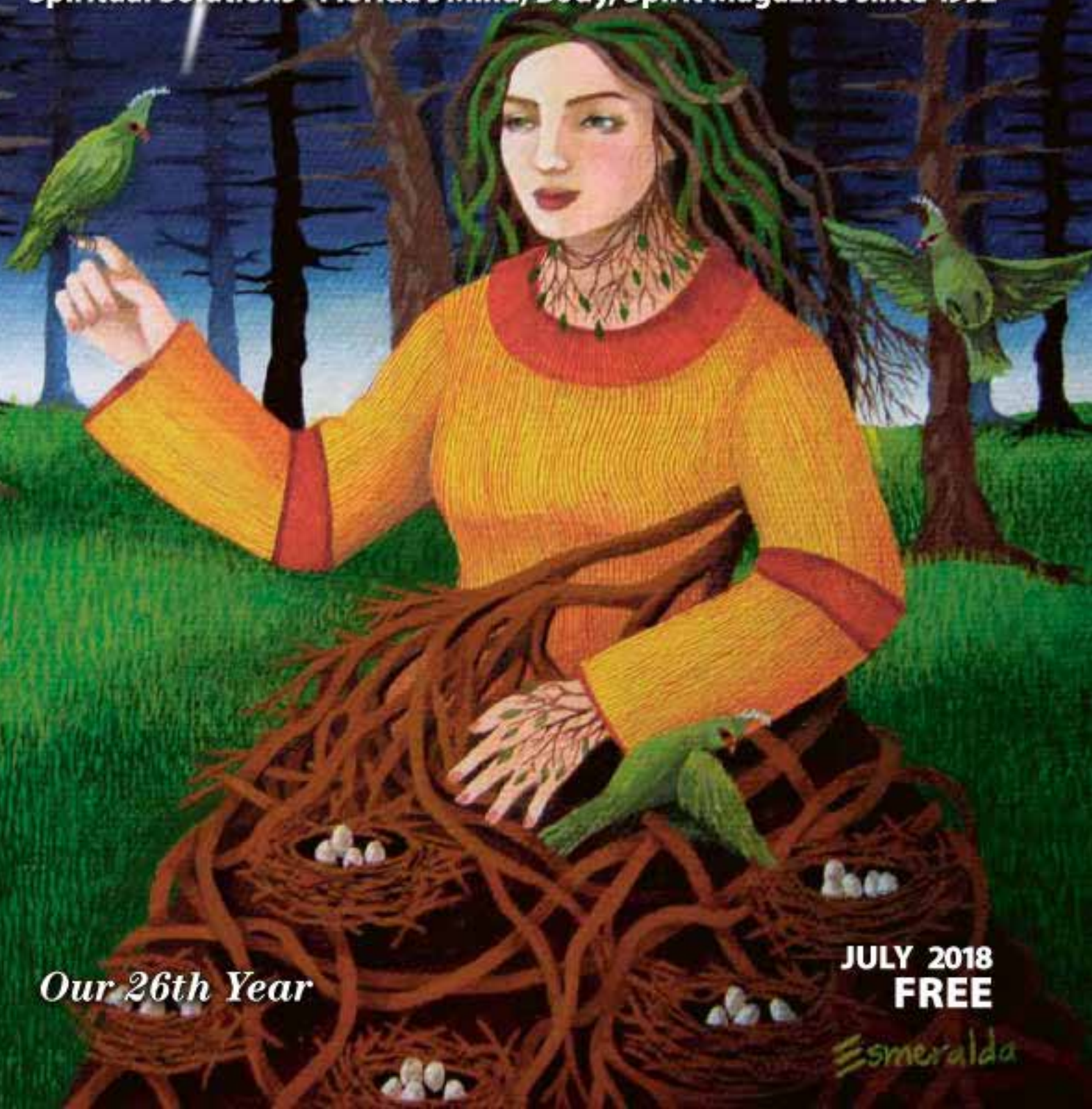


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The purpose and mission of our "Mystic Faires" is to promote education and awareness of the psychic world, holistic health, natural healing, conscious living, and spirituality. One way we do this is by bringing together psychics, spiritual counselors,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

Our Naples Mystic Faire (next one Spring 2019) is indoors for all of the psychics and healers and most vendors. We have a beautiful covered outdoor area that we use for last minute vendors. We don't charge an electric fee for the outside spaces. The 15th year for the Spring Naples Mystic Faire will be in 2019. Vendors should apply early, go to the website <http://mysticfares.com> and download your application now.

Melbourne Mystic Faire (next one is January 2019) All under one roof at the beautiful Melbourne Municipal Auditorium. Melbourne is a wonderful, welcoming community and we can't wait to bring our event back to this fabulous setting. If you're interested in exhibiting, go to the website <http://mysticfares.com> and download your application now.

Orlando Mystic Faire (next one is Fall 2019) All under one roof at the beautiful Osceola Heritage Park exhibit hall. A wonderful venue with lots of room for psychics, healers and vendors. Vendors should apply early, go to <http://mysticfares.com> to download your application.

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JULY 16-20, 9AM-4PM. CAMP DIRECTOR: JENNY BATTIG

www.epicrenewal.com/epic-kids-summer-camp/ for more info and to register. The sessions run Monday through Friday from 9am – 4pm each day (before and after care available if needed for an additional fee). The focus of the camp this summer is for 3rd – 6th grade students (ages 8-12). We want to show kids how they can be peaceful and respectful of others, of themselves, and of the environment. The techniques we will be teaching them can make a big difference in how they interact with others and even how they can get focused to get better grades in school! The camp agenda includes things like: social emotional learning, qi gong, pilates, crafts, music, games, and other fun activities. The camp will provide: materials for crafts (which the kids will get to keep, including a camp t-shirt), water, and some snacks. Kids will be responsible to bring their own lunch.

NEW MEMBER ORIENTATION SUNDAY JULY 15, 12:30 PM
FACILITATOR: MAGGIE ROSCHE

If you want to explore membership at Unity of Melbourne or learn more about Unity join this overview class.

Movie Sunday, July 29th 12:30 pm

Part documentary and part narrative, “As a Man Thinketh” promises to break new ground in the category of inspirational films. The film features such new thought leaders as **Rev. Michael Bernard Beckwith, Edwene Gaines, Dr. Joe Vitale, Maryanne Patalano, David Alexander** and others.



**What To Do On
Your Summer
Vacation...**

**ADVENTURES
IN GOD
CONSCIOUSNESS:
HOW TO PRAY
WITHOUT
TALKING TO GOD**

**Dates: Starting Tues and Wed
July 24 and 25 (Tues am and Wed pm) 5 weeks**

In this class, based on Rev Martella-Whitsett’s award winning book **How To Pray Without Talking To God: Moment By Moment—Choice By Choice**, you are invited to dive into the heart of the **Unity** prayer method - praying from a consciousness of God.

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The subject may be basic **Unity** principle and practice, but this is not small stuff. This is where the rubber meets the road. This is about choosing conscious participation in the ongoing creative process, the process of **God** here and now. This is about living Unity Principles #4 and #5, the conscious practice of the Presence of God.

As **Jim Rosemergy** reiterates in his prayer journey **The Gathering: “Life is consciousness.”** And a consciousness of the divine is the answer to prayer. Lets’s explore!!

ONGOING EVENTS

**First Sunday of the Month - Reiki Healing Service
after both Sunday Service**

Second Friday Night – Game Night 6:30pm

Noon Prayer Service Tuesdays and Thursdays

Tuesdays – Course In Miracles 7:00pm

Wednesdays – Melbourne LGBT AA 6:30pm

Join us in a Journey of Spiritual Discovery www.unityofmelbourne.com

**The greatest
optical illusion is
separation**

HORIZONS

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover (page 31)

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

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



**Horizons thanks
everyone willing
to take the risk**

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

ARTICLE SUBMISSION: You may submit articles of up to 900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com. Time sensitive articles must be submitted 4-5 months in advance. *Any article that promotes a particular person, product, service or event is considered an ad and is paid for.*

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Inside front	\$575	\$1515	\$2580	
Page 3	\$575	\$1515	\$2580	
Page 4	\$505	\$1332	\$2370	
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12 Steps of Spiritual Freedom

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

- 1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
- 2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
- 4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
- 5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher in 2016

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

HELLO AND WELCOME TO THE JULY 2018 HORIZONS MAGAZINE. Last month was a whirlwind of dollars OUT. I always welcome that since it creates more room for dollars to come IN. First there was weeks of remodeling at my tenant's home and then repairs on my 2007 Prius. It wouldn't start one morning and I had it towed to my mechanic. Long story short, it needed some major stuff and I had it done. I can't complain, I've had it 9 years and, aside from regular maintenance and tires, etc, I've spent less than \$2,000 on repairs. I get stellar gas mileage 28 mpg city/70mpg hwy, consistently average 45+mpg for 9 years. I know when dollars pour out of me, that creates room for them to pour in to me. And it did.

WHEN I'M OPTIMISTIC, THINGS GO RIGHT IN MY WORLD
It's not that things don't go "wrong" in my life because of being an eternally optimistic Pollyanna. They do, but my attitude

helps the goof ups come at a more convenient time. Like the car ordeal, which happened over the Memorial Day weekend, 6 days without a car! But my roommate's car was available. I know the Universe sends me these trials to see how cool and calm I can keep myself while working thru them. I'm getting better and better at it!

WHAT'S THE POINT OF IT ALL?

A friend asked, "What's the point of it all? If we're going to die, what's the point of trying to achieve anything?" The point is not achieving. The point is the emotional journey you take as you go this way and that. The point is to follow emotional happiness. That is also how you serve yourself and your fellow man.

HOW IS THAT? When you are filled with happiness, you exude a nonphysical 'good' into the environment and anyone around you has access to thoughts and feelings of happiness, not unlike accessing good thoughts from a collective thought bank.

WHY BOTHER TO FEEL GOOD EVER IF WE'RE GOING TO EVENTUALLY DIE? Because those thoughts and emotions build up and follow you from lifetime to lifetime, making easier and happier future lives. I cope with life by training myself to have an interest in things around me, looking for the fun to be had, looking for the helpers, looking for the silver lining, looking for someone to give a kind word to, by training my self talk to keep me motivated and uplifted. That is my contribution to emotional well being on planet Earth.

...continued on page 28...

Love? Money? Travel? Learn what 2018 holds in store for you.

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Maria Torano: Psychic Medium, Reiki Master & Healing, Cross-Over Readings

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THE OPTICAL ILLUSION KNOWN AS YOUR LIFE

Pam Grout is the author of 16 books, three plays, a television series, and two iPhone apps. She writes for People magazine, Cnngo.com, Huffington Post, and her travel blog, www.georgeclooneyslepthere.com. Find out more about Pam and her out-of-the-box take on life on her website: www.pamgrout.com.

“Everything is a prop to help us love more.”—Sue Morter

In Thank & Grow Rich, I mentioned the “visual” I used to prove that spending your life watching television is probably not the best use of your time.

I’d like to use this optical illusion to make my point.

If you’ve seen drawings like this, you already know that the big, ferocious monster chasing the little monster is actually the same size.

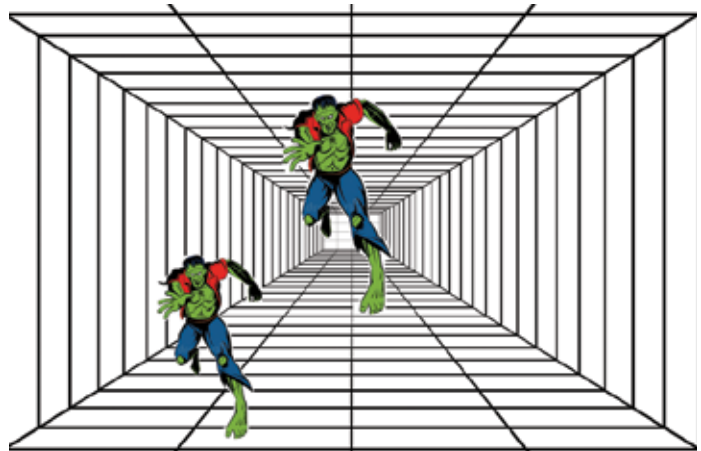
Optical illusions are great examples to prove how “off” our senses usually are. Our brains, as I like to say, are reducing valves, not reliable witnesses. The weirdest part is that we believe what our senses report down to the last detail.

When you really think about how faulty are senses are, it’s quite ironic that we trust them so implicitly. And it’s downright damaging that we use these false-spouting senses to judge. We use them to judge ourselves, others, the world around us.

It’s not that the act of judging is being yanked away.

It’s that our human bodies don’t have the proper “equipment” to judge. We literally limit the world and create a hologram to match our limited thinking.

The good news is we also have access to a connection that’s much more reliable. When we give our thoughts over to love, to the universal energy, all pain, disaster, suffering and loss disappears. It literally evaporates.



When we give our thoughts over to love, we learn that only good can come to us. We learn that everything, no matter how it may look, is a prop for love. Especially those monsters that appear to be chasing us.

So today, you can either believe the optical illusion of your senses, you can believe in the monsters or you can know that your true reality is love and that you are here to extend that love, to create and to dance for joy.

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ABRAHAM ON JOY:

Seek Joy First and Foremost. Seek reasons to offer words of praise to yourself and others. Seek beauty in Nature. Seek reasons to love in every segment of every day. Look for something that brings forth within you a feeling of love. Seek that which uplifts you. Seek opportunity to offer that which uplifts another. Seek a feeling of Well-Being. Know that your value can only be measured in terms of Joy. Acknowledge your absolute freedom to do any of these things.. or not do any..of these things... for it is without exception your choice - in every moment of every day.

ABRAHAM ON LIVING AN EFFECTIVE LIFE:

Your work is not to MAKE it happen. Your work is to LET it happen. And you let it happen by possibility thinking, not negative thinking, by hopeful thinking; not doubtful thinking. By believing it will come rather than doubting it will come. By talking yourself into feeling good. By acknowledging the well-being. By reading the fairy tales. By not listening to people who don't have what they want, but listening to the people who do have what they want. Go up to every couple who obviously are living happily ever after and say, "*Tell me your story of how you came together.*" And listen to the incredible tales they will tell you of how the Universe arranged their rendezvous. And it will make you begin believing in the possibility of rendezvous as they tell you the variety of things... All you have to do is say, "*I'm ready!*"

It's so nice when you fall in love, and you have this person that you're focused upon for a little while in positive ways before you get to know each other, and in that exhilaration all kinds of things start lining up for you because you have an object of attention that is sort of holding you in the **Receptive Mode**. We just want to say to you that you have the ability to put yourself in the Receptive Mode, and you have the ability to milk it and stay there longer, until before long you've flipped your vibrational mix and you're more ready for more things.

And that's why you look at someone who is on one of those tracks and you say you are so lucky. And often from your not tuned in perspective, you assign reasons for the success - "*Oh, you inherited it*" or "*Oh, you were just lucky*" - you don't let yourself explain to yourself the real reason. And this is the real reason: You've found some way to be in a receptive mode where you have particularly good timing, and as you started noticing that you had particularly good timing, your timing got

Rev. Andy Conyer

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even better. So you rendezvous more frequently with more of the things that you do want. And then, of course, it gets easier and easier. It's not difficult if you're living a lovely life to focus upon the loveliness of your life. But you know, there are some people who are living really lovely lives in one aspect, and they still complain about the stuff in another aspect. And before long, the loveliness just sort of dwindles away. They don't sustain it very long because you cannot focus in opposition to who you are and get what you're wanting.

...continued on page 28...



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

OH! MY ACHING HEAD

I've had numerous headaches some of them

quite severe. I've had sinus headaches with pain at my forehead and cheek-bones, tension headaches with band-like throbbing pressure and tension at the base of my head, cluster headaches on one-side of my head. But by far the worst headache for me is a **migraine**. Usually they begin with what I call a lightening bolt in my field of vision causing visual problems and a strong sensitivity to light and noise when they are real bad I've vomited. Thankfully they don't happen often anymore. When I was younger a neurologist prescribed a medication that I later found out had some very serious side-effects so I did some research. I kept a migraine journal and found that my migraines were cyclical; **when I got my hormones in balance using Wild Yam, Dong-Quai, Black Cohosh, Vitex, Ginger, Sage, Dandelion and Licorice the headaches went away.** Now that I am a bit older I've noticed that the few migraines I get are triggered by certain lighting conditions. When I feel one coming on I get out my **headache oil made with 1oz. Jojoba oil, 10drops of Peppermint and Lavender essential oils and 5drops of Camphor oil rubbing this mixture on my temples.** I also take out my smelling salts made with **Sea Salt, Peppermint and Lavender essential oils** I sit quietly deeply inhaling this for a few minutes it seems the earlier I do this the less likely I am to develop a migraine. Before you start using herbs for your headaches try to find the cause; there are many. Headaches can be from food allergies, environmental toxins, nutritional deficiencies, kidney imbalances, stress, fatigue, constipation or weather changes. If your headaches are due to stress and tension Antispasmodic herbs can relieve tension and relax the muscles in your neck **Black Cohosh, Crampbark and Skullcap** may be of help.

Alternative Blood Purifiers like **Red Clover, Milk Thistle, Burdock, Dandelion** will help with headaches due to environmental toxins and because they are highly nutritive they will help with headaches due to nutritional deficiencies.

Bitter herbs help headaches due to constipation or other digestive problems they also benefit the liver removing environmental toxins **Dandelion, Yarrow, Wood Betony, Black Cohosh** are a few that can be effective for this. To help relieve sinus inflammation, congestion and pain try **Elder, Goldenrod, Yarrow, Rosemary and Ginger.** For pain reduction **White Willow** and **Meadow Sweet** contain salicylic acid the compound found in aspirin. Other **pain reducing herbs** are **Jamacian Dogwood, California Poppy, Cayenne and Passion Flower.** A simple tea blend may just be **Peppermint and Chamomile.** Another blend I like is **1part Chrysanthemum, 1/10-part Lavender, 1part Oat straw, 1part Passion Flower, 1/10 part Roses, 1/4part California poppy and 1/4part Jamacian Dogwood.** If your headaches are chronic please see your physician to find out the exact cause and do your own research to get to the root cause then your healing can begin.



SETH ON THE NATURE OF CANCER

Seth is the nonphysical spiritual teacher who spoke through the author Jane Roberts. Seth clearly 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 beliefs. Seth taught not to rely on him, but to access and use the tremendous source of power and wisdom that lies within you. Visit www.sethlearningcenter.org

Many cancer patients feel powerless, unable to change, yet unwilling to stay in the same position, often putting up with undesirable situations or conditions for years. The most important point is to arouse such a person's beliefs in his or her strength and power. In many instances these persons symbolically shrug their shoulders, saying, 'What will happen, will happen,' but they do not physically struggle against their situation.

It is also vital that these patients are not overly medicated, for oftentimes the side effects of some cancer-eradicating drugs are dangerous in themselves. *There has been success with people who imagine that the cancer is instead some hated enemy or monster, which is then banished through mental mock battles over a period of time. While the technique has its advantages, it also pits one portion of the self against the other. It is much better to imagine, say, the cancer cells being neutralized by some imaginary wand.*

Doctors might suggest that a patient relax and then ask himself or herself what kind of inner fantasy would best serve the healing process. Instant images may come to mind at once, but if success is not achieved immediately, have the patient try again, for in almost all cases some inner pictures will be perceived.

Behind the entire problem, however, is the fear of using one's full power or energy. Cancer patients most usually feel an inner impatience as they sense their own need for future expansion and development, only to feel it thwarted.


The fear that blocks that energy can indeed be dissipated if new beliefs are inserted for old ones - so again we return to those emotional attitudes and ideas that automatically promote health and healing. Each individual is a good person, an individualized portion of universal energy itself. Each person is meant to express his or her own characteristics and abilities. Life means energy, power, and expression. Those beliefs, if taught early enough, would form the most effective system of preventative medicine ever known.

Many persons know quite well that they are not sure whether they want to live or die. The overabundance of cancer cells represents nevertheless the need for expression and expansion - the only arena left open - or so it would seem.

Such a person must also contend with society's unfortunate ideas about the disease in general, so that many cancer patients end up isolated or alone.

As in almost all cases of disease, however, if it were possible to have a kind of 'thought transplant' operation, the disease would quickly vanish. Even in the most dire of instances, some patients suddenly fall in love, or something in their home environment changes, and the person also seems to change overnight - while again the disease is gone.

Seth (Jane Roberts), 'The Way Toward Health', Session 6-12-84, pg 273.



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TESTIMONIAL: I appreciate the time you spent with me. The concert I was having such a hard time remembering was Patti LaBelle -- that was Kenny's favorite singer. It's funny this particular event came up in the reading Sunday because Sunday and Monday are the Mexican celebration for departed loved ones -- I was just wondering to myself what the greatest moment we had together in our short 4 years together, and for some reason I didn't think of this concert. This WAS definitely our best activity together and it took me coming to see you to remind me of that. Thank you for the piece of mind you have given me. **Chris**

TESTIMONIAL: Nellie, you said some things about an uncle my mother had that I never knew about. You mentioned he was a musician, and he was very well known. The next day I called my mom in Hungary and she started to cry, she verified everything you said. I never knew he existed up until you told me about him. At the time of the reading, you told me that he was there with me, it was a life turning experience for me. Thank you so much Nellie. **Klara**

TESTIMONIAL: Nellie, I loved your message, and got lots of info from it, now the hard part. put it into practice. thank you so much very much for sharing your wisdom with me and others.

TESTIMONIAL: Nellie, This is going to be short because I can not describe what happened to me today but I am at peace with myself after a very long time! You took me in a 1/2 hour early today and then made time for a friend of mine - so appreciated! And you spent extra time with me!! Feel like I won the lottery! I feel like the biggest dark cloud has been taken away from my life. I can not describe the happiness I feel - no words to describe the peace of mind I have! I do not remember so much peace! Some day I will write and explain more but just can't put it into words right now! THANK YOU! Maggie I will be back!!!

TESTIMONIAL: Hello Nellie, I was so impressed with you when we met in March for a reading that I felt I had to see you again. You told me many personal things about family and friends that only I knew about. You also told me about changes that would happen that would effect my business. One by one the changes did start happening just as you described. You have a wonderful gift, Nellie and I am looking so forward to our next appointment in October! Thanks, Janette

Rev. Albert J. Bowes

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3 STEPS TO REMOVING PSYCHIC BAGGAGE

James Van Praagh is a NYT bestselling author of Talking to Heaven, Reaching to Heaven, Healing Grief, Heaven and Earth, Looking Beyond, Meditations, Ghosts Among Us, Unfinished Business, Growing Up In Heaven, Adventures of the Soul, How to Heal a Grieving Heart (co-authored with Doreen Virtue) Power of Love. He shares insights and messages from the Spirit realm at <http://www.vanpraagh.com>.

Decades spent on stage and on the road have left me with a back that acts up once in a while. Luckily, I've found a wonderful masseuse and healer to provide deep tissue relief when the pain gets too bad. Just the other day as he was erasing the knots in my lower back, he shared an insight about his work that I believe also applies to matters far beyond physical aches and pains.

"I imagine my clients going about their day picking up shiny little BBs - each representing an incident of physical or mental stress. Every time a client lifts something the wrong way, deals with a difficult co-worker, or tosses and turns all night worrying, another tiny metal ball goes into their pocket. After a while, they become uncomfortably weighted down with the accumulation of all of this, and they come to me - my job is to remove the BBs. When I'm finished, it makes me so happy to see them walk out taller and feeling lighter in every way!"

In the example of the masseuse, his clients are lucky enough to be able to come to him regularly for relief. But think of how many people hold onto old emotions, traumatic memories, and resentment (what I like to call "psychic baggage") indefinitely - pushing everything down without examining it just to make room for more "BBs." Without a way to regularly dissolve or clear out that energetic junk, it builds up and blocks you - energetically, physically and emotionally.

HOW CAN YOU TELL IF PSYCHIC BAGGAGE IS HAVING A NEGATIVE EFFECT ON YOUR LIFE?

Here are some signs:

- 1) You have difficulty experiencing the present moment without dwelling on the past or worrying about the future.
- 2) You keep repeating the same patterns and mistakes in one or more areas of your life.



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- 3) In matters of the heart, you're attracted to "bad boys" (or girls), people who can't commit, or otherwise unsuitable partners.
- 4) You feel like you're not always in control of your own reactions or emotions.
- 5) You feel that the work you do is not aligned with your true self, yet you're unable to make a change.
- 6) You often find yourself getting your feelings hurt and taking things too personally.
- 7) Your fears and phobias prevent you from trying new things.
- 8) You have health issues or chronic fatigue your doctor can't explain.
- 9) You keep waiting for something to change so your "real life" can begin.
- 10) People tell you that you're overly defensive or that you can't open up.

...continued on page 27...

FROM THE HEART



Alan Cohen is the author of many popular inspirational books, including the forthcoming *The Tao Made Easy*. Join Alan in Hawaii this December for his life-changing seminar *Transformer Training* to develop your skills and/or career as a teacher, healer, or leader. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

YOU ALREADY KNOW

An ancient myth tells that when human beings were about to be created, a committee of gods got together to decide where the secret of life should be placed. All the gods were in agreement that the secret should be hidden somewhere clever, so that people would have an adventure to find it. But the gods had a hard time agreeing where it would be most challenging for people to locate the treasure.

"Let's hide the secret of life at the top of the highest mountain!" one god suggested.

"No, no," replied another. "People will invent airplanes and helicopters and rappelling equipment, and then everyone will be able to get to it."

"Then how about at the bottom of the sea?" another god posed.

"Same thing," another deity answered. "They will invent submarines and diving equipment, and that will be the end of the game."

The gods sat around, hands on chin, nearly stumped, until one god lit up. "I have it!" he exclaimed. "Let's hide the answer within each person - they'll never think to look there!"

And so it has turned out. When we need to know a truth, we tend to look outside ourselves for answers, and the last place we look is in our own heart. Meanwhile, all that we could ever need to know abides at the core of our being.

The great inventor **Thomas Edison** used this principle when he needed help with an invention. When Edison felt stymied in the midst of a difficult experiment, he would lie down on a couch with a rock in his hand. As he dozed off into a light sleep, he sank into his subconscious mind, which he recognized to be an avenue of infinite intelligence, from which all of his best ideas came. Then, as his body relaxed, Edison would let loose of his hold on the rock, which would drop to the floor with a loud "thud!" that would startle him out of his nap.

At that moment **Edison** still had fresh in mind the idea he had contacted in his sleep state, and he would quickly write it down. That was Edison's secret. He went on to generate over 5,000 important patents, including the electric light, the phonograph, the alkaline battery, and motion pictures.

When I studied organizational development in graduate school, my professor wrote a sentence on the blackboard that ultimately meant more to me than all the techniques I learned. It said: *A consultant is someone who borrows your watch to tell you what time it is.*

The greatest service any therapist, teacher, psychic, astrologer, or counselor can offer you is to remind you of what you already know. You have probably sought help or advice from several people or resources, and still felt unfulfilled. Then someone said something that really resonated within you, and you said, "*That's it!*" How did you know that was it? Why did that one piece of advice move you more than the others? You already knew, and you were just waiting for someone out there to call your attention to the answer that matched your inner knowing.

Dr. Norman Vincent Peale, author of the perennially popular book, *The Power of Positive Thinking*, was sitting on an airplane next to a young woman who struck up a conversation with him. When she discovered that **Dr. Peale** was a man of seasoned wisdom, she decided to ask him for help with a dilemma. "*I have been dating two men and both of them have proposed to me,*" she explained to **Dr. Peale**. "*I'm not sure which one to say 'yes' to. Can you give me some advice?*"

"*Sure,*" **Dr. Peale** answered abruptly. "*I don't think you should marry either of them.*"

"*Why is that?*" asked the young lady, surprised.

"*If you have to ask me who to marry, you're not in love with either of them,*" he answered.

When something is really right for you, you know it. And when something is not right for you, you know it. Your job is not to find someone else to dictate your truth, but to get in touch with your inner guidance. Trust your intuitions and gut feelings. Your inner being is always speaking to you through the voice of your heart. Honor what your heart is telling you, and you befriend an impeccable guide that will take you all the way home.

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ASK WHITEDOVE



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DEAR WHITEDOVE: Some people believe that each life is mapped out before we come to Earth and that is our fate. Others believe that we can change our life's path at any time. So I would like to know, is there a difference between fate and destiny or is our life's mission preordained? ~ Fated in Philly

Dear Fated: There is a great deal of planning that goes into a life's mission. As we prepare for our Earthly journey, we make an agreement with God. We select lessons to learn and also lessons that we agree to teach others; these are called Soul Contracts. So we map out our journey. There are very few events etched in stone, but if there is something that we MUST experience it's preordained or called fate.

Then there are other events that will only happen if everything is lined up with divine timing as destiny or a synchronicity. One of God's greatest gifts to humankind is the gift of free will. This affords us the opportunity to co-create our life on Earth. We can get caught up in drama and create a hellish life OR we can dream big and create a personal heaven on Earth.

Know this: Your spirit has the ability to overcome any hurdle: poverty, abuse, illness, financial loss. Every great master has taught this truth. So I would like to encourage everyone to monitor your thoughts because they are your building blocks. Visualize the future as you want it. Then take action. Heaven is within your reach!

DEAR WHITEDOVE, I am wondering what people are talking about when they refer to the Fairy Kingdom? I have to admit the idea is intriguing but I've never seen a fairy flitter by me either. On the other hand, I don't see how it's much different to believe in fairies than angels. Please shed some light on this for me. Cosmically confused in CA

Dear Cosmically Confused, I can understand how people would misconstrue the idea of the fairy kingdom into some out of this world fantasy fest, but that is not what we mean when we refer to the Fairy Kingdom. The fairy kingdom consists of all spiritual creatures that are earthbound, this means, Elemental

Spirits (meaning spirits governed by the Elements of Earth such as water, air, fire) the animals and plants and of course the ever elusive fairies (also known as the angels of the Earth) not everyone will see Tinkerbell flying by with a sparkly wand, but their energy exists here just the same. They are in charge of protecting and aiding Mother Earth and all her inhabitants. Children are much more apt to see these spirits as their minds have not been programmed to disbelieve. I cannot stress enough to people that just because something is not in your view doesn't mean it does not exist.

DEAR WHITEDOVE, Please enlighten us as to why predictions from psychics are sometimes accurate and other times so off the mark. How can I explain it to him? Why would the information that's coming from "The Other Side" end up wrong? Seeker from Miami

Dear Seeker, There is only one being that is omnipotent, and that is the Great Spirit. There are several factors that determine the accuracy of a psychic message or prediction. First there is Free Will. Psychics "see" the most probable future. Many psychic messages that are relayed to clients are given as a warning, not a predestined fate. If a psychic tells someone that they have a car accident in their energy that's not to say it will happen for sure, it is suppose to help them be aware of the danger and do things to prevent an accident from occurring at all: buckle up, be more cautious and drive with awareness.

Remember Psychics and Visionaries give predictions based on the most probable outcome at the time, BUT the future is always shifting! Another thing to consider is that psychics glean their messages through communication with Great Spirit, their Angels and their guides. Great Spirit is never wrong but the reader can be. Heavenly Spirits do not have a set of vocal cords, so a psychic medium that is "plugged into" the divine intelligence receives the information as a Knowing. But if the readers' intellect or ego gets in the way, this will influence the information.

I'd like to remind that everyone has intuition and psychic abilities. You have the answers with in. Though prayer you are speaking to the Great Spirit. And once you practice the art of meditation, then you will begin to hear the solutions to your personal issues. God speaks to all of us, it's just that some people have forgotten how to listen.

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CREATE A VISION BOARD USING THE BALANCE BOX

Lauren McLaughlin is an ordained Unity minister; an author, teacher, speaker, writer, counselor, retreat facilitator. Certified in several modes of energy management, Lauren enjoys helping people who are feeling anxious or are suffering physical or emotional distress by introducing them to the many blessings of EFT (Emotional Freedom Technique) and Psych-K. Lauren is also a dedicated Spiritual Coach - helping people to discover their own path to a Spirit-fed life. Lauren lives in Palm Harbor, FL with her husband John and their cat, Pusser. www.thehandbookofspiritualtools.com

HERE'S HOW TO CREATE A VISION BOARD USING THE BALANCE BOX

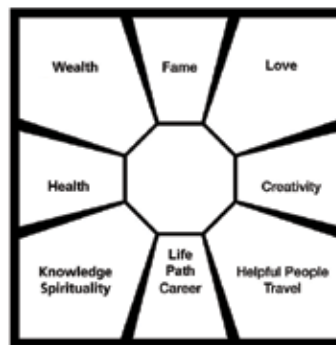
What if I told you that a map exists that would show you precisely how to live a life that is balanced, orderly and fulfilling, and that all you have to do is to follow that map to experience a consistent sense of well-being?

Well, such a map does exist and it has for over 3,000 years. It is called the Bagua Map and it is a vital part of the practice of the ancient Chinese art of placement called Feng Shui.

Thousands of people around the planet use the Bagua Map every day to design their outer environment for the purpose of drawing to them the specific energies they need to feel fully and peacefully in balance in their living and working spaces. But few realize that they can use the same system to achieve "Internal Feng Shui" for the purpose of attaining a deep, inner sense of balance as well.

Life is intoxicating and we tend to get mindlessly caught up in it, putting out fires, and answering calls for help which keep us pumping adrenalin much of the time. Whenever our security is threatened, our health is endangered, our relationships are in trouble or we're in Spiritual crisis, we tend to focus our atten-

tion only on that most "needy" area of our life experience and in turn, we neglect everything else. And when that happens, everything gets skewed out of proportion. Then, when the crisis is over, we feel exhausted, overwhelmed and even lost.



The Balance Box is a tool that can help us avoid getting into that place of imbalance in the first place, but even if we forget to follow it, we can use it to quickly regain our sense of balance when our crisis time is over.

A Balance Box is a simple square or rectangular box, divided into 9 equal sections - much like a tic-tac-toe board.

The center square represents our consistent Source of energy and supply.

...continued on page 26...

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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" group on FB and like her FB page, "Soulsongs by Karen Money Williams." Email karen@karenmoneywilliams.com

SOULSONG #206 MY NOT-AT-ALL-EVIL TWIN

There's much more to me than meets the eye, and I'm not referring to something being held in by Spandex.

There's a non-physical part of me that is pure positive energy, and I came into physical expression so that both this non-physical self and I could have a grand adventure.

To the extent that I'm joyful, content, peaceful, and hopeful, I'm seeing eye-to-eye with this Inner Being, and it orchestrates circumstances that elicit health, abundance, love, and every desire.

When I am at odds with life - giving much attention to what I don't like and don't want - I don't jibe up with my inner self and I prevent this non-physical aspect from helping me in the way that we both intended. When I regularly disconnect from this larger part of me, things don't go well.

My ultimate work is to maintain a consistent connection between my physical and non-physical "twin." Every moment that I think good-feeling thoughts, I'm fulfilling this high purpose. And from the accumulation of feel-good moments, wonderful events unfold.

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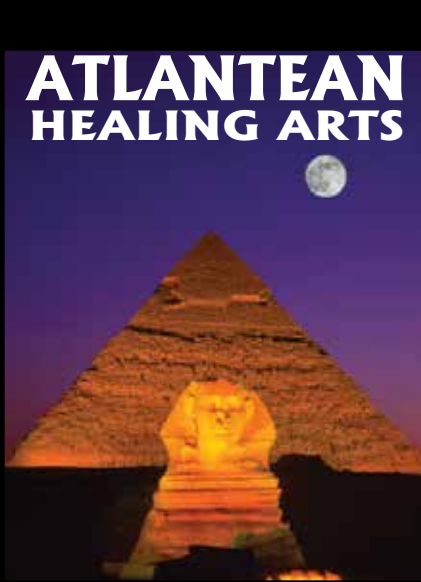
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CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email HorizonsMagazine@aol.com or call 321-750-3375 with credit card info. No calendar listings taken by phone.

Mondays and Thursdays SEBASTIAN 7pm, \$11 Intuitively guided Journey Meditations with Psychic Medium Marchelle at Into The Mystic.1614 US Hwy 1, Sebastian. 772-480-4344

Monday thru Thursday PALM BAY Yoga classes 7:00-8:00pm at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 321-725-4024 www.yogashakti.org

Tuesdays and Thursdays MELBOURNE 12-1pm Prayer Service Unity Church 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

Thursdays 7pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 308 Pine St 32796 321-543-3674

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$5 Members, \$10 others. Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

2d, 4th Thurs MELB/PALM BAY 7pm Wiccan-Pagan Outer Court Classes Church of Iron Oak. scribe@ironoak.org 321-722-0291

First Saturday PALM BAY Noon Vegetarian Luncheon at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 \$10 donation, children free. 321-725-4024 www.yogashakti.org

2nd Sat. every month JACKSONVILLE Psychic Fair 1-4 pm Spiritual Lighthouse Church 1049 Crestwood St Jax Church Sun 3 pm 904-764-7639

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

Sundays MELBOURNE 9:30am and 11am Services at Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 403 West St., NSB, nsbcuuc.org, 386-308-8080

Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at 1924 Melody Lane behind Melb Auditorium

Thursday July 19 ORLANDO. Learn about the Art of Ascension. 7pm at COAL, 619 N Thornton Ave, Weekend course 7/20-22. 573-261-0368 www.ArtofAscension.com

Friday July 21, 2018 PENSACOLA at 7:30 pm An Evening of Spirit with World Renowned Psychic Medium and NY Times #1 Best Selling Author, James Van Praagh will be "Live" at Skopelos at New World Landing 600 S Palafox St, Pensacola, FL 32502 (850) 941 4321 <http://www.newhorizonsexpo.com/>

August 31 thru Sept 2nd - Retreat with Moksha Priya Shakti at Yogashakti Mission, Palm Bay, FL (see page 26 for details). The Ashram was created by [Ma Yogashakti](#) and is purified and energized by her. Take part in 3 Hatha Yoga classes; Learn Deep Relaxation. Six home-cooked vegetarian meal will be provided. Accommodation is shared or you may bring a tent. **REGISTRATION:** In advance before June 30th - \$130 per person, families \$180. At the door \$140 per person or \$200 for families. **WHERE:** Yogashakti Mission 3895 Hield Road, Palm Bay FL 32907. (321) 725-4024 **WHAT TO BRING:** Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook. **E-MAIL:** yogashaktipalmbay@gmail.com to register or call 321-725-4024



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NOTES from the Universe

An 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. <http://tut.com>

You do realize, don't you, that there have been others - in lifetimes, millennia, and civilizations past - who have been to some of the same "places" you've been to? Yet, they got so scared they lost control, turned away, or flat out quit.

**Yep, and they surround you now in the unseen. Your greatest admirers. Thanks,
The Universe**



SPIRITUAL GRAFFITI

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

ONLY THE INDIVIDUAL SOUL KNOWS THEIR PATH

Whenever we hear a famous person (who seems to have it all together) take their life, it's natural to question why and sadly many judge others choices (sometimes calling them selfish or cowards).

As a person who wished they didn't wake up some years back, I can say... I hope no one else ever feels that kind of pain and if they do, I will still love them instead of judge (as cowards or selfish).

"I feel startled and infuriated by those who call people who suicide "cowards". It is the heights of arrogance and insensitivity to imagine ourselves judges over a person's decision to stay or to go. Only the individual knows what trauma they are carrying, what pain they have known, what darkness blankets their inner world, what courage it has taken to even stay this long. Only the individual soul knows what path it is here to walk and when its time has come. If you are lucky enough to have never considered suicide in this challenging world, then get down on your knees and thank your lucky stars. Really, get down and kiss the ground and give thanks. But do not judge those who have made a different choice. But for the grace of God there go you.

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Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; Crystal Intentions Oracle; The Essential Guide to Aromatherapy and Vibrational Healing; and Animal Totems and the Gemstone Kingdom. She has many oracle decks See TheCrystalGarden.com and MargaretAnnLembo.com

ARCHANGEL SABRAEL: BLOODSTONE AND GERANIUM JOIN TOGETHER TO DETER JEALOUSY

The vibration of bloodstone and geranium – hand in hand – offer the opportunity to birth your dreams into reality as you constantly regenerate and rejuvenate. Bloodstone amplifies your ability to manifest your dreams and intentions. It helps you to stay motivated and actually take the action you need to actualize the dream, project, invention, or idea. With bloodstone in hand, you are motivated and bring it from the idea stage to the actual realization so you can see it, touch it, play with it, and enjoy it!



Include Archangel Sabrael in the legion of angels by your side to guard your projects and dreams as you work toward materializing them. Sabrael, considered one of the virtues, has the energetic vibration of working miracles. Sabrael bestows great courage and grace as you step forward in making your dreams and visions come true here on earth. Often we feel that we need to be bold, daring, and courageous to achieve great things. Invite Archangel Sabrael to be part of your team and you will find the backbone and the spirit to manifest your reality - and sometimes it is beyond your wildest dreams! Sabrael has your back! Bloodstone helps you to truly recognize that your feelings and emotions are the juice behind what you manifest in your life, that your heartfelt emotions create your reality. Use this stone to clear your emotional birth canal so that you have a clear channel for the emotions that help determine your life's purpose.

MESSAGE: The Divine Feminine speaks through Kuan Yin - Germaniums encourage you to balance your basic hormonal vibes while snap dragons alert you to enliven your self-esteem and inner power. Couple geranium essential oil with bloodstone for balance and to repel negativity and those who may hamper the efforts to manifest the dream. Geranium helps you to maintain your focus on something important when your thoughts are scattered. Its calming effect helps you sort out your thoughts.

Invoke Archangel Sabrael to release negative thoughts and negative forces. Start with asking for the help of this angel, one of many in your entourage of spiritual helpers, to ward off the incessant mind chatter and jealous feelings and thoughts of others. Using your imagination as you envision Archangel Sabrael repelling thoughtforms that aren't for your highest good so you can maintain focus on goals and your life purpose. Unfortunately, "friends" and other acquaintances will feel jealousy when you are soaring to the top and achieving your goals. Using the aid of this archangel along with bloodstone gemstone and the geranium essential oil, you can maintain a force field of goodness and love that cannot be penetrated by the darts of jealousy. Both geranium essential oil and bloodstone are beneficial to reduce the effects of hormonal challenges. Inhale geranium essential oil while you keep a bloodstone on or near you when you are reestablishing your equilibrium to enable you to step forward with confidence & courage to give birth to your goals and dreams.

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Spray this mist to align with the self-empowerment and matriarchal wisdom.

Invoke blessings of angels to be love and to be the most beloved.

Use this spray to be a visionary for understanding, awakening and ascension.

From the creator of **Smudge in Spray**

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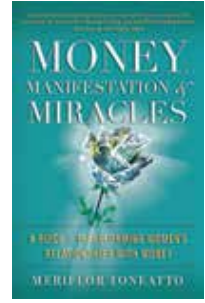
CLARITY LEADS TO ALIGNMENT



AN EXCERPT FROM MONEY, MANIFESTATION & MIRACLES

Meriflor Toneatto is the author of Money, Manifestation & Miracles. As the CEO and founder of Power With Soul, she specializes in helping ambitious women entrepreneurs, professionals and leaders reach financial prosperity and success while fulfilling their social promise to the world. Her work has been featured internationally in media outlets like Yahoo! Finance, Washington Post, International Business Times, Los Angeles Times, and more. Visit her at www.meriflor.co.

"When women are empowered with money, they become "difference makers."



You are the CEO and the leader of your life and your life's work. Yet maybe you are not quite feeling like the hero of your life story, and that's all right. You are not alone.

The beautiful reality is that you have chosen to accelerate your personal and spiritual journey by empowering your relationship with money. I believe that the path leads first to gaining an inner understanding of yourself. I also believe that the keys to abundance are already within you. In fact, the keys to prosperity have always been within you because abundance is your natural state.

Once you have tapped into your values and strengths, the next step is to align them with the meaning of money and to set meaningful monetary goals.

ALIGNING WITH YOUR TRUE DESIRES

I cannot overstate the importance of being in alignment with who you are and everything you do. When you are in alignment, everything flows; life feels easy; and opportunities, including people, money, and resources, will show up on your doorstep to help you achieve your goals.

When you are in alignment, you are also at your best and most joyful. When you are in a state of joy, your personal energy is stronger, enabling you to more quickly manifest what you desire. This includes manifesting financial prosperity and abundance in all its forms.

Likewise, it is harder to achieve what you desire when you are out of alignment, when things just do not seem to go your way, with many blocks and obstacles to overcome. We have all experienced this at some point. I have found the main reasons that women are not doing as well as they could be.

Some factors that hold women back from greater success relate to a disconnection between:

Some factors that hold women back from greater success relate to a disconnection between:

- What they have accomplished and their level of self-confidence
- What they really want and what they settle for

- Valuing what they do and valuing their self-worth
- The determination they show on the outside and the fear and doubt they have about themselves on the inside

The disconnection stems from being out of alignment with themselves and their truth. This is why self-knowledge is so vital; it provides you with awareness and clarity. And having clarity crystallizes what actions you need to take to get aligned with what you desire. The reverse is also true. When you get into alignment, you gain greater clarity. Either way, it's all good.

...continued to page 29...

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HOW TO CREATE A VISION BOARD USING THE BALANCE BOX

...continued from page 16...

People call that Source many things - God, First Force, The Grid, The Matrix, The One, etc. I call it The ELF - or the Eternal Life Force. Every activity of life that we experience in one or more of the outer squares is fueled and serviced and made possible, only through the grace of the Creator and Sustainer of all Life, which gives us our vital, internal balance.

The other 8 areas are also essential to our well-being, however, for the following reasons:

WEALTH represents the energy of money and substance that we gather to us for our security and pleasure.

FAME represents the individual need within each of us to achieve those things that deeply matter to us.

LOVE represents our relationships to others, both on a personal basis and as co-inhabitants of a common planet.

CREATIVITY represents the expression of our individual talents and joys

HELPFUL PEOPLE acknowledge our connectivity to other souls as helpers and supporters for us, and us for them.

LIFE PATH illustrates whatever we are doing to express life in the NOW moment with a look back in gratitude for the past and a look forward in hope for the future.



SPIRITUALITY represents our intention to remain awake to the deep personal guidance that is available to us from beyond our physical selves

HEALTH represents the vital need to care for and feed our bodies.

Each area of the **Bagua map** is of equal importance and each one requires an equal portion of our attention at all times. When any one or two are ignored, our general sense of well being is compromised. Our sense of balance is violated.


A fun and really helpful use your **Bagua Map** is to help you create a meaningful **Vision Board**, to remind you of what you wish to achieve in each individual area. Just as you would on other kind of Vision Board, you will place in each of the sections of your **Balance Box** a few visual representatives of your immediate goals for that area. It is best to limit the "pictures" of what you want to achieve in each area to three or four or else the process can become overwhelming instead of reassuring.

You may create the **Bagua Map** on a poster board and paste pictures into each of the 9 sections. I personally prefer to use a cork board, which I section off with tape or ribbon and apply the pictures with push pins. If you become dedicated to using your **Bagua Map** to achieve internal balance, you may paint the square or rectangle on your wall in a color that matches your décor using magnetic paint. Then section off the nine areas with tape and apply your pictures with magnets.

Be sure to build your map in a place where you can see it every day so that you remain fully aware of what is going on in each of the areas at all times. If you notice that you have become "too busy" for several days to take steps to keep yourself healthy, reviewing the "Health" section of your **Bagua** will remind you to take time at least to do some deep breathing, maybe shift your diet a little away from the fast food chain, and perhaps arrange to get an extra hour of sleep. If you're trying to do too many things alone, passing by the "Helpful People" section will remind you to do some delegating.

Allow the map to help you stay in balance and you will find yourself growing in happiness and self-satisfaction every day.

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3 STEPS TO REMOVING PSYCHIC BAGGAGE

...continued from page 13

There's no precise way to score this quiz, except to go with your gut. You might have checked three or four, and be managing just fine - but if even one of these issues is causing a problem in your life, then chances are you're dealing with some psychic baggage. Now is the time to lighten your load!

HERE ARE 3 STEPS TO DUMPING THE PSYCHIC BAGGAGE NOW:

1) BE HONEST WITH YOURSELF.

Let the checklist above be your jumping off point to examining areas where you are blocked. For example, say that #2 on the list above got a big reaction from you. You KNOW that you keep repeating destructive patterns - even when you can predict what's going to happen. Sit with that thought, and explore how it makes you feel. What memories come up - do you recall the first time you had this experience? What do you think might happen if, just once, you made a different choice? What fears or feelings does that bring up? Listen to your intuition, and see if you can discover the root cause of this behavior.

2) START PROCESSING YOUR FEELINGS.

Now that you're paying attention, you might find that you are conscious of even more repressed memories and emotions. As they come to the surface, give yourself time to process them. Treat yourself as you would a cherished friend, and give yourself permission to grieve, be angry, feel the loss, and then to forgive. Many of my students find that writing a journal or a letter helps them let go. Writing things down - without judgment or censorship - is very healing. And if you write a letter, it's entirely up to you if you want to share it with anyone. No confrontation is required for healing to take place - just honesty and self-awareness!

3) GET HELP!

If simple self-examination isn't enough and you can't release yourself from whatever is holding you back - don't be afraid to get help from a friend or a professional. An objective ear might be just what you need to get comfort, validation and the courage to move ahead. Or, sign up for a spiritual workshop or meditation retreat. In a few days, you'll learn techniques that will change your 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."

... from page 7

Your being here matters, your being happy matters, the happiness of others matter. Never think it's pointless. **Become an emotional missionary in this lifetime and follow happiness, feel happiness, collect happy thoughts and feelings so you can remember happiness when things are not so happy. Fill up your happy tank to overflowing, that's how you silently help your self and your community.** In this lifetime and the next.

On page 11 we've got **Seth** thru **Jane Roberts**: "This is one of those "secrets to enlightenment" everyone asks for but few hear and understand. **When you don't know what to do, relax and tell yourself that other portions of yourself do know; they will take over. Give yourself some rest.**"

That means say to yourself "I know there are other parts of me that understand what I do not. I ask that these parts help me understand, help me become aware of what I need to know to overcome this situation/ have a new experience/ or just be the best I can be."

Then practice relaxing into the knowing that you have set something in motion that you will soon see evidence of. Relax into the knowing that these other "parts" of you can be thought of (if it makes it easier to accept) as guardian angels or spirit guides here to help you with whatever you ask help for. You "activate" them by talking to them and asking them for help. If it makes it easier to accept, these other parts of you can be thought of as God whom you are asking in prayer. You might do this twice a day during meditation.

From **Thich Nhat Hanh**: Recently, one friend asked me, "How can I force myself to smile when I am filled with sorrow? It isn't natural." I told her she must be able to smile to her sorrow, because we are more than our sorrow.

A human being is like a television set with millions of channels. If we turn the Buddha on, we are the Buddha. If we turn sorrow on then we are sorrow. If we turn a smile on, we really are the smile.

We can not let just one channel dominate us. We have the seed of everything in us, and we have to seize the situation in our hand, to recover our own sovereignty. --

Enjoy our offering this month.
Hari Om

Andrea



ABRAHAM-HICKS

...continued from page 9

We like that you received awareness of something, we like that the thought of something came to you and that it felt good. And we like that you managed the vibration of it enough that it came to a fruition. It's wonderful to be ready. And oh, the things that are at your doorstep, the things that you are in the vicinity of receiving - it is so delicious for us to have awareness of what is in the process of unfolding for you. And you know, we stand in readiness, in sort of alert readiness, in pleasure of those points of timing when something explodes just a little further into your creative experience, because your creation is also our creation. And you know that exhilaration that you feel? That's our exhilaration that you are in the **Receiving Mode** of. When you feel that exhilaration, that's because we have our eye on you, and that feeling that you're feeling is the feeling that we're feeling. And for those moments of elation and love and appreciation, we are bonded in singular vibrational frequency.

Abraham on The Medical Profession:

Not long ago, the medical profession was predominantly based upon those who sincerely believed in wellness, and whose dominant thought was toward wellness. And so when you interacted with them, it was toward a very powerful feeling of becoming well. That has almost swung completely. Illness is now the game that is most thought about; illness brings dollars, dollars bring power.

So there is very little health care; it is more illness care. There is little wellness center, it is almost all sickness center. The names may be one or the other, but the emphasis is toward that. So much so that your society as a whole believes much more in illness than in wellness; the expectation of illness is many, many times greater than the expectation of wellness.

And so, we do not see technology as making the difference because attention to lack just perpetuates more lack. And so more technology is created, but the lack keeps outrunning it. **Have you noticed that as soon as you discover a cure to one deadly disease, another deadly disease pops up?** It is because the mass consciousness is much more focused toward illness than wellness. So it is not a technological improvement that is in your offing, it is a spiritual understanding, a coming into balance with self, a personal healing sort of thing.

It is not illness that kills you, it is attention to it, because it is your thought about something. Now, that's hard for those who have something wrong to hear from us, because they say, If I did not have this treatment, it would get worse, and we say as long as your belief in the treatment is toward wellness, you will have wellness. Just do not let them convince you that anything is deadly, because nothing is except your belief about it.

...continued on page 31



CLARITY LEADS TO ALIGNMENT

...continued from page 21...

THERE ARE THREE MAIN BLOCKS TO GAINING SELF-KNOWLEDGE

SELF-KNOWLEDGE BLOCK 1

Being unaware of your personal values: You may not have revisited your values in a while, or maybe you've never taken the opportunity to discover them in the first place. Many goal-oriented women often do not have the time to stop and "smell the roses." You may always be on the go, without ever stopping to think about the following: what truly fulfills you, what brings you the greatest meaning and joy, what you most cherish, and what you would take a stand on.

SELF-KNOWLEDGE BLOCK 2

Not fully embracing your natural strengths: First of all, do you know what your natural strengths even are? Your natural strengths come very easily to you – just like breathing. You may even take your strengths for granted.

This is a common habit because we have been taught from an early age to work on our weaknesses rather than nurturing our strengths. However, when we take the time to nurture our strengths, we accelerate our growth and success.

SELF-KNOWLEDGE BLOCK 3

Being unclear about your life's purpose and how to express it in your work and personal life: Your life's purpose, or your calling, is unique to you. When you are unclear about your purpose, it contributes to being out of alignment with your full potential.

However, when you are connected to your purpose, it can bring you a sense of deep fulfillment and direction in your life. (See chapter 11, where we dive deeper into aligning your purpose with the impact you want to make on the world.)

Now is the perfect time to revisit these blockages and release them. Seeking advice from your trusted friends is a natural thing to do when you feel like you are straying from your path.

However, your friends may not be sure themselves as to how to reconnect you with your values or help you discover, or rediscover, your life's purpose. They themselves may not be aware of their own life's purpose or sure how to find it. Other reasons your friends might not be the best people to advise you could be that they are simply too busy leading their own hectic lives or that they are not on the same path as you.

As such, it is often beneficial to obtain the support of a professional coach or mentor who has the training and insight to



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Maya White is a Master Destination Astrologer and one of only 90 people in the world certified in Astro*Carto*Graphy, a specialized branch of astrology which helps people find their perfect place on earth for love, prosperity, and personal growth. She's also the creator of Easy Astrology Oracle Cards published by Hay House. Visit Maya's website and sign up to receive her weekly newsletter. www.MayaWhite.com

HOROSCOPES JULY 2018

Cusp dates are accurate for 2018. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2018.

Aries - (March 20 - April 18) It's all about karma, baby. With Mars retrograde until August 27, it's time to live and let live. **Mars retrograde** can get under your skin if you don't recognize it. Examine what's causing you stress now, then go back through the archives of time to find an origin. Now with healing **Chiron** in your sign, whatever is giving you pain or distress CAN be healed. Find that itch, apply a soothing balm.

Taurus - (April 19 - May 19) I know, I know - you want to be free! The secret is that you hold the keys to your sovereignty. This is not about some 'other' person who is holding you back. You wear your loyalty like a crown, but remember that being a true queen requires discipline and commitment to self. Each day is like gold now, so spend it wisely. Take things one day at a time, but don't back off or lose sight of your end goal.

Gemini - (May 20 - June 20) This is a good month to pursue one of your many interests, and if you feel like your partner just doesn't understand you now, it's really not about you. The asteroid **Vesta** in your partnership sector now indicates that your significant other just needs (or will get) some time alone. There is one stumbling block; do not take financial risks. Things may not work out as planned regarding money.

Cancer - (June 21 - July 21) You're the star of this month's new moon Solar Eclipse on July 12th but chances are that you'll feel like somebody else is running your show. There are a hundred reasons why, but primarily it has to do with (ahem) **Pluto**. My sound advice here is: don't do anything that you'll regret. Don't get mad and it's not worth any attempt to get even. Take time to smell the roses, plan a nice summer outing.

Leo - (July 22 - August 22) How does a Leo survive the watery, emotional days of Cancer? One of the issues here is vulnerability. The new moon Solar Eclipse of July 12th illuminates your solar 12th house of seclusion. With this event, you may have to take a back seat or work behind the scenes even if you don't like it! July is a wait and see month for you. Remain honest and alert to opportunities that are destined to come yr way.

Virgo - (August 23 - September 21) With **Venus** in your sign from July 9th - August 5th the stars are asking 'how do you feel about yourself?' **Venus** really likes to shine, and on the heels of a stressful spring now is the time to really get in tune with your body. Get moving and establish your health routine before **Mercury** stations retrograde on July 26th. This way you'll have the time carved out and not be so disturbed when things get chaotic. Go for it, Virgo! **Venus** only comes around once a year. Sleek. Sexy. Happy. Powerful.

Libra - (September 22 - October 22) **Venus in Virgo** suggests that it's your time to work behind the scenes. This may expand into a situation where you must offer support to someone who can really use your hand now. With **Mars, Saturn, Neptune and Pluto retrograde all month** the best way forward is to surrender. There are big and positive changes coming your way in the Fall. Hold on right now, and engage a spiritual practice of generosity.

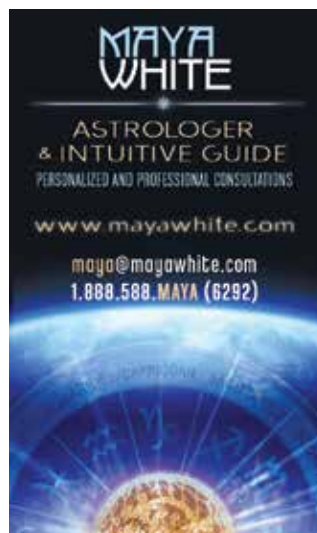
Scorpio - (October 23 - November 21) You absolutely must stay on track this month, Scorpio. This means no pity parties and limited late nights out. You're at a critical juncture in your growth. **July** holds a favorable atmosphere for your progress, provided you don't get lazy. Balance a healthy lifestyle with fun and don't give in to your extremist tendencies. Like the proverbial tortoise - slow and steady wins the race.

Sagittarius - (November 22- December 20) It's important now to 'say what you mean, and mean what you say'. The pace of your life will be speeding up after your ruling planet **Jupiter** stations direct on July 10th. And you're like an awakening giant; ready to speak your mind and to chase down some annoying little people and/or misconceptions. You've been holding it in for too many lifetimes. The truth shall set you free.

Capricorn - (December 21 - January 18) This is a month to practice your soft touch techniques. It's about getting what you want, but doing so in a way that promotes cooperation and even getting others excited and happy to assist you. Of course, the core issue here is feeling good about yourself. Be patient when a close partner wants some 'space'. You may have to let the butterfly spread its wings, but many of them like to return home.

Aquarius - (January 19 - February 17) With the Moon's South Node, plus retrograde **Mars** joined in your sign, you are vulnerable now. Stay alert late in the month, especially during the full moon Lunar Eclipse of July 26th. Even the Dark Moon Lilith stands in the last degree of **Capricorn**. Practice self-care and respect in everything you do. This is about consciousness. There is a great power here but like a hot stove, it can also burn.

Pisces - (February 18 - March 19) There are energetic nooks and crannies to be found in this month that can bring on chaos if not addressed. And, even your best laid plans can hit bumps. Focus on short term strategies and if things get too complicated just consider it to be the Universe keeping you from wasting time. Stay attentive to your loved ones; find your happy place and stay there.





ABRAHAM-HICKS

...continued from page 29

Abraham on Building Momentum Of Good Feelings:

You know when you're faking it; you know when you're smiling and don't feel happy; you know when you're laughing and don't feel funny. In other words, you can tell the difference and you know when you're light-hearted and when you're not, you know when you're eager and when you're not. So it's just a matter of really caring about how you feel, and believing that you can feel the way you want to feel, and just practicing; just reaching for the best feeling thoughts that you can until they take hold, until momentum gives them to you regularly. It's the regularity of it that matters, because almost anybody can focus on something the television can broadcast something to you and you can focus on it, and they can hold your attention long enough to set your vibrational tone for a little while. So accomplishing a vibration is not a difficult thing it's having the desire to feel good. Esther almost chose the word 'discipline' but it's not the word that we want, because it's not the discipline to focus, it's the desire to feel good which will bring about that practice.

Abraham on Living In The Now:

"Don't mess up NOW with THEN. What's happening NOW or two weeks ago isn't about THEN, it's about NOW. Don't do it for the future. This is what's tripping so many up, you say: 'I'll play your silly game, and I'll learn to do this so that I can get something else later'. And we say, No, that messes it up, do it for the NOW. It's like "you mean I have to pay the price of happiness NOW?"

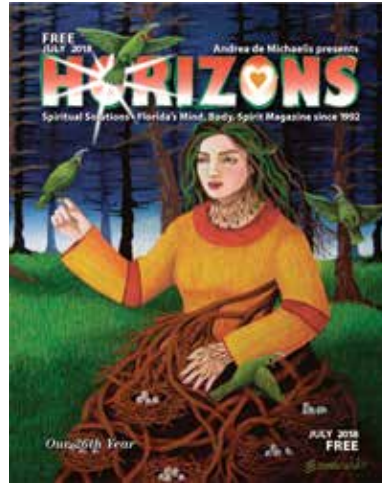
Set a goal to do whatever it takes for you to feel good NOW. If you will leave aside the need to know everything, you'll be way happier. You will receive on a moment to moment basis more rich experiences. Sometimes you miss the writing on the wall. You miss the clues, because you're so busy trying to see the big picture, that you miss the details of the little picture, you miss the details of the NOW picture.

This is always going to be true: You're not ever going to FEEL in the future, you're only going to FEEL in the NOW. And your determination to know all the details of the future, which you can't possibly know, makes you FEEL bad in the NOW.

Just get into that general place of 'things are always working out for me', that's all you need to know, Things are always working out for me, not things have worked out for me, or things will work out for me, but things ARE working out for me. Do you want to miss any of the ARE part? Do you ever say, 'wake me when it's over?' You don't want to miss it. You want to FEEL the pleasure of that closing of the gap, every step along the way."

COVER ART

Nemophilist by Esmeralda Raven Aponte



Esmeralda Raven Aponte is an Australian born, Sydney based surreal artist. Her imagery evokes a world of unfolding whimsical stories through her use of symbolism. She brings to light roots in Colombian folk and Latino art.

Esmeralda finds inspiration through her dreams composed of fantastical creatures and other-worldly settings. Her

beliefs into the mystical forces greatly influence her paintings and allow her to explore their blending together with the aspects of life. Her world full of wonderment expresses different states of experience and exposes the strong relationship between plant, animal and human world.

Having worked as a fabric designer for many years before painting full-time, **Esmeralda** incorporates her ability to transcribe rich fabric textures onto the canvas. Tonal nuances and narrative structure inspired by **Renaissance art** is strongly present. Each thread, each lace is intricately mastered through a steady hand and a personal meditation.

Esmeralda translates visions into emotional journeys that have drawn interest from international galleries and private collectors from across the globe. She is prolific and each painting is an invitation into the surreal relationship of the unknown to become known with dynamic layers of harmony to arise.



To see more of Esmeralda Raven Aponte's art visit her on [EsmeraldaRavenAponte.etsy.com](https://www.etsy.com/shop/EsmeraldaRavenAponte) or [facebook.com/EsmeraldaRavenAponte](https://www.facebook.com/EsmeraldaRavenAponte)

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YOGANANDA**

As I Knew Him

**Experiences and Reflections
of a Disciple**

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