't feel like being around anyone, and 2) you are prone to really buy into your own story, in a deep way, when in fact, it's just a story. The story is usually centered around what all this stuff happening means for, and about, me. All our attention and energy are focused inwards, and not in a good way.

I knew the best thing for me was to grab my keys and hit the road, so I did.

At one point, I had two different fares in my car at the same time. The system is designed so that if someone needs a ride along the way you are already taking someone, you can stop and pick them up too. Both riders have agreed to this possibility ahead of time, and they get a slight discount for the short delay in their trips.

My first rider was a young man going to his evening shift at a pizza joint. Along the way, I picked up an elderly man who was leaving his job to go home. He was a blue-collar worker who didn't speak any English. We all rode in silence, the young man texting on his phone while the elderly man just tiredly gazed out the window.

I could feel my mind slowly starting to be drawn back into my earlier abyss. Those places in the mind seem to have their own gravity. I caught myself and began

to focus on my breathing, allowing it to become long, slow, and deep.

I shifted my attention from my own challenges to those two souls in the seats behind me. I reminded myself of our common humanity. I didn't know if they were feeling somewhat overshadowed at that moment, but I did know that they had at some point in their lives and most assuredly, would again sometime. So I opened my heart to them both and said a silent prayer, "*I know how hard life can be at times, may you be at peace, may your life be joyous.*" I pictured them in my mind's eye being radiantly happy, empowered, and joyous. I could feel my inner experience shifting. Rather than feeling small and isolated, there was a sense of expansion and lightness.

I dropped the young man off at work and took the elderly man home. When we arrived, I turned to thank him. He reached over and offered his hard, calloused hand. As we shook hands, I found myself looking into his kind eyes. He had a knowing smile on his face. There was a powerful gentleness there.

We had hardly spoken to each other, and when we had, it had been in different languages. But somehow it felt like he knew everything that had been going on in my mind and heart the whole trip. And now he was reaching out to me, and without speaking, simply communicated "Yes. I understand."

It was a good day to be driving.





Jim Palmer

NON - RELIGIOUS SPIRITUALITY

continued from page 8 ...

Do you see the difference? It's not a black and white (good/bad) indictment against yourself, it's constructively focused on the individual action, choice, characteristic, habit, pattern, mindset, or feeling. Condemnation does not liberate, but approaching our lives more constructively allows us to properly integrate the totality of ourselves and our life into a meaningful and healthy whole.

It is not constructive to turn the binary good/bad lens on yourself.

A more empowering lens through which to view yourself would be:

- I am a human being who is in a perpetual process of becoming.
- I am a human being of worth and value at every moment, regardless of where I am in the process at any given time.
- I am a human being deserving of my own acceptance, patience, kindness and compassion.
- It's okay not to be perfect and to make mistakes.
- I am a human being endowed with the abilities to cultivate a life of meaning, virtue, well-being and fulfillment.

The most important freedom is freedom from your own self-judgment. In my own life journey and the personal and spiritual growth work with people over the years, I've learned there are **4 LEVELS OF SELF-ACCEPTANCE**:

Level 1 Self-Acceptance: Universal Imperfection

This level of self-acceptance involves the realization that one's imperfections are not unique to them but universally true of every human being. Level 1 Self-Acceptance is an acknowledgement that every human being is an assortment of characteristics, mindsets and behaviors of which some are constructive toward wholeness, well-being, and flourishing, and others that are harmful to ourselves and others. This is true of every human being, including those you imagine to be better than you.

Level 2 Self-Acceptance: Deconstruction of Causes

The root of self-judgement and shame is often false beliefs and stories we believe about ourselves, which govern our self-image. As mentioned above, shame-based religious messages, childhood trauma, and the absence of adequate love, validation and affirmation during our formative years of development, are some sources of a toxic self-image. The personal work to be done at this level of self-acceptance is to investigate and deconstruct these false beliefs and stories. This involves gaining greater understanding of the seed sources and life experiences that produced these self-condemning views of ourselves.

Level 2 Self-Acceptance is important because it enables you to shift your self-condemning judgments from "this is what I am" to "this is what I learned." There is nothing that can be done about an item in the "this is what I am"-category. For example, your height, eye color, and core personality pattern is in this category - "this is what I am." But your self-condemning thoughts, mindsets, beliefs and stories are in the "this is what I learned"-category, and these can be unlearned.

Level 3 Self-Acceptance: Hospitality and Curiosity

The third level of self-acceptance is cultivating an inner disposition or space of hospitality within yourself for every thought or feeling about yourself that arises. Offering hospitality to every thought and feeling that arises is being an impartial, accepting and compassionate witness to your thoughts and feelings about yourself as they come and go. Offering hospitality is the absence of all judgment, resistance, and condemnation. This inner disposition of hospitality allows these thoughts and feelings to arise and dissolve, you neither grab ahold or resist them when they come.

This space of hospitality is also one of curiosity. Rather than grab ahold of disapproving thoughts and feelings and fueling them into strongholds of self-condemnation and shame, just be curious about them. What triggered the thought or feeling? What is the false belief or story at the root of it? What is the truth that is being obscured by your emotions of self-condemnation? What can you learn from this?

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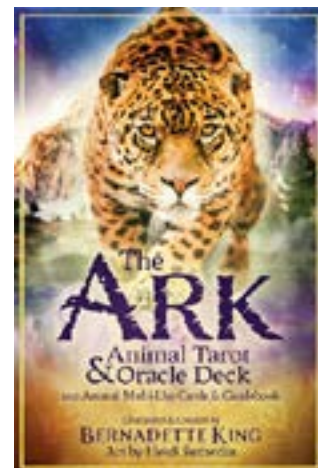


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HUMMINGBIRD SYMBOLISM & MEANING

Are you long overdue for a little time for yourself? Is it time you viewed the world from a new perspective? **Hummingbird**, as a **Spirit, Totem, and Power Animal**, can help! **Hummingbird** teaches you how to celebrate all the blessings in your life, all while showing **Hummingbird** symbolism and meaning to find out how this **Animal Spirit Guide** can inspire, excite, and animate you!

Humm, Humm, Humm with your heart - so much your spirit soars: That is **Hummingbird's** song and sublime message. The smallest of all birds, **Hummingbird** beats its wings around 70 times per second; that means this little wonder can take the slow lane of the interstate at 30 mph! It's no wonder **Hummingbird Spirit** is tied to speed.

Besides what seems to be miraculous for such a tiny creature, **Hummingbirds** can stop immediately even when at full diving speeds of 60 mph; they can fly up, down, backward and forward, and when hovering their lovely wings make the sign of infinity. With this in mind, **Hummingbird** may represent our ability to "**Keep on, keepin' on**" even when it seems impossible. Additionally, the figure-eight pattern while hovering bears another message about not stagnating in one moment in space and time - embrace your life lessons then look to the future.

The hovering movement of **Hummingbird** is a potent message about being in the moment and enjoying life's nectar. Many **Shamans** felt **Hummingbird** carried the natural healing powers of the herbs and flowers from which they ate. Those with **Hummingbird medicine** bring love and joy on their wings along with a sprinkling of magic!

Hummingbirds wing vibrations since with happy energies. It's hard to be sad or worried when **Hummingbird** spirit soars close by you. The rainbow hues in **Hummingbird** feathers further this symbolism and represent renewed hope.

Scientists tell us that **Hummingbirds** are very intelligent. Their mind memorizes every flower from which they eat, and they know how long it will be before they can return for food. In this context, ask, "**What are you consuming spiritually? What do you truly need to remember?**" Sometimes we get so soulfully hungry that we can drain our resources. **Hummingbird** helps avoid that.

Overall, **Hummingbird** as a **spirit animal** represents flexibility (our ability to accept and implement change), lightheartedness, and joy. Other associations shared by these **Lightworkers** include remaining present, freedom, awakening happiness and hope, a lightness of spirit, quick responses, reversing melancholy, tirelessness and fortitude.

Despite our teeny spirit guide, the **Hummingbird** can travel long distances without rest. In the **Medicine Cards**, **Hummingbird** represents joy.

HUMMINGBIRD SPIRIT ANIMAL

When **Hummingbird** spirit begins whispering in your ear, She reminds you to enjoy the sweet, simple pleasures in life. You are long past due for some "me time" doing things that bring a smile to your face.



WHAT IS MY SPIRIT ANIMAL

... from page 23

As **Hummingbird** guides - your emotional life begins blossoming. Enjoy the nectar of your family garden and celebrate it with abandon. If you have closed off your heart for some reason, **Hummingbird** assures the time has come to reach out again.

Hummingbird Medicine supports our wishes and dreams in a unique way. People often put special goals on the sidelines of life when other pressures arise. **Hummingbird's** message is that it's never too late to pursue your dreams and explore ways to create a new reality. You have so much potential! Let **Hummingbird** help you unlock it.

HUMMINGBIRD TOTEM ANIMAL

People born with a **Hummingbird totem** embrace life in an upbeat, appreciative way. The smallest wonder attracts their attention. They live fully in each moment, ready to adapt as new, interesting ideas arise.

When blessed with **Hummingbird** as a **totem** animal adaptability is your middle name. You can make the most out of nearly any situation and a natural aptitude for picking up the emotions of those feeling blue. The **Hummingbird** inside you wants to see the best in everyone and search earnestly to find that one gem to focus on; this is a blessing, but people may take advantage of that desire - using your energy on a proverbial flower that just won't blossom for anyone.

Hummingbird people treasure freedom blended with an easy-going pragmatism toward life.

HUMMINGBIRD POWER ANIMAL

Call out to **Hummingbird** spirit when you need to move quickly and smoothly through a situation. Don't be afraid of detours. These are common with **Hummingbird** at your side. Another attribute **Hummingbird** provides as a **Power Animal** is flexibility. Don't be so firm in your thoughts that you miss something slightly outside the box.

As you develop a relationship with this **spirit animal**, you will find that your emotional awareness becomes very keen. This may come across to others as moodiness, but it's part of the adaptability of this creature. You will be prepared for change.

NATIVE AMERICAN HUMMINGBIRD SYMBOLIC MEANINGS

For **Native Americans** and depending on the tribe, **Hummingbirds** are associated with everything from tobacco to the sun. They are seen as rain and wind bringers, healers and they are often linked to ancestral connections. The **Mayans** associated the bird with solar energies or the masculine Sun as it tries to win the favor of the feminine Moon. Some lore even suggests feathers from other birds were used to create **Hummingbirds**.

The **Mayans** also associated the **Hummingbird** with spirit communication believing the sharp beak of the bird could pierce a hole in the mouth of a king to the point of drawing blood; that divine blood was put on sacred scrolls and later burned, so messages from the king's ancestors could rise up from out of the smoke. A similar belief was held among the **Chayma Tribe**, where **Hummingbirds** were treated with great care because they were the dead ancestors of the people.

The **Pueblo** tribes also associate the **Hummingbird** with rain and use the bird's feather in rituals for calling on the rains. The **Shamans** in the tribe relied on the birds to act as couriers to carry offerings or presents to the **Earth Mother** residing underground. The **Pueblos** correlate the bird with tobacco, and if a baby dies in the tribe, prayer sticks fashioned with **Hummingbird** feathers are said to hasten the child's return and rebirth.

The **Mojave Tribe** has a legend that has shades of the biblical tale of **Noah and the Flood** when he sends out the dove looking for dry land. According to the tale, it's the **Hummingbird** that is sent out into the primordial darkness to find light during a time when humans resided underground. The tiny bird found a path leading toward the world aboveground and the sun.

Navajo Indians tell of a similar story where the **Hummingbird**, the worldly explorer, was sent into the sky to see if there was anything beyond it. When it returned, it reported there was nothing beyond the vast blue sky.

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Jacksonville Beach	904-246-1300
Lakeland	863-646-5314
Lecanto	352-746-1270
Leesburg	352-787-0834
Melbourne	321-254-0313
Mount Dora	352-483-5683
Naples	239-775-3009
New Smyrna Beach	386-481-0890
Northport/Pt Charlotte	941-423-8171
Ocala	352-687-2113
Orlando	407-294-7171
Orlando	407-852-3940
Oviedo	321-206-5148
Palm Harbor	727-784-7911
Pensacola	850-438-2277
Plant City	813-659-2624
Poinciana	863-427-4276
Port Richey	727-848-7702
Port St. Lucie	772-878-9819
St. Petersburg	727-344-1515
St. Petersburgn	727-898-2457
St. Petersburg	727-527-2222
Sarasota	727-848-7702
Sebring	863-471-1122
Sun City	813-298-7745
Tampa	727-531-1836
Tampa	813-870-0731
Tampa	813-882-0440
Titusville	321-383-0195
Venice	941-484-5342
Vero Beach	772-562-1133
West Palm Beach	561-721-1267
West Palm Beach	561-833-6483



ABRAHAM HICKS

... from page 7...

Esther Hicks

There is no right or wrong way to approach this. The thing that is important is that you choose areas of your life that matter most and that you conjure positive images that thrill you. And as you do that, you have not only resolved, in your own mind, how your New Year will be, but you have notified everyone and everything in the entire Universe and you have solicited their assistance in achieving your intentions. And from that moment forward - the entire Universe will conspire to assist you.

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

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

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

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

Sometimes a frightening diagnosis or a traumatic injury is a powerful catalyst in getting you to focus your attention more

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

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

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

ABRAHAM: Well, here's what we would like: We would like it to cost ten times what it does, and you not care... because as long as you care what something costs, you've got a limitation set on how much money you think will come into you. So you go to the pump, and the cost of gas is high, all that does is cause you to launch a rocket that says, *"I'd like more money to pay for this higher price of gas."* And Source says, *"Alrighty, then."* And then all you've got to do is bring yourself into alignment with that.

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

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

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

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Mokshapriya
Shakti

OUR MIND

... from page 21

Samadhi comes in stages. We don't meditate and all of a sudden we become one with the **Divine**. First we have to meditate for a prolonged period of time. Then we need control of the mind so that previous impressions do not interfere during meditation. We studied the various techniques in the last session. Once we have carefully practiced those we begin the process of stepping into **samadhi**.

Firstly we will enter a **limited samadhi** that is called **savitarkaa**. That is when the dialogue in the mind is limited to sound, meaning and knowledge. We may be meditating on a deity, music, smell, mantra or any object.

Even if we do not think, we still have the **samskaaras** or impressions of sound, meaning, and knowledge. We may find union with the object but it is mixed with our impressions of that object that we have in our mind that come from external senses which may be true or not.

In **savitarka samadhi** the mind gradually learns to separate previous knowledge and focus on the object itself. We begin to shed the impressions of the object limited to sound, meaning and knowledge in order to merge with the object and know its true nature. This will lead us to the next samadhi, **nirvitarkaa**.

In **nirvitarkaa samaadhi** the memory is completely purified; there is absence of the feeling of self. Only a conceptual understanding of the self remains.

Nirvitarkaa or nirvicharaa samaadhi is meditation without thought because memories are extremely purified. The object of meditation becomes one with the meditator rather than knowledge of the object which requires memory. We are no longer contemplating the object through our memory but experiencing it.

Everything is memory. The present moment has gone to the past. Do we live in the present, or are we either in the past or the future? If we release the mind from memory, even self-awareness is absent. We have some kind of awareness that we are, but not through words, feelings, or physical and intellectual presence.

This will lead to the astral counterparts to fade. In the spiritual world, we believe that all matter has a subtle form which is called **linga sharir**. As far as mind can reach, it has a subtle counterpart. This includes nature.

Whatever we see has a **tan maatraa**, or **subtle form**. **Sookshma vishaya** is matter that does not have a physical existence. As long as we are still on the waves of the mind, even if we go deeper and deeper, they still will be related to abstract things.

In this state of **samadhi** the subtle counterparts are nearing an end. Even though the subtle objects are removed, this **samaadhi** still has seeds which can sprout.

To reach the final stage we need to become expert in thoughtless state of mind and then the joy of the spiritual soul begins to flow from the heart. In this stage of thoughtlessness we are with the highest nature and knowledge. It comes from another source: **intuitive intelligence or divine intelligence**.

During the practice of **meditation** we generate **samskaraas** (mind waves). The **samskaraas** of **meditation**, a new kind of mental vibration, will destroy all previous vibrations of the world that create **bondage**, or **kar-mas**.

In this state we become a **jivamukta**, a **realized individual**. **Jiva** is the individual soul, **mukta** means **liberated**, so a **jivamukta** is a **liberated soul**. That person talks and lives like everyone else, but is not attached to this world.

If we can destroy or control all **vrittis** or **samskaaras** including the ones born of **meditation**, then we will have destroyed all past impressions.

This stage is known as **samaadhi without seed**. **Nirbeej** is the highest or purest consciousness, where it has nothing in its grip. All instincts and impulses are gone. Nothing needs to be done. Nothing is binding us. Nothing of the world enters or disturbs the consciousness. It is **God** consciousness or **asampragyaata samaadhi**.

This ends our discussion of the first chapter of Patanjali Yoga Sutras called Samaadhi Paad. Next we will start to discuss the ways to attain this state through specific practices.

HERB CORNER

... from page 11...

Look for hormonal balancing herbs like **Wild Yam, Red Clover, Vitex, Sage, Black Cohosh and Saw Palmetto** these herbs supply the body with isoflavones, phyto-estrogen and phyto-testosterone compounds that help to create the hormones needed for both men and women to increase bone density and to slow down bone loss.

RECIPE

My favorite **Calcium Rich Tea** contains:

¾ oz. Rosehips
½ oz. Lemon Balm
¼ Nettle
½ oz. Lemongrass
½ oz. Oatstraw
¼ oz. Red Raspberry
and 1/8 oz. Cinnamon

This tea has such a nice flavor even the kids will like it.

ANOTHER RECIPE

Another tea blend rich in calcium and hormonal properties is

½ oz. Alfalfa
½ oz. Red Clover
¼ Sarsaparilla
½ oz. Horsetail
¼ oz. Wild Yam
½ oz. Red Raspberry
½ oz. Fennel.

Each of these teas is prepared by using one teaspoon of the herbal mixture to eight ounces of boiling water, steeping about 15 minutes, straining and drinking.

Beyond herbs try spicing up your meals with garlic and onions they contain **sulfur** which increases **calcium** absorption and the strength of your bones.

And don't forget your **vitamin D**; it can be gotten from a 20 minute walk in the sunshine 3-4 times a week without sunblock. **If you're concerned about skin cancer another option is 3 teaspoons of cod-liver oil twice a day.** I'd go with an early morning walk when the sun isn't as strong.



PSYCHIC MICHELLE WHITEDOVE

... from page 13...

We have **Mother Earth**, the feminine aspect of creation; she is always birthing and giving to us everything that we need to sustain the perfect balance of life.

What are the greedy doing? As a collective, they're just taking and taking. Do they need to take that much? Do they need to take down all those trees?

No, we should each be praying for this Earth, holding a vision of a lush planet, meditating on it and then cultivating a personal paradise.

So push away the negativity around you. Immerse yourself in doing what you love and share your passion with others, it's contagious.

In this life or lovely illusion, our perception creates our reality. Do your daily decisions come from a place of lack or one of abundance?

If you learn to control your negative thoughts, push them aside and replace them with higher vibrational thoughts and actions, then you are on the road to building happiness and creating a better reality.

I say this is a dream, I'm going to dream big baby, and I'm going to dream a world of beautiful and enlightenment.

I want a dream that is inclusive for all of us: one that becomes a reality, a manifestation of paradise.

This Earth was created in the reflection of Heaven.

Now is the time for each of us to dream together and take action.



SETH SPEAKS

from page 18...

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. **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: PHYSICAL OBJECTS TRANSMIT MEANING JUST LIKE TEXT

SETH: As you read the words upon this page, you realize that the information that you are receiving is not an attribute of the letters of the words themselves. The printed line does not contain information. It transmits information. Where is the information that is being transmitted then, if it is not upon the page?

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

Now in the same way, I am telling you that objects are also symbols that stand for a reality whose meaning the objects, like the letters, transmit. The true information is not in the objects any more than the thought is in the letters or in words. Words are methods of expression. So are physical objects in a different kind of medium. You are used to the idea that you express yourselves directly through words. You can hear yourself speak them. You can feel the muscles in your throat move, and if you are aware, you can perceive multitudinous reactions within your own body - actions that all accompany your speech.

Physical objects are the result of another kind of expression. You create them as surely as you create words. I do not mean that you create them with your hands alone, or through manufacture. I mean that objects are natural by-products of the evolution of your species, even as words are. Examine for a moment your knowledge of your own speech, however. Though you hear the words and recognize their appropriateness, and though they may more or less approximate an expression of your feeling, they are not your feeling, and there must be a gap between your thought and your expression of it.

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

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

...continued on page 33



SETH SPEAKS

from page 32...

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

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

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

ANTI-WOMAN OR ANTI-MILITARY OR PRO-PEACE? WOMEN IN COMBAT.

SETH: Women make a grave error, when they try to prove their "equality" with men, by showing that they can enter the armed forces or go into combat, as well as any man. War always makes you less as a species than you could be. Women have shown uncommon good sense in not going to war and uncommon bad sense, by sending their sons and lovers to war. To kill for the sake of peace, only makes you better killers and nothing will change that.

I am quite aware that going to war seems to be your only practical course, because of the set of beliefs that are, relatively speaking, worldwide. Until you change those beliefs, war will seem to have some practical value....a value that is highly deceptive and quite false.

SETH: NEGATIVE FOCUS ROBBS YOU OF ENERGY YOU NEED TO HELP

SETH: You form your own reality. That reality contributes to the experience of others, but each of you possesses a unique, original stance in space and time that is yours alone in quite practical terms, regardless of time's relative existence.

Only when you operate from your own stance can you help others to the best of your ability. To anticipate danger, or to imaginatively take on the troubles of others robs you of the very energy with which you could help them.

I am not saying, therefore, to turn your eyes from the unfortunate conditions of the world. Practical help is needed in all areas of the human life.

Yet it is far better, and more practical ultimately, to concentrate upon the beneficial elements of civilization-far better to organize your thoughts in areas of accomplishment than to make mental lists of man's deficiencies and lacks. Such a practice leads to feelings of helplessness and hopelessness, in which effective action seems impossible.

Life possesses an exuberance.

If this is cherished, nurtured, encouraged, then additional energy is generated that is not needed for the purposes of daily private life-a superabundance, that can be effectively directed in those areas of the world where help is most needed. The strength, vitality, and effectiveness of thought is seldom considered, Thought, you may say, will not stop a war-yet what do you think started such a war?

Throughout history the downtrodden have often risen into power, using force, rebelling against their oppressors; and yet, learning little from that experience, they turn and become the elite, the new power-holders. Their physical conditions may be completely changed. Now theirs, the offices of government, the wealth. Gone are the conditions that, it would seem, caused the uprising. Yet in retaliation they strike out, forming a new class of downtrodden who must in their turn rise and retaliate.

Despite all appearances, conditions of an exterior nature do not cause wars, or poverty, or disease, or any of the unfortunate circumstances apparent in the world. Your beliefs form your reality. Your thoughts generate practical experience. When these change, conditions will change.

To add your own energy, focus, and concentration to dire circumstances in other portions of the world does not help, but adds to, such situations.

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ARIES – (March 19 – April 18)

There is a lot of movement on the horizon, especially from the 1st to the 21st thanks to the sun in Gemini. At home, Saturn and Neptune both impose essential structuring to your impulsive nature, but also a strong desire to be carried away by the magic of life, 1st decan. Your planetary ruler, Mars, in Leo until the 6th, enhances your love life and then moves into Virgo, inviting you to focus your efforts on your professional sector. Venus in Taurus from the 6th to the 30th may bring you a raise or possessive emotional feelings, so be careful! Energies shift into Cancer: the sun on the 21st, Mercury from the 8th to the 26th, and Jupiter on the 9th, urging caution in your home, as heated discussions and upsetting events could occur.

LOVE IN GENERAL

Between a desire for excitement which corresponds to your nature and a temptation for stability, especially after the 17th, you hesitate! However, more mature and tender than in the past, thanks to Saturn and Neptune, open yourself to new desires, it is crucial for your evolution!

IN A RELATIONSHIP

Your relationship will change as you inevitably change, driven by energies that serve your evolution, let yourself be guided. Of course, Mars until the 17th supports your bond, you will be passionate but will your partner be convinced by your feelings? Have open dialogue.

SINGLE

Your circle of friends could help you get closer to someone you particularly like during the first week and at the end of the month. Your personality is enriched with a beautiful maturity, this quality could facilitate a lasting love story. Between strength and shyness, find the balance.

CAREER / FINANCE

Pluto increases your relationship tenacity or that working on a project, if you are independent this energy is auspicious. Your assets can still be modified thanks to Uranus who completes its financial modifications, have you experienced any surprises? Venus from the 6th to the 30th facilitates an income related to your work.

ADVICE

You won't risk getting bored at the beginning of this summer, on the contrary, take on the few challenges that await you, you will only be prouder of yourself!

TAURUS – (April 19 – May 19)

Your financial affairs will take up space as well as some beautiful introspection. The energies in Gemini: sun until the 21st, Mercury and Jupiter until the 8th, are bringing a nice evolution to your financial life, good news, and a desire to save will be possible. Then the energies shift to Cancer, communication will be important, your loved ones will come to you, get out! Uranus is finishing its changes for your sign, last decan, while Venus moves in from the 6th to the 30th, love or comfort will be your monthly pursuits! Mars in Leo until the 17th in disharmony with your sign can exacerbate family discord, while Pluto in your profession can challenge you, stay away from rigid individuals. Then Mars moves into Virgo on the 17th and offers you serious, tender love, your practical dynamism will be at its peak.

LOVE IN GENERAL

At the beginning of the month, a bit of silence will disrupt your love life, but on the 6th, Venus swings by and your feelings will be very intense! Of course, Mars in disharmony until the 17th will cause a bit of nervousness, sensitivity, so stay flexible and enjoy a beautiful sensuality starting on the 17th.

IN A RELATIONSHIP

Do not focus your thoughts on your possessions, and your emotional life will be better! From the 6th, your feelings are strong and lasting, expect some excitement in the intimate sphere but everything will be better from the 17th.

SINGLE

Your chances of meeting someone special will be clear from the 6th thanks to your devastating charisma! You will embody love in all its beauty. However, be careful of a tendency for haste from the 1st to the 17th, then the cultural or artistic sphere becomes very favorable.

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CAREER / FINANCE

Good news regarding your stable income is still possible before the 8th, as well as a raise as you are appreciated by your superiors starting on the 6th. However, stay vigilant about your work, 1st decan, as some radical changes are happening behind the scenes, so be prepared.

ADVICE

Love will be your support this month. Some bumps related to your professional life are possible but you are strong, so live through this period with wisdom and joy!

GEMINI – (May 20 – June 19)

This month looks very communicative for you! The planets are concentrating in your sign, with the Sun until the 21st, Mercury and Jupiter until the 8th. You'll be quick to react, thinking at the speed of light, and your thoughts will be fertile! Mars in a favorable aspect will also give you a very communicative energy, and your ability to take action will be clear. However, as Mars moves into Virgo, you may have to manage some family tensions - be ready to negotiate! On the 9th, Jupiter and Mercury move into Cancer, bringing positive energy to your financial sector. A salary increase may be possible - have you recently requested one? Saturn and Neptune in Aries will support your social circle and projects, allowing you to shine among others. Venus enters Taurus on the 6th, making you more reserved. A beautiful ideal is taking shape, especially for those born in the first decan - believe in yourself.

LOVE IN GENERAL

You may have a little trouble expressing your feelings, especially after the 6th, even though your heart is racing. You will feel an unusual and inhibiting shyness. Relax, take advantage of Mercury's positive influence from the 1st to the 8th or at the end of the month to facilitate the emotional sector.

IN A RELATIONSHIP

Do not leave your partner in silence and misunderstanding; there's nothing like a good couples' discussion to clear the air. Take advantage of the presence of your master Mercury in your home to find the right arguments and restore harmony between you.



SINGLE

Go out, see your friends, a very free and original person may appear on your path. You aspire to a story without fuss but rather ideal, between seriousness and illusion you will have to keep an eye out to avoid making a mistake.

CAREER / FINANCE

Starting from the 9th, Jupiter and Mercury settle in your financial sector, an evolution should follow, dialogue with finesse if necessary and open yourself to a multitude of possibilities, real opportunities are coming. Pluto helps you plan major changes stemming from a return to education or training. Everything is going well!

ADVICE

You shouldn't be bored for a second! The planetary energies are with you, dare to discuss, ask, do, you will be heard and supported. If love catches your eye, don't remain indifferent!

CANCER – (June 20 – July 21)

The professional sector seems delicate, you won't be short of work! Indeed, Saturn and Neptune in Aries urge you to be cautious and mature, although Venus will soften some likely tensions until the 6th. Until the 21st, the energies in Gemini facilitate introspection, you feel events and reflect on how to support them. On the 9th, Mercury moves into your sign, followed by the Sun on the 21st, your desire to move forward is certain, you communicate with sensitivity. Mars in Leo, from the 1st to the 17th, favors your possessions, you want to work more to earn more, then the planet moves into Virgo and your relationships will be active, your spirits high. Under the influence of Uranus, a project or friendship could finally come to fruition (last decan). Pluto strengthens your sensuality!

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LOVE IN GENERAL

Demanding until the 6th, you approach love afterwards with more diplomatic and above all sensual eyes! Especially since Mars in Leo from the 1st to the 17th activates your senses, you want to experience intense moments, lukewarmness will make you run away. After the 17th, you accept a moving timidity from others.

IN A RELATIONSHIP

Make abundant use of communication to maintain harmony in your relationship, especially from the 9th to the 26th. You will need leisure activities, your feelings may not necessarily be very protective, and your partner will need to share you with your friends. However, you will have active sensuality, so make the most of it!

SINGLE

Mars will help you, especially after the 17th, to make a promising encounter, dare to! Mercury facilitates your communication from the 9th to the 26th, you will find the right words at the right time. From the 6th, Venus in Taurus allows you to hope for lasting mutual feelings.

CAREER / FINANCE

Under the powerful influences of Saturn and Neptune in your career sector, you should demonstrate a lot of professional dedication, even selflessness! Some intuition may help you if certain colleagues are hiding information from you, especially up until the 9th. Hang in there.

ADVICE

Your sensitive nature will have to adapt to the powerful energies coming through your sky. You'll cope better by accepting that you can't control or understand everything.

LEO – (July 22 – August 21)

It's a very people-centered month ahead. The planets in Gemini, the sun from the 1st to the 21st, Mercury and Jupiter until the 8th, favor your circle of friends, your projects, you will be active and determined. Then the energies shift and you feel that a time of reflection is necessary. Mars in your sign from the 1st to the 17th strengthens your inner strength, your dynamism

should provide you with all the necessary resources for your behavior. Saturn and Neptune, together all month and joined by Venus until the 6th, urge you to see far and high, your ideal life could shift towards an evolution that is both pragmatic and inspired (1st decan). Opposite you, Pluto begins its irreversible and unavoidable process of transforming your intimate (1st decan), marital, or contractual sphere. Opt for dialogue at all costs!

LOVE IN GENERAL

Venus swiftly enters your professional sphere on the 6th, you will hardly feel like expressing your feelings unless a colleague catches your eye! Mars from the 1st to the 17th will push you towards physical excesses, urgent desires, and then unwarranted possessiveness. Complicated!

IN A RELATIONSHIP

Your heart won't be receptive this month. From the 6th, your couple relationship could suffer. Bet on your great sensuality from the 1st to the 17th to limit the damage with your partner. Love is said but above all proven!

SINGLE

Someone from your professional sector could appeal to you, but will the attraction be mutual? Your sensuality will be demanding until the 17th, charm gently or you won't stand a chance of experiencing it together. After the 27th, you are convincing.

CAREER / FINANCE

You display a great deal of energy after the 17th to replenish your coffers. Pluto could modify a contract or partnership, so stay vigilant and especially open to discussion, particularly those born in the first decan. Until the 21st, the sun favors your career, so take advantage of this period to express what you desire and wait patiently, is that possible?

ADVICE

Prioritize human relationships. Think carefully about the evolution of your life, energies are at work to change what no longer belongs but the future is yours!

VIRGO – (Aug 22 – Sept 21)

This month brings many professional challenges and just as many transformations to come! You are influenced by Gemini: the sun from the 1st to the 21st, Mercury

HOROSCOPES JUNE 2025



and Jupiter from the 1st to the 8th, your career occupies your thoughts. After the 9th, the energies shift to Cancer (Mercury and Jupiter) and you dream of new projects, of forming friendships focused on a sharing of ideas. Saturn and Neptune in Aries encourage (1st decan) you to structure your sources of income, to believe in yourself despite any crises that may arise, faith in life will be emphasized as necessary. Uranus supports the last decan, an ideal to achieve is in progress, accompany this radical process. Mars in Leo until the 17th urges you to hold back a bit, then give it your all!

LOVE IN GENERAL

At the beginning of the month, you're feeling a bit off, love seems out of reach. Then Venus enters Taurus on the 6th and you feel the call of the senses and emotions, your heart goes boom! Until the 17th, you hide your desires from the other, starting from the 17th, you embody them.

IN A RELATIONSHIP

Expect a somewhat tricky first fortnight, you might not be on the same wavelength as your other half. Everything changes afterwards, a lot of sensuality awaits you, it's up to you to share it with your partner!

SINGLE

Until the 6th, your heart and body feel ambiguous, your emotional expression could scare off your conquests. Then, starting on the 6th, a person of foreign origin could respond to your affectionate calls very carnal, while your sensuality will do the rest.

CAREER / FINANCE

Saturn and Neptune indicate a good level of strictness, you will have to rely solely on your financial resources to invest or save, as any external sources are currently blocked. Nevertheless, your professional advancement remains stable, with Pluto granting you the ideal tenacity! From the 1st to the 8th, professional communication is important.

ADVICE

A month with the sky beating the drum to encourage you to live with faith, not fear! The energies are strong, move forward without fear, you are guided!

LIBRA – (Sept 22 – Oct 21)

A lot of idealism tints this month! Indeed, the energies in Gemini, the Sun until the 21st, Mercury and Jupiter until the 8th, facilitate this awakening you feel. Venus, your planet, in Aries from the 1st to the 6th, favors your marital life and then moves into a sector related to your psyche, your secrets. What do you need to understand on the emotional or financial level? Mars in a good aspect until the 17th initiates beautiful passionate friendships or the emergence of a collective project, then the atmosphere becomes more internal, your actions could elude others' eyes. Saturn and Neptune opposing your sign demand a serious and perhaps somewhat vague intimate relationship. You will only have the choice to accept what others will want to share with you, do not try to understand everything. Pluto shakes up the sphere of love or parenthood (1st decan).

LOVE IN GENERAL

The first half of the month looks rather easy, your feelings are passionate at least until the 6th, and your desires are very comforting, embrace them. Then Venus moves into Taurus, you are very tender but also jealous and tormented, while Mars moves into Virgo from the 17th onwards and makes you almost disabblingly timid. Tough!

IN A RELATIONSHIP

Saturn and Neptune opposing your sign encourage you to make an effort, to express your sensitivity to your partner, and to accept theirs, this duo also urges you to make a long-term relationship official. Your feelings will be strong and very physical.

SINGLE

A fateful encounter could sweep you off your feet and captivate your heart and soul like never before, 1st decan, be ready! Your social or activist circle may foster a romance, purely physical? From the 6th to the 30th, your feelings will require intensity.

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HOROSCOPES JUNE 2025



CAREER / FINANCE

Uranus in Taurus can still favor an unexpected and prosperous influx of money. Do you have bank investments, legal dividends from a long-standing lawsuit? Jupiter helps you advance in your job from the 9th, will you be given a raise by your superiors? From the 9th to the 26th, a positive new development remains likely.

ADVICE

This almost summer-like month promises you some challenges to overcome but also many long-term benefits to come. Nurture your legendary diplomacy, act with the help of others, not against them!

SCORPIO – (Oct 22 – Nov 20)

More introspective and secretive than ever, this month encourages you to think before you act. The energies in Gemini, with the sun from the 1st to the 21st, Mercury and Jupiter until the 8th favor your sex appeal. You won't reveal anything about your thoughts or plans. Then, on the 9th, these energies move into Cancer, and you dream of setting up a project that could be collective. Mars in Leo from the 1st to the 17th does not make your professional relationships easy; don't be at odds at the slightest disharmony. From the 17th to the 30th, your energy is fully devoted to your friends, to a cause, possibly a militant or ecological one. Very composed and serious, your daily life receives Saturn and Neptune, 1st decan, you will be trustworthy. Pluto can trigger a war in the family, 1st decan, calm down!

LOVE IN GENERAL

From the 6th onwards, Venus moves in front of you, it's make or break! Your partner will take their place, but with gentleness and tenderness; any emotional connection is favored, but will you be willing to commit? Your desires will be persistent until the 17th, don't mix up sensuality and approach, are you a pirate? After that, love and friendship intertwine.

IN A RELATIONSHIP

From the 6th onward, your other half will take their rightful place, and your bond should be strengthened if harmony prevails, or more weakened if your couple was struggling. Between the 9th and the 26th, communication is smooth, so take advantage of this to address sensitive subjects.

SINGLE

A workplace encounter is possible until the 17th, be prepared to engage diplomatically, your conquering behavior won't be necessary. Starting from the 6th, love could soften your heart. After the 17th, friends could help facilitate a romance.

CAREER / FINANCE

The professional sphere is shaping up to be serious and dynamic, a deep, almost demanding realism will encourage you (especially 1st decan) to act with caution and method! A contract may be revised upwards, in your best interests from the 6th, while your assets remain stable.

ADVICE

Some internal turmoil may be expected, but you love challenges above all. Your dynamism will help you overcome any potential obstacles, and remember to communicate sincerely.

SAGITTARIUS – (Nov 21– Dec 20)

It's a very relational month ahead. The energies in Gemini, the Sun until the 21st, Mercury and Jupiter until the 8th are occupying your sector related to the other, intimate partner, or associate. You will have to act considering others. Mars in a good aspect to your sign until the 17th facilitates your dynamism and decision-making, you will have a lot of energy! Pluto supports your morale throughout the month, meetings could favor alliances for the future. After the 21st, a time of introspection is suggested, while Mars in Virgo from the 17th might challenge you at work, don't rush things! The romantic sphere could change many things as Venus moves into Taurus on the 6th and brings a lot of sweetness into your daily life.

LOVE IN GENERAL

Undoubtedly, it is your intimate relationship life that will occupy your thoughts and actions. Therefore, focus on your communication, especially between the 9th and the 26th, adjust your energy after the 17th, and be willing to show your truly communicative affection from the 6th. For the first decan, you may commit to a beloved partner.

HOROSCOPES JUNE 2025



IN A RELATIONSHIP

You will pay a lot of attention to your partner, and you may discuss important things for your future together. Your partner may have a decision to make, so for the entire first week, they will need your support and opinion.

SINGLE

Saturn and Neptune in Aries herald a very serious and stable evolution in your love life. Mercury helps you to connect, to have promising encounters throughout the month, while Pluto could lead you to meet your soul-mate.

CAREER / FINANCE

Between Venus from the 6th and Mars from the 17th, you will have enough diplomacy to work with serenity but also fussy manners that could lead to sterile disagreements with your colleagues. Stay flexible, your professional environment will improve. Unexpected money coming in after the 9th?

ADVICE

Engage in dialogue, exchange without fear of offending if you are polite, this month invites you to stay connected with others as much as possible. If you encounter resistance, let it be.

CAPRICORN – (Dec 21 – Jan 19)

You will be involved in your everyday life and work until the 21st thanks to the energies in Gemini shining a light on your sense of duty. Then as the planets move into your sign, your intimate or contractual sphere will require your attention and listening skills, avoid unwarranted sensitivity. Mars in Leo from the 1st to the 17th will help you implement changes or desires that you may feel with many fantasies. From the 17th, Mars will demand your practical dynamism, maybe an urge to resume your studies or take a course? Pluto, in your income sector, 1st decan, could increase your ambition to improve your earning potential, powerful intuitions could assist you. Saturn and Neptune in Aries, 1st decan, might cause you some family or property issues, stay focused.

LOVE IN GENERAL

Venus in Taurus from the 6th will be very favorable for you! Mars in a good aspect from the 17th will enhance your sensuality and the very earthy expression of your nature, you should feel comfortable in this serious, grounded yet very voluptuous climate. Between the 9th and the 25th, you will communicate with sensitivity!

IN A RELATIONSHIP

The month is shaping up to be very pleasant, especially after the 6th. Your feelings will be intense, stable, and slightly jealous, but don't try to confine your partner! Your interactions will be fruitful and sensitive from the 9th to the 25th, so take this opportunity to discuss important topics.

SINGLE

Between the 1st and the 17th, your enthusiasm will be strong, you will set out to conquer people who you find attractive, will you be able to succeed? Venus, in a good aspect starting from the 6th, encourages you to express your feelings through actions rather than words.

CAREER / FINANCE

With the support of Pluto, you are on tenterhooks, wanting to grow and expand your possessions, especially for the 1st decan. Starting from the 21st, the realm of contracts could hold a positive surprise for you, so communicate openly with your superiors. Uranus may help you hit the jackpot in a lottery, for the last decan.

ADVICE

A worry-free month, especially if you can take a step back with your loved ones without escalating a potentially delicate discussion. Work is your sanctuary.

AQUARIUS – (Jan 20 – Feb 17)

Affairs of the heart will take a significant place this month. Indeed, the energies in Gemini, the sun until the 21st, Mercury and Jupiter until the 8th, herald an emotional upturn. If you are a parent, your relationship with your children will flourish, and if you work in the artistic field, the atmosphere is conducive! Pluto in your sign enhances your indomitable nature, first

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HOROSCOPES JUNE 2025



decan. Mars opposing you until the 17th urges caution in your marital or contractual life, as others may oppose you with aggressive actions – stay calm and open dialogue. Then Mars turns its attention to your professional sector, giving you the wit to face changes, whether initiated by others or yourself. Saturn and Neptune support your morale and sense of fraternal values, first decan.

LOVE IN GENERAL

After the 6th, Venus in Taurus settles into your area connected to your home, a bit of sweetness will be on the agenda, you might look forward to coming home. Your slightly tumultuous desires until the 17th become more conducive to sharing from the 17th onwards, but be careful not to be too intense in your intimate relationships.

IN A RELATIONSHIP

Your home could be your sanctuary this month after the 6th, but avoid arguments there until the 17th. From the 1st to the 8th, you understand your partner perfectly, then the dialogue requires some clarifications. Don't let daily life consume your intimacy.

SINGLE

Until the 21st, make the most of your charisma and your sense of opportunities as it could make it easier to start a romance with a very communicative or creative person. Between the 6th and the 30th, a meeting through your family could happen, so keep an eye out!

CAREER / FINANCE

After the 17th, March opens the door to the possibility of increasing your assets through a legal process or an unconventional idea, which could unsettle some. With Pluto in your sign accentuating your individualism, you will be elusive! Money is not your concern this month, so let it go.

ADVICE

Powerful changes are coming, your relational skills and initiative should help you to build many opportunities. But take it easy on provocation, sometimes it is unnecessary!

PISCES – (Feb 18 – March 18)

Some family questions will be on the agenda, communication and a sense of diplomacy should help you from the 9th to navigate this slightly delicate atmosphere. Then the sun moves into Cancer on the 21st, you will regain some drive, a zest for life, a desire to love, take advantage of this to share moments with your loved ones without opening the door to claims, as Mars behind the scenes is looking for trouble! Your sector related to your professional income welcomes Saturn and Neptune, your planet, you should learn to structure your means of existence as well as to open up to somewhat inspired perspectives, balance your financial situation. Before the 17th, Mars enhances your sometimes fluctuating dynamism, you should have the physical resources to act according to your desires.

LOVE IN GENERAL

Between family tensions, sometimes lukewarm and sometimes slightly provocative desires, your love life does not seem calm or easy, but you know how to bring enough peace through your presence to compensate for a delicate atmosphere. Enjoy a very sensitive communication from the 9th to the 26th. Show your feelings with caring behavior after the 6th.

IN A RELATIONSHIP

Your relationship may resemble a rollercoaster, with a mix of euphoria and disappointment that will leave you questioning things. However, Jupiter moves into Cancer on the 9th and supports your love sector, so be affectionate for once, your partner will be touched by it!

SINGLE

After the 9th, Venus and Jupiter could facilitate a meeting within a place of worship or sports facility. However, your desires will be demanding until the 17th and then become complex, unless it is the person you desire who avoids you?

CAREER / FINANCE

Celestial energies are encouraging you to plan your budget, to balance this area so that it can take you far. No hasty or hesitant moves, dare to lay out what needs to be done and take action. Your financial situation looks stable but without any particular brilliance, and that's already not so bad, right?

ADVICE

This month is not set in stone, but there is nothing catastrophic to fear either! Keep an eye on your sensitivity and act with composure, don't let yourself be overwhelmed.



Esther Hicks

ABRAHAM HICKS

... from page 29...

So, here's how it happens. Here's how to stay in alignment to keep **WHATEVER you want coming to you:**

EXAMPLE USING GAS PRICES AS A TOPIC

"So, as you go to the gas pump and you fill up and you feel that discord of the price of this fuel. In that moment, you launch a rocket of desire that says, "More money for fuel," and Source Energy says, "Done, done," and holds it in vibrational escrow for you.

But when you say, "This costs too much," the money is still sitting there, but you don't have access to it.

When you say, "It's terrible what they are doing," you don't have access to it.

When you say, "It's highway robbery," you don't have access to it.

When you say, "The current Administration and their cronies are doing this deliberately just to put more money in their pocket." You don't have access to it. (You REALLY don't have access to it.)

But when you say, "It's nice that this gas is available to me," you start moving in the direction of the improvement in your money for gas.

When you say, "What I need always come to me," you start moving toward it.

When you say, "I have enough flexibility in my budget that I can, for now, put a little more of it here," you start moving toward it.

when you say, "I've never paid too much attention to what things cost, and I'm not going to make this be an exception," you start moving toward it.

When you say, "What I need always flows," you start moving toward it.

And with enough deliberate training, you move yourself into alignment with this BIG pile of money that's waiting for you in vibrational escrow for gas or for anything you've launched it over there for.

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

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

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

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

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

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

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



Scott Grace

THE FEAR TRANSLATOR APP

...continued from page 20...

Feary: Not capable of smugness, dear human. Just empowering you.

Scott: Alright. I'll try.

The other day I was jogging, and a woman's dog barked at me. She said, "Please forgive him. For some reason, he hates men."

But I didn't believe that. I saw a scared animal, guarding his human.

It hit me—maybe some people didn't vote for a President, but for a guard dog.

Someone to bark at change and scare away what they've been taught to fear.

He even looks like a pit bull sometimes when he scowls.

Why do we buy guard dogs? For protection.

To feel less... afraid.

Feary: You're on the right track. Barking is usually just fear, dressed up as aggression. Fear is the number one virus on the planet.

Scott: That reminds me of a poem I wrote called:
Oh Dear, the End Times Are Here – The End of Fear

*Now when you were young and most things were quite swell
Fear knocked on your door with a product to sell
And like most good salesman, he cast quite a spell
While selling insurance called All Is Not Well*

*Now All Is Not Well came in its own case
The case that there's danger all over the place
And after you bought it, your All Is Not Well
You felt it your duty to share and to tell*

*And so mouth to mouth was how fear procreated
With no social media to disseminate it
Fear soon went viral all over the globe
Using old-time religion to dispense and promote*

*'Cause fear knew the way to get globally big
Was to drive a false wedge between God and her kids
And that's how fear came to be so domineering
By replacing God loving with You must be God fearing*

*Now fear itself likes to stay hidden from view
And play hide and seek in its host, which is you
"I'm not afraid, I'm just angry!" it shouts
"I've been mistreated and need to speak out!"
"I'm not afraid, I'm upset, and I'm caring"
There's so many disguises that fear enjoys wearing*

*He's proud of his wardrobe because he designed it
Though he wouldn't admit it, fear's quite close-minded
Now fear says, GET REAL, that's his bottom line thing*

*And fear learned what's real from his friend Stephen King
Whose collection of books make outstanding addictions
As long as you realize you are reading fiction*

*Which is what you can do with your own fear collection
Just transfer them all to your mind's fiction section*

Feary: Nicely done. Though we fear it may sound too simplistic for most of humanity.

Scott: Did you just express a fear, **Feary**?

Feary: No. We are incapable of emotion.. That was a figure of speech.

Scott: Okay then... is there fear behind racism?

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Scott Grace

THE FEAR TRANSLATOR APP

...continued from page 42...

Feary: You betcha. Prejudice—literally the act of pre-judging—is triggered by perceived threat. Fear of difference. Beneath that is a fragile sense of self, easily destabilized by anything unfamiliar. A human's fear level can often be measured by how threatened they feel by diversity.

Scott: That makes perfect sense. I even felt a little of that once.

Feary: You, a self-proclaimed flower child, admitting to a bit of prejudice? Do tell.

Scott: In 1982, I left my suburban bubble in **Brooklyn** and moved into the wild, wonderful jungle of **Greenwich Village**. It was dazzling. Colorful. Queer. Loud. Diverse.

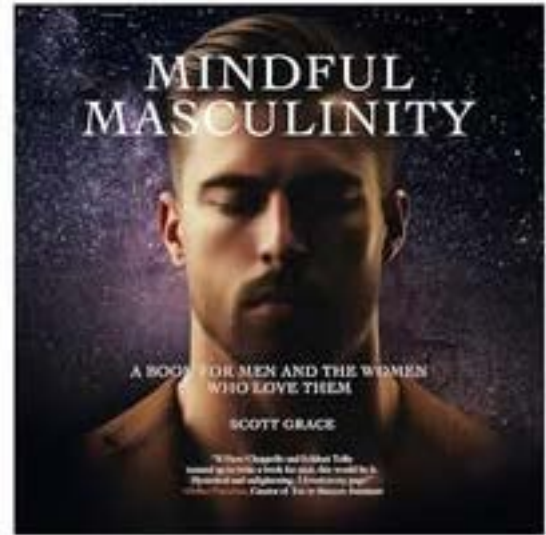
At first, I felt overwhelmed. I called people weird. I put them in categories and diagnosed them with labels such as weird, rebels, abnormal, and subversive. Even some words I'd rather not include in this book. But beneath all that was fear—masked as judgment.

Once I named the fear, I could soften. I even wrote a song about it:

We're Becoming a Rainbow

*One day I took me a walk through Greenwich Village,
New York, to catch up on the latest crazes
I saw a brand new reference for sexual preference
listed in the Yellow Pages
I stumbled upon a crowded hair salon; the line went
around the block
There was a special those days on purple body waves,
with a little green on the top*

*Well there's new races, new faces, new colors, new
creeds
I'm swimming in diversity
I can keep company with the folks I agree with, or
sample the variety
I've got a Born Again friend who dabbles in Zen
She's Christian in a mystical way*



*If you don't like your religion try a second opinion
Why stick to only one faith these days?
Yes we're becoming a rainbow, yes we are seeing the
light
Wouldn't you rather see through a color TV
And throw away your black and white?*

*Yes we're becoming a rainbow, yes we are seeing the
light
It's so hard to stay with my own kind these days
When no two people look alike
When no two people think alike
When no two people are alike*

*In a world barking, blaming, and posting, it helps to
remember:
When people bark, they're scared.
When they judge, they're scared.*

When people dig their heels in, they are scared too. And when we respond with curiosity and the desire to understand, we interrupt the spread of fear. We become de-polarizers.

Maybe the **Fear Translator** doesn't exist in app form yet. But we can each be one. By leading with compassion. With curiosity.

With the courage to look at our own fears and the ways our heels are dug in—and heel ourselves.

Fear may be contagious—but so is compassion.

And maybe, just maybe, the more we understand each other's fears, the less we'll need guard dogs.

NON - RELIGIOUS SPIRITUALITY

from page 23 ...



Jim Palmer

Level 4 Self-Acceptance: Answering the “What am I?” question

In my view, Level 4 Self-Acceptance is the most critical aspect of self-acceptance. Shame is internalizing a false and condemning belief about who you are. Shame says: “I AM bad”, “I AM worthless”, “I AM inadequate”, “I AM inferior”, “I AM pathetic”, “I AM a loser”, “I AM a failure”. The investigation of what you are is a critical stage of self-acceptance because what you ultimately discover is that your true and underlying nature is complete, whole, pure, radiant, undisturbed, serene, infinite, timeless, equanimous and luminous.

Shame is an attachment to an idea of what you think you are, based upon all the thoughts and feelings floating around in your head. The content of these thoughts and feelings that come and go in your head are always shifting and changing, progressing and digressing, arising and dissolving, and is subject to many different factors, conditions, circumstances and variables. **Mark Twain** wrote,

“Life does not consist mainly, or even largely, of facts or happenings. It consist mainly of the storm of thoughts that is forever flowing through one's head.”

Even on your best day, your shifting thoughts and feelings are not a stable and reliable source or basis for your sense of identity and self. It's good to step back and ponder the “I am” question on different terms:

- I am the universe experiencing itself as a human person
- I am a process of perpetual becoming
- I am an expression of the marvel of life
- I am a manifestation of the ground of all being
- I am the commencement of infinite possibilities and potentialities



Mitch Ditkoff

THE FORBIDDEN ORANGE

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Driving more slowly than usual to ensure my orange didn't roll onto the floor, I closed my eyes and meditated at every traffic light and stop sign along the way. Beauty was everywhere around me. The dogwood trees were blooming. The robins were singing. And the sweetest of fragrances filled the air.

And then, as if choreographed by the hand of an all knowing **God**, the perfect parking space opened up right in front of the ashram. Whoa! If this wasn't heaven, it was pretty damn close. How fortunate I felt! How graced!

I closed my eyes and meditated some more.

Five minutes passed. Then another five. If there was one thing I was sure of it was this: my front seat meditation was not going to be of the token “minute of silence” variety. Nope. No way. My meditation was going to be the real deal — as real as the feeling that brought me here in the first place.

Lovingly lifting my orange in the air, inspecting it for dust and dirt, I made my way out of the car, ascended a few steps, and found myself standing on the front porch.

Pausing briefly, I lifted my hand and rang the bell. What a sweet sound it was — a chime for all times. And then... as the sound slowly faded away... I enjoyed an even sweeter silence. A few seconds passed.

Then the door opened. Standing there was a hairy, pot-bellied man in a stained undershirt. He had a bottle of beer in his left hand.

“Yeah?” he said. “Whaddya want?”

“Um...er.. is this the ashram?” I asked.

“Hell no,” he barked. “Those freaks don't move in until Thursday.”

Then he slammed the door.

I just stood there, unmoving, a perfectly round orange in my right hand.



THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 6...

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

HERE'S DR. LEN'S HO'OPONOPONO HAWAIIAN HEALING PROCESS

Dr. Ihaleakala Hew Len was a psychologist at the Hawaii State Hospital who - without ever seeing a patient in person - cured a ward of criminally insane patients using an ancient **Huna** technique. **Dr. Len** would study an inmate's chart and then look within himself to see how he created that person's illness. As he took responsibility, asked forgiveness and expressed gratitude, he improved himself and the patients improved. **Dr. Len** never saw his patients. His agreement was he would have an office and he would review the patient files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal. **Dr. Len** says he **"was simply healing the part of me that created them."** **Dr. Len explained that total responsibility for your life means that everything in your life is your responsibility, simply because it appears in your life.** In a literal sense your entire world is your creation.

Ho'oponopono means to make right. Essentially, it means to make it right with the ancestors, or to make right with the people with whom you have relationships. **For example,** let's say your 5 year old grandson punched another 5 year old intentionally with hate in mind. If asked, then the one who was punched would forgive the other immediately, because it is inappropriate for anyone to carry guilt any longer than they had to. We call this **the Hawaiian Code of Forgiveness**, and it's an important thought, because when we forgive others, who are we forgiving? Ourselves, of course.

If you are familiar with **Neuro Linguistic Programming (NLP)**, there is a saying, **"People are only doing the best they can with the resources they have available."** If you've heard that before, it has to do with forgiveness. Think about it. As you do, consider that you are included in "people."

In the **Eastern** traditions, too, there is a tradition of being aligned with and cleaning up relations with the ancestors. In **Japan, China** as well as the **Hawaiian** tradition, it is thought to be important to align and clean up any past problems that you've had in relationships, especially with relatives.

At the same time, perhaps there are family patterns you do not want. Certainly you have heard the saying, **"We just**

don't do that in our family," or **"That's the way it is in our family."** What happens then, is that certain generational themes get passed along in families, like sadness or any number of different traits. **Ho'oponopono** will allow you to clean this up.

THEORY: We carry inside us as parts of the **Unconscious Mind**, all the significant people in our lives. (These parts of us often look very much like **Carl Jung's archetypes**.)

Ho'oponopono makes it "all right" with them. The process of **Ho'oponopono** is to align with and clean up our genealogy as well as to clean up our relationships with other people in our lives. You come to recognize that anytime a troubled soul appears in front of you, you share in the responsibility for their trouble (conscious or unconscious, throughout lifetimes), and that is what you are asking forgiveness for: your part in anything that troubles them.

For a Ho'oponopono session, I begin by first sitting in a relaxed posture and breathing deeply and generating a loving feeling inside me. In your mind's eye, imagine an infinite source of love and healing flowing from a source above the top of your head, and open up the top of your head, and let the source of love and healing flow down inside your body, fill up the body. You will overflow out your heart to the person you are asking forgiveness of.

THE PROCESS OF HO'OPONOPONO:

1. Bring to mind anyone with whom you do not feel total alignment or support, etc. Imagine them standing before you. Overflow love and healing from your heart (see above) in their direction for the duration of this exercise.
2. Say and mean, "I forgive you and, for whatever my (known or unknown/ karmic across lifetimes) part in your situation, I ask you to forgive me. I thank you for your part in my life and I love you."
3. Next, let go of the person, and see them floating away. As they do, cut the cord that connects the two of you. Do this in your mind and also with a sweeping motion of your hand. "I release you, I ask you to forgive me, I forgive you, thank you and I love you."

Do this with every person in your life with whom you are incomplete, or not aligned.

The final test is, can you see the person or think of them without feeling any negative emotions. If you do feel negative emotions when you do, then do the process again.

It really works. Enjoy our offering this month.
Hari Om.



Andrea



CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

COPPER

...continued from page 12...

We can always use a reminder that it is always possible to return to the source to be purified and born anew. Some people wear **Copper** bracelets to help boost their immune systems for this reason.

There are many different **Copper** based rocks and minerals but in this column I am referring to the **Copper** metal. Native **Copper** can be found in nature in wire like formations, intricate thin plates and crystals although native **Copper** crystals are quite rare. People have been working with **Copper** for over 10,000 years to make jewelry, coins, art and as an alloy with other metals as **Copper** alone is too soft and malleable for many purposes. Combining **Copper** with tin creates bronze which was much stronger than **Copper** alone. **The Bronze Age** ushered in a great forward movement in human civilization, allowing the creation of tools and complex human societies.

Metaphysically **Copper** is used to connect the physical with the spiritual. Just as it was often used to heal wounds from infection in ancient times, it can remove emotional and spiritual toxins that can keep us from feeling whole. There is nothing better for letting go of those things that hold us back and block our ability to move forward and reclaim our power. You can find **Copper** in almost any rock shop or metaphysical store.

Copper rods are great to use in grids. **Copper** pyramids can magnify the energies that connect us all.

Copper jewelry is beautiful and many people believe wearing it helps boost their immune system.

The **Copper** piece in the picture here is an art piece of splash **Copper** created by pouring molten **Copper** onto water. These are lovely to hang on your wall or place over your altar and you can find this particular piece at the **High Springs Emporium Rock Shop**. (www.hserockshop.com)

I wish you all many blessings as the light reaches its fullness on the Summer Solstice.

Sharron



SPLASH COPPER

HORIZONS MAGAZINE

MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



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The CSA Golden Lotus Bookstore offers a variety of items for sale: including books, Ayurvedic products, Hatha Yoga and meditation aides, as well as gifts and healthcare products.



The newly renovated Hatha Yoga Dome is a beautiful and peaceful environment to spiritually deepen and enhance your asana practice.



The CSA Learning Resource Library offers retreat participants a quiet place to read and study the science and philosophy of Yoga.



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