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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

Sarasota Mystic Faire July 27-28, 2019 all under one roof in the historic Sarasota Municipal Auditorium. A delightful venue for this amazing event. Our 9th year for Sarasota, our busiest venue with over 100 booths! Come out and feel the LOVE!

Melbourne Mystic Faire is January 25-26, 2020 and is the 6th Annual that we are looking forward to. 2019 was bigger and better than the previous year and it continues to grow! The people of Melbourne and surrounding areas are so excited to have us year after year! 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, download your application now!

Our Naples Mystic Faire stay tuned for 2020 dates. 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. There are fans and lighting, however we suggest bringing more lights for the last hour of the event in the Fall. We don't charge an electric fee for the outside spaces. 15th year for the Spring Naples Mystic Faire was March 2019. Limited space so apply early.



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Sunday, June 30th - Sunday, July 28 9:30 and 11am
THE UNTETHERED SOUL: THE JOURNEY BEYOND YOURSELF (BOOK SERIES)

Speaker: Rev. Valarie Parson

Join us as we take the journey of our five week series, based on the book by Michael Singer. Join us at 12:30pm for a "deeper dive" and small group discussion on the topic. During the messages we will explore the highlights and major aspects of:



Part I: Awakening Consciousness. Who are you really? Are you "the you" who is speaking in your mind, or "the you" who is listening to your mind chatter?

Part II: Experiencing Energy. "The truth is, every movement of your body, every emotion you have, and every thought that passes through your mind is an expenditure of energy. The only reason you don't feel this energy all the time is because you block it. You block it by closing your heart..."

Part III: Freeing Yourself. "If you want to be free to the core of your being, you must let go right away because it will not be easier later. First you must be aware that there is something within you to be released. This place of centered awareness is the seat of the witness, the seat of Self."

Part IV: Going Beyond. "When you approach the barrier areas of your thoughts and emotions, it feels like going into the abyss. You don't want to go near that place. But you can go there, and if you want to get out, you will go there. What is really there are the walls that are blocking the infinite light."

Part V: Living Life: "Things are going to happen to you, and you're going to feel the tendency to close. But you have a choice to either go with it or let it go. But you have limited time left in your life, and what's really not reasonable is to not enjoy life."

ONGOING EVENTS

Noon Prayer Service Tuesdays and Thursdays
Tuesdays – Course In Miracles 7:00pm
Wednesdays – Melbourne LGBT AA 6:30pm

Tuesday, July 2nd - Tuesday, July 30 2:00pm – 4:00pm or 6:30pm – 8:30pm (5 Weeks)
EXPLORING THE POWER OF PRAYER

Facilitator: Paulette Mason, LUT

We are always praying, so it makes sense to pray intentionally and effectively. Using the book *The Universe is Calling* by Eric Butterworth and writings by other Unity authors, we will explore our beliefs past and present, the power of words/thoughts, the importance of forgiveness/release and how all of these can create powerful results from our prayer practices.

Wednesday, July 3rd, 6:30pm
CLAIM THE FREEDOM OF THE CHRIST

Facilitator: Maggie Rosche, LUT

Before the picnics, parties, and fireworks, you are invited to an Independence Eve contemplative worship experience featuring candlelight, readings, silence, a release and anointing ritual, and the heartfelt affirmations of music by Daniel Nahmod.

ONGOING CLASSES

Sunday, July 7th 12:30-1:30pm
EFT TAPPING CIRCLE

Facilitator: Julie Jacky, Certified EFT Practitioner

In each session Julie will take you on a deep dive journey to uncover your hidden beliefs, thoughts, feelings, and emotions that are keeping you stuck and no longer serving you -- once you have discovered what is holding you back, then as a group we will tap together on each other's stuff and release it. There is great POWER in coming together and tapping as a group -- each person will experience shifts and leave feeling calm and at ease. *If you have not tapped before please show up 15 minutes early (at 12:15 PM) to learn the tapping points and experience the constricted breathing exercise

Monday, July 15th 7:00pm
SOUND HEALING

Facilitators: Vashti Saint Germain and James Trufan

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optical illusion
is separation**

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover (page 31)

Kali Bernardo by

An.Laurel Photography

Contributing Writers:

Michael Patrick Bovenes

Seth thru Jane Roberts

Michelle Whitedove

Helen Fisher, PhD

Cecelia Aitable

Margaret Lembo

Abraham-Hicks

Ma Yoga Shakti

Karen Williams

Gregg Braden

Mike Dooley

Alan Cohen

Tom Sannar

Saje J. Dyer

Maya White

Jeff Brown

Matt Kahn

HORIZONS

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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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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<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**

****Publisher's note:** We use many names for God, including The Universe, Source Energy, Great Spirit, Divine Source. It all refers to the one God, no matter what name we use. [Andrea de Michaelis](#)



Andrea de Michaelis
Publisher

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

A friend asked me, "*with all that's going on, how do you cope?*" I cope with life by training myself to have an interest in things around me, and by always looking for the helpers, looking for the silver lining, looking for someone to give a kind word to, and by training my self talk to keep me motivated and uplifted. Not always easy to do but, like anything else, it works when I work it.

WE ARE NOT JUST ONE CHANNEL

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 tv 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.
-- Thich Nhat Hanh

Enjoy our offering this month.
Hari Om.

Andrea



HELLO AND WELCOME TO THE JULY 2019 EDITION OF HORIZONS MAGAZINE.

Watching tv can be really educational. I'm on the 6th season of **Burn Notice** and by now I can probably hotwire a car, make a bomb using household cleaners, create a telephone out of a set of headphones attached to a landline, crack a safe, hide from the CIA and I know how much **C-4 explosive** to use for how much square footage. They make it look so easy! Unless that's all just **Hollywood** and I'd get caught at the first crack at it. If only we all knew that things in real life are not exactly as they are portrayed on tv, in the movies, in the news.

We're getting some big lessons lately in *What's Real? What's Fake?* When we realize something is not **Fact**, that it's just someone's **Spin** on a story, we become aware of the discrepancies and begin to do our own research. We go to the source materials and read them word for word ourselves. We do not rely on someone else's commentary as truth.



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Serena J. Dyer
#1 New York Times best-selling author
Dr. Wayne W. Dyer



10 TIPS FOR RAISING YOUR CHILD IN A SPIRITUAL WAY

Serena J. Dyer is the sixth of Wayne and Marcelene Dyer's eight children. She attended the University of Miami, where she received bachelor's and master's degrees, and now lives in South Florida. She spends her time traveling, reading, blogging, cooking, and working to combat child trafficking through several local organizations.

IN MY BOOK DON'T DIE WITH YOUR MUSIC STILL IN YOU, WHICH I WROTE WITH MY FATHER WAYNE DYER, WE SHARE OUR INSIGHTS ON FAMILY LIFE WITH A SPIRITUAL BENT. Using my father's book *10 Secrets for Success and Inner Peace* as a template, we describe the ways a spiritual focus can help children grow up feeling blessed and empowered:

1. DON'T DIE WITH YOUR MUSIC STILL IN YOU

Serena: There's something I have heard my father say too many times to count: "You will never regret what you do in life; you will only regret what you don't do." Everything I

have ever done has taught me something, whether it worked out or not. Sometimes the takeaway is simply knowing what I don't want. Notice whether you are moving toward or away from what excites you. If you pay attention and let yourself be guided by your intuition, you won't have to worry about dying with your music inside of you.

2. HAVE A MIND THAT IS OPEN TO EVERYTHING AND ATTACHED TO NOTHING

Wayne: We become what we think about all day long—this is one of the greatest secrets that so many people are unaware of as they live out their life's mission. What we think about is the business of our minds. If that inner invisibility called our mind is closed to new ideas and infinite possibilities, it is equivalent to killing off the most important aspect of our very humanity. A mind that is open and unattached to any one particular way of being or living is like having an empty container that can allow new and endless possibilities to enter and be explored.

3. YOU CAN'T GIVE AWAY WHAT YOU DON'T HAVE

Serena: It may seem impossible now, but one day, we'll all look back at the storms we have weathered and give a silent thank you. For many of us, it is the storms of our lives that have given us compassion, kindness, and gentleness that we otherwise may not have known—and that we can now give away to others, because they are inside of us.

4. EMBRACE SILENCE

Wayne: I have long known the wisdom inherent in the ancient aphorism, "It's the silence between the notes that makes the music." This is a truth that both my wife Marcelene and I attempted to convey to all of our children as we sought to make our home a temple of serenity and peace, amidst all of the activity of a large family. Everything emerges out of the silence.

5. GIVE UP YOUR PERSONAL HISTORY

Serena: Our personal history is all the things in our background that keep us the same. If more of the same is not what we want, we have to let go of our history. When we do, we let go of all the beliefs we've had about ourselves—beliefs which may not even be true. In letting go of the past, you may find that you're able to be more alive in the present. If you don't like where you are in life, then you must change your way of thinking.

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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.

Q: I HAVE A QUESTION ABOUT MY BROTHER'S DEATH SEVEN YEARS AGO.

He was manic-depressive and schizophrenic, and he shot himself three days before his twentieth birthday. And I've actually cleaned up a lot around how I feel about that experience, but I want to know more about my family and why we co-created that experience.

In particular, the year before he died, it felt like everything was turning around. It felt like we were finally finding the right doctors and the right therapists and the right programs, and it felt like it was the first time that there was a light at the end of the tunnel. I was beginning to believe that I wasn't going to spend the rest of my life crying over my brother and wondering what's going to happen to him. Is he going to be on the street? Is he going to be in institutions? He was just in and out of my life so much because of this illness.

And I've really let go of a lot of the anger and the resentment that I had around that, or so I think. And then there are days, though, where I'm still just enraged or so much shame comes over me - what I did, what I didn't do - and I still have that with my family. There are all these questions - it's just frustrating. It feels like it's never going to be answered, like, it doesn't feel like there was a purpose for that - like why did we suffer like that for so long to have him die so young?

ABRAHAM: We want to start just gently talking about the subject of death in general, because we think whenever someone comes forth with this sort of power and Energy and leaves early like that, almost without exception, they come forth because they are wanting to make a statement and help you to get your thoughts around the subject of death to begin with.

When someone old and tired dies or gets run over by a truck, everyone says "Well, it was the best thing," but when someone just beginning, with so much potential for a joyous experience before them, makes their transition, then you say "Not such a good thing." And we would like to find some words that would help those who are looking for them try to make peace with the eternal nature of your being.

And we would like to put it into a scenario where you could really feel it by saying imagine if you and your brother had gone to a movie together, and let's say that it was a movie that you had long been wanting to see, and he went because you wanted to go. And as soon as the movie got started, he



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began grumbling and saying to you "You might be having a good time here, but I'm really not." And then he said to you "I'll catch you later," and he just got right up and walked out of the theatre. And you said "Fine, go. I'm going to stay and watch this movie."

We want you to understand that what happened was not bigger or different from that. Understand that you are eternal beings who have endless experiences, and that just because you walk out of one movie theatre doesn't mean that you can't walk right back into another, or doesn't mean that there isn't plenty of life experience that is satisfying even outside of the movie theatre. And so, we really want you to try to relax in this idea.

Jerry and Esther have two dear, dear friends, both of them women and both of them critically ill, and with both of them doctors are saying it's over or nearly so. And as Esther thinks about them, first she said to Jerry "I've decided not to have any more friends." And then she said "It isn't so much my discomfort with what's happening to them as it is my discomfort with what's happening to those around them who love them." And then we said to **Esther** what you're feeling is your discomfort with the idea of death altogether. In other words, you all do not have it together about death - you offer your words, but most of you feel that you have these beginnings and endings.

And this is what is bothering most of you about death, some version of this - you've been convinced that you have a beginning and an ending and that everything hinges on what takes

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In the Circulatory system studies have shown that Astragalus may reduce blood pressure by acting as a mild diuretic. It also improves circulation by getting the blood vessels to relax. Besides the benefits to your immune, circulatory and respiratory system **Astragalus can also protect the adrenal glands** helping the body better cope with physical and emotional stress enhancing metabolism, strengthening vitality, stamina and over-all weakness. **For people undergoing cancer treatment** Astragalus can help some cancer medications be more effective.

Its saponin compounds enhance natural killer cells and its polysaccharide compounds enhance the immune-mediated anti-tumor activity. **It possesses cytostatic properties that block tumor growth and encourage bone marrow production** (your immune systems first line of defense) which can be suppressed during chemo and radiation. Besides the polysaccharides and the saponins **Astragalus** is also high in linolenic acid, flavanoids (including quercetin and kaempferol) and amino acids. Studies have tried to define which of these constituents is the most beneficial. I truly believe that its greatest ability comes from all its components working together in harmony.

Since **Astragalus** tastes so good a few slices can easily be used in soups or gravies, it can be powdered and added to yogurt or smoothies. I like to add it to apple juice for an immune tonic. **Astragalus** can be taken on a regular basis in extracts, capsules, and tinctures or combined with other herbs to make a nice herbal tea. But it is not recommended for an acute illness because it may not boost health as productively when you are ill.

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IF YOU'VE EVER BEEN ON A JOURNEY OF ANY KIND, THEN YOU KNOW THE ROUTINE. To prepare for the trip, you first get an idea of where you're going. You check the weather conditions, study maps and then pack what's needed to keep your routines alive while you're traveling. The key here is that when you know where you're going, you know what to take. And when you find yourself going somewhere you've never been, you prepare for the unknown.

A JOURNEY TO ANOTHER WORLD

We're all on a journey, and it's a big one. Our journey is leading us to a place no one has ever been. There are no travel guides or Internet trip advisors to tell us precisely what our destination looks like or exactly what we'll need when we get there.

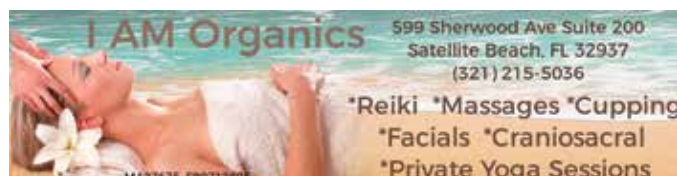
Rather than a temporary excursion to an exotic place that we can return from after a few days, what we hold are one-way tickets. This is a different kind of journey altogether. We're not just going to another location somewhere on **Earth**. We're going to another world hidden within our everyday lives—and it's the choices we're making today that are taking us there.

Together we're barreling down the fast lane of a superhighway that's crossing the boundaries of traditional beliefs, religions, and habits of the past. In doing so, we're also blowing right past the limits of what we thought was possible. These very experiences are our passports leading us to the new world that's emerging before our eyes.

A SHIFT IN THINKING

I can't say for sure what our destination will look like. After the dust settles and we learn to adapt to our changing climate rather than trying to control it, after new and sustainable economies replace those that are fractured and failing today, after we embrace the technology that provides every bit of the energy we need without the devastating side effects of fossil fuels, I can only imagine what our lives and the world will be like. And when I do, I see a better place for us all.

I see a world where we've raised the standard of living for everyone, rather than lowering it for many in order to support only a few. I see a world where war is obsolete and using the threat of war to solve our problems no longer makes any sense. I see a world where our love of cooperation is greater



than the fear that drives violent competition. And I see the shift in thinking that makes each of these things possible. To get to that shift, however, we must begin by recognizing the realities that we face and the promise that they hold. A good place to begin is by acknowledging the fact that we're living in a time of extremes.

We're living in a time when we can expect big things to happen—big shifts in the world, big changes in our lives. And just to be clear, the extremes I'm talking about don't necessarily have to be considered bad things. It's just that they're big things, and they're happening in our lives as well as our world.

WHAT WILL BE THE NEW NORMAL?

We're living the emergence of a new "normal," and the success of our transition hinges upon: (1) our willingness to acknowledge the shift, and (2) how we learn adapt to it. Our globalized culture of jobs, money, markets and resources means that it's now impossible to separate the extremes in the world from what they mean in our everyday lives.

The crisis of climate change is a perfect example of this connection; the record-setting droughts caused by shifts in global weather patterns translate directly into the higher prices we pay for food at our local markets. The extreme debt and failing economies on the other side of the planet translate directly into higher costs at the gas pump and higher ticket prices for the buses, trains, and taxis that take us to work each day.

Because of these and other extremes, business loans have become scarce, and the interest we're being paid on our savings and retirement accounts is at a record low. The global slowdown of industry translates directly into the loss of jobs and benefits in our local communities.

These are the kinds of extremes in the world that are creating big changes in our lives. Among the many uncertainties they bring, though, there's one thing that we can know with absolute certainty: our lives are changing in ways that we're not prepared for, at a speed that we've never known.

THE BIG PICTURE

I'm an optimist by nature. I see real reasons for optimism in our lives. At the same time I'm also a realist. I am under no illusions when it comes to the huge amount of work that it's taking to give birth to the new world that lies before us. Our ability to successfully meet the challenges that are converging in our lives begins by our acknowledging what may be the most obvious yet difficult question we could ask of ourselves:

...continued on page 27...



THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; Arch-angels & Gemstone Guardians Cards, and many more. Her latest book is Crystals Beyond Beginners: Awaken Your Consciousness with Precious Gifts from the Earth. Margaret Ann is an evolutionary aromatherapist and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established 1988. www.MargaretAnnLembo.com TheCrystalGarden.com

Summertime Crystal Grids for Nature and Outdoors


A crystal grid is the use of gemstones in a geometric pattern placed on or around a person, place, or thing to achieve a desired intention. The use of sacred geometry to realize a goal is employed by many including metaphysicians, spiritual teachers, and spiritual practitioners. Create a grid of stones in your backyard for summertime enjoyment. Set your intention and decide which gems best suit the situation. For an outdoor grid, I recommend that you take note of where you are placing the crystals around your yard. Here is a step-by-step guide to get you going.

1. Write down a clear intention that defines the purpose of the grid.
2. Pick the crystals that will positively effect change.
3. State your intention
4. Intuitively place the stones around the space
5. Use your imagination and visualize beams of light connecting every stone for love and well-being.

Around the pool area use aquamarine, blue lace agate, chrysoprase, selenite align you with the spirits of water, relaxation, and comfort.

By the barbecue grill area use apatite, clear quartz, green calcite, hematite, rose quartz, smoky quartz to improve cooking abilities to provide your loved ones with healthy food. For the gardener in you, make a grid to connect with nature spirits to support your gardening efforts. Choose andalusite, clear quartz, green moss agate, green tourmaline, and tree agate


When creating a crystal grid in a landscape or even at home, room or office, remember to envision the crystals that are placed throughout the space connected energetically to create a geometric formation. In your mind's eye, connect the crystals with beams of light in order to create the grid. Your imagination is key in this process. Use it and visualize your desired outcome.



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SETH SPEAKS

"You are meant to look at your physical condition - to compare it against what you want and what is good - and change the inner self accordingly. Any evils in the world are symptoms of your own inner disorders and are meant to lead you to cure them. Seth is the nonphysical spiritual teacher who spoke through the author Jane Roberts. Seth presented the furthest reaches of human potential, the eternal validity of the soul, and the concept that we create our own reality according to our thoughts, emotions and beliefs. Seth taught to access and use the tremendous source of power, wisdom within you. www.sethlearningcenter.org

SETH ON REINCARNATION AND THE ENTITY:

"A death is but one night to the soul. The vaster entity of which you are a part follows your progress as easily as you follow your own through the days. As a rule most of you wake up in the same bed in the same house or town, but certainly you wake up as the same person in the same century. In those terms the entity wakes up as a different person each day, in a different century, each life seeming like a day in its level of experience. It carries the memory and simultaneous experience of each of those selves."

SETH ON PERSONAL HEALING:

"Healing involves great natural aggressive thrusts of energy, growth, and the focus of vitality. The more powerless you feel, the less able you are to utilize your own healing abilities. You are then forced to project these outward upon a physician, a healer, or any outside agency.

If your own BELIEF in the physician 'works' and you are cured of symptoms, you are physically relieved, and yet your own belief in yourself may be further infringed upon. If you are making no effective efforts to handle your own problems, then the symptoms will simply reappear in a new fashion, and the same process will be re-initiated. You may lose faith in your doctor while still retaining confidence in doctors as a whole, and run from one to another.

But the body has its own integrity, and illness is often simply a natural sign of imbalance, a physical message to which you are to listen and make inner adjustments accordingly.

When these realignments are always made from the outside, the body's innate coherence becomes jeopardized, and its intimate relationship with mind confused. More, its natural healing powers are DULLED. The built-in initiating triggers of reactions that are meant to follow inner stimuli are activated instead by 'exterior' means.

The individual's faith is transferred more and more to an outside agency. This usually means that no time is allowed for necessary inner dialogues of self-questioning, and the self-healing that might otherwise occur is brought about through BELIEF in another. This can only go on for so long, however."

Seth (Jane Roberts), The Nature of Personal Reality




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FROM THE HEART



Alan Cohen is the bestselling author of *A Course in Miracles Made Easy*. Join Alan and musician Karen Drucker in Hawaii, December 1-6, for an extraordinary retreat, “A Course in Miracles: the Easy Path.” For more information about this program, Alan’s Holistic Life Coach Training beginning January 1, his books and videos, free daily inspirational quotes, online courses, and

weekly radio show, visit www.alancohen.com.

THE WITCH DOCTOR’S SECRET

In rural West Bengal, India, many people harbor the strange belief that if they have been bitten by a dog, they have become pregnant with its puppies. The fearful victims run to a witch doctor, who administers yogurt and herbs and tells them they are no longer pregnant. Then they go home relieved.

The dynamic behind **Puppy Pregnancy Syndrome** illustrates what *A Course in Miracles* describes as “magic,” the belief that material things outside of us can hurt us or heal us. **The Course** takes a firm stand that our pain and healing are more a function of our thoughts than physical causes. It tells us, “You are not bound by all the strange and twisted laws you have set up to save you. You really think that. . . a small round pellet or some fluid pushed into your veins through a sharpened needle will ward off disease and death.” **The Course** teaches that we are sustained not by medicine, money, or lovers. We are sustained by the love of **God**.

The Course goes on to explain that the real physician is the mind of the patient; we choose doctors as agents who play out our intentions. Because we have been invested by **God** with the ability to create, we are capable of making up stories of sickness and healing, and then manifesting them in our experience.

Considering **the Course’s** bold stance on the power of the mind, **Puppy Pregnancy Syndrome** is not so different from the ways we manufacture and offset more accepted diseases. We dream we are sick, we go to a doctor who believes in the same dream (or, more precisely, is an actor in our own dream), the physician prescribes dream medicine, and then we experience a dream healing.

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Yet in spite of the apparently solid story line, we were never really sick in the first place. We are eternal, whole, spiritual beings created in the image and likeness of a perfect **God**. We got mixed up thinking we are bodies, became subject to all the “laws” that govern bodies, and produced the stories that bodies go through. Yet even as this drama unfolds, we remain as **God** created us.

Neither I nor **the Course** are suggesting that you should avoid, deny, or discredit doctors and medicine, all of which help in important ways. Good doctors and medicine are blessings that serve nobly to relieve suffering. We achieve healing in accord with the way we are willing to accept it. Better to get yourself out of pain than hold out until you are enlightened.

Meanwhile we can work to peel away our beliefs in magic. We must examine our thoughts and attitudes and recognize their link to the condition of our health. **Edgar Cayce** said, “Mind is the builder.” Thoughts build illness and they build healing.

In a sense, all disease is psychosomatic. Not that we don’t have physical symptoms, which certainly feel real in the world of the senses. Yet physical symptoms do not appear randomly. They are always connected to our consciousness. Physical illness is the last step in a progression of thought and emotion.

Louise Hay did groundbreaking work identifying the relationship between belief, feeling, illness, and healing. Her books **Heal Your Body** and **You Can Heal Your Life** provide clear roadmaps tracing obvious symptoms to more subtle causes. When I coach a client who has a physical illness, I pull one of **Louise’s** books from my desk drawer and read to the client the correlation between the mental pattern and the disease. In almost every case, my client has an “aha!” and hooks up cause and effect. Then we mobilize **Louise’s** suggested affirmation of truth that offsets the illusion to which the client has been subscribing.

Yogis tell of a man who went to visit a friend in the country. During the night the visitor got up to go to the bathroom and saw a deadly snake coiled at his feet. In the morning the host found his guest dead on the ground, next to a coiled rope. The guest had gotten so frightened that he died of a heart attack. Even though there was no snake, he was just as dead as if a deadly snake had bit him. *A Course in Miracles* tells us, “Illusions are as strong in their effects as the truth.”

No one has ever gotten pregnant from a puppy bite, but plenty of people give birth to diseases resulting from stress and fear, both of which, *A Course in Miracles* explains, are entirely unnecessary and founded in illusion. While we may be tempted to laugh at ignorant rural Indians, we all suffer from ignorance.

Fear bites worse than any dog, and love heals more powerfully than yogurt and herbs. Rather than running to a witch doctor to cure a disease we made up, let us run to reality, the ultimate healer. Let’s not attempt to escape from one illusion by trading it for another. If we are going to escape from illusions, the only place to escape to is reality.

ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: Ghost Stalker: A Psychic Medium Visits America's Most Haunted Sites • She Talks with Angels: a Psychic Medium's Guide into the Spirit World • Angels Are Talking: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends www.MichelleWhitedove.com

Dear Michelle,

My Grandson has been called an Old Soul by several people. Does that mean he's reincarnated?

Dearest,

All souls were created at the same time. Some souls choose to incarnate more often, really applying themselves to learn spiritual lessons. Those souls termed 'old souls' have set high standards for themselves in the spirit world. When they return to earth, they arrive ready to work through the challenges they have set up for themselves in spirit. The term 'old souls' does not necessarily reflect the number of incarnations they have endured, but rather the amount of soul experiences gathered and learned from. That is what determines whether we are an old or young soul. When a soul has completed his or her development on Earth, it no longer needs Earthly incarnations. Most of my readings have shown me souls incarnate hundreds of times.

The planet Earth is a big schoolhouse where souls learn important spiritual truths or lessons. The difficulty of life here means that the lessons are so much harder to learn, and positive results here are harder to achieve. Each soul takes a risk when choosing to come here. We risk creating more Karmic debt by forgetting who we truly are, "perfect children of God." Those who incarnate on Earth are greatly celebrated in the spirit world. The whole purpose of our journey to Earth is to learn from our Earthly experiences, to come to an awareness and a greater understanding of how making better choices improves our worldly situation and our karmic path.

Dear Whitedove,

My grandkids won't stop saying "Oh God" every time something doesn't go their way. I tell them God has nothing to do with their negativity. I just wish kids these days would better articulate what they really want to say.

Dearest,

I know that "Oh God" or "Oh My God" are certainly overused but their slang could be so much worse I assure you. I find it interesting that in times of trouble our soul innately calls out to our creator. Even those who say they have no faith will find this slip from their tongue. God is always listening. Just encourage your grandkids to have a deeper connection and more meaningful interactions with Great Spirit through prayer work.



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DARING TO BE DIFFERENT: MAKING A DIFFERENCE IN THE WORLD

Michael Patrick Bovenes is the founder of Soul-utions for Moving Beyond Struggle. Michael is a mystic, metaphysical teacher, and personal empowerment leader. He's studied the nature of the mind and how to align the mind to remember the forgotten power of Soul and Spirit. Follow him on Instagram@ soul.utions. Go to www.Soul-utions.com to receive his Free video series on 3 Reasons Why People Resist Meditating Regularly and How to Overcome Them!

WE ARE AT A TURNING POINT IN OUR WORLD. THE CHALLENGE TO EMBRACE DIFFERENCE IS CRUCIAL FOR A REBIRTH OF CONSCIOUSNESS WORLDWIDE.

Honoring difference begins by understanding and accepting our unique differences. If we are to create positive change and make a difference in the world, we need to start with ourselves. How different the world would be if everyone respected the simple truth that the only thing we all have in common is the fact that each of us is uniquely different. We're all snowflakes.

There is a core memory in the depth of our consciousness that if you aren't like the rest of the tribe, you may be expelled from the tribe. Hundreds of years ago, it would surely mean death to be kicked out of your tribe. We learn to never rock the boat, to fit in and conform at all costs. Even though that was hundreds of years ago, our brains are still wired to fit in. Our world has changed and we are no longer threatened by death if we are different, at least in this country. Yet many of us still act as if they are.

It takes a person of tremendous courage to stand up and express their uniqueness in the world. Instead of criticizing people who do this we should honor and deeply respect them. Even if we don't personally agree with the difference they express.



When our ego encounters difference, we either elevate it to a position of superiority, or we diminish it to a position of inferiority. We think we are either "better than" or "less than," rather than merely different. The ego loves to categorize things as friend or enemy, either right or wrong and there isn't much room for the in-between.

Challenge yourself to consciously let go of your judgments. Begin to change your preconceived ideas so that the goodness and beauty of difference can prevail. What I love most about living in California is that the majority of people here not only respect difference, they CELEBRATE IT!

Being Different is the One Thing We All Have in Common.

There are hundreds of different languages in our world. Which one is better? They are merely different forms of communication that benefit different societies and cultures. Languages are unique, and none are superior to another. When you can feel the same way for all people who are different from you, then you have truly evolved.

To honor difference, we must be aware of our commonality. To feel the value of our uniqueness, we must also understand and experience our sameness. We have both qualities within us.

Everyone felt the pain of being different in their childhood. It is a part of your spiritual journey. We are all made of the same Divine substance, Soul and Spirit, but we express ourselves differently to learn and grow.

Even identical twins have different perceptions of their past. If everyone had a different history, then how do we relate to each other? The answer is found within our emotional natures.

Emotionally everyone has felt pain, loneliness, love, joy, and peace. Our emotions unify our differences. Because we know what it feels like to be hurt, we can easily relate to others' pain. Emotion is the universal communication that unites us while still honoring our differences.

Love is the greatest unifier of all -- a spiritual love that seeks to be understanding more than being understood is needed to allow difference.

...continued on page 29

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

SOULSONG #258 AN EASY "A"

Every moment, reality is responding to an invisible signal I emit. My signal is determined by how much, over the long-term, I give my attention to what I like and want vs. what I don't like and don't want. Reality then aligns itself to conform to my signal. This is the answer to why things happen as they do. Everything I experience is orchestrated by my mental focus.

My emotions are the clue to my signal. The better I feel, the more I've been focusing on what I like and want and the more I'm attracting those very things. The world does not contain enough pills, healers, makeovers, security systems, or armies to save me from the effects of a long-term feel-bad signal. Likewise, there aren't enough germs, toxins, computer viruses, thugs, or jealous exes to override the protection I receive from uplifting thoughts. I now know the trick to this Homo sapiens 101 class. Each day, I explore the power of positive thinking. Each day, I discover more good.

SOULSONG #257 YOU CAN GET THERE FROM HERE

Panic attacks. Anxiety attacks. Bouts of low self-esteem, self-disparagement, and guilt. If I sometimes feel helpless in the grip of painful thoughts and emotions, I can assure myself there is a way out. Bouts of emotional upheaval are like anything else that I don't want: the secret to moving beyond them is to minimize the attention I give them and increase the attention I give to their opposite. In the throes of a negative, perhaps inexplicable, emotional state, I can tell myself: *"This too shall pass," "I survived this before, and I'll survive it now," "I'm an eternal being and this is a drop-in-the-bucket of my overall experience," "This helps me appreciate all the times I feel good,"* and most important: *"As I continue to choose good-feeling thoughts, these times of emotional upset are sure to decrease."*

As I stop making negative emotional states a huge deal, they will start to shrink. And I'll speed the process by basking in the times I feel buoyant and light-hearted. With appreciation, I then affirm, *"Yes, I want more of this! It feels so good to feel good!"* More attention to what I want more of. Less attention to what I want less of. Lousy grammar, but it will take me anywhere, anywhere, I want to go.

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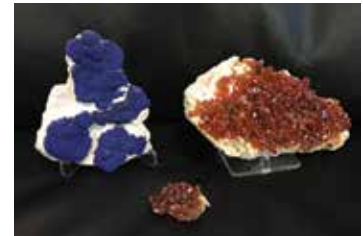


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Monday thru Thursday PALM BAY Yoga classes 7:00-8:00pm at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 321-725-4024 www.yogashakti.org

Tuesdays INDIALANTIC 4:30-5:30pm Restorative Yoga with Reiki, Aquarian Dreams 321-729-9495. karenhedley.com

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

Fridays INDIALANTIC 5:15-6:15pm Soundscape Yoga Nidra Meditation, Aquarian Dreams 321-729-9495. karenhedley.com

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$10 Members, \$20 others. Spiritualist Chapel of Melbourne meets at 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

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WHEN TO LISTEN TO YOUR GUT AND WHEN NOT TO

Helen Fisher, PhD has conducted extensive research and written six books on the evolution and future of human sex, love, marriage, gender differences in the brain and how your personality style shapes who you are and who you love. She currently uses her knowledge of brain chemistry to discuss the neuroscience of business leadership and innovation. Visit www.helenfisher.com

That little voice that nudges you when you're stuck between two choices? It's real. You're faced with a difficult decision, and suddenly you feel the right answer in your gut. But while intuition may seem to arise from some mysterious inner source, it's actually a form of unconscious reasoning—one that's rooted in the way our brains collect and store information.

As you accumulate knowledge—whether it's about what books your spouse likes or how to play chess—you begin to recognize patterns. Your brain unconsciously organizes these patterns into blocks of information—a process the late social scientist **Herbert Simon, PhD**, called chunking. Over time your brain chunks and links more and more patterns, then stores these clusters of knowledge in your long-term memory. When you see a tiny detail of a familiar design, you instantly recognize the larger composition—and that's what we regard as a flash of intuition.

This elaborate brain circuitry likely evolved so our forebears could size up a person or a situation quickly. Our female ancestors, in particular, needed this skill: They had to tune in to their infants to enable them to survive. And this helps explain why women today have an edge when it comes to reading people. So listen to your gut feelings instead of brushing them aside. Your intuition may not always steer you right, but it can be a useful first step in decision-making.

Listen to your intuition when you're...

Doing something you're experienced in. Intuition is really learned expertise in disguise. So if you've played tennis your whole life, go with your instinct on the court instead of thinking through each stroke.

...continued on page 29...

The 2019 ANCIENT HEALINGS CONFERENCE

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Saturday July 20, 2019
Conference Seminars

Sunday July 21, 2019
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HOW INFLAMMATION AFFECTS YOUR EMOTIONS

Matt Kahn is the author of the best-selling book *Whatever Arises, Love That and Everything is Here to Help You*. He is a spiritual teacher, and empathic healer who has become a YouTube sensation with his healing and often humorous videos. His nine million True Divine Nature YouTube channel viewers are finding the support they seek to feel more loved, awakened, and opened to the greatest possibilities in life through the invitation to join the "Love Revolution That Begins with You." See mattkahn.org.

LEARN TO RECOGNIZE THESE FOUR TYPES OF EMOTIONAL INFLAMMATION.

Typically, the word inflammation is associated with the different ways that bodies respond to their environment. This can include reactions to certain types of food in which allergens are capable of producing an inflammatory or toxic response in the body. Ego is what happens when the personality gets inflamed.

For example, when you see someone who is angry, they are in a state of emotional inflammation. To say that they're in ego may be a true statement, but through the eyes of the Universe, you are able to see how they are having an "allergic reaction" to their conditioned state of being. *This means ego is much like an allergy toward the unconsciousness that each of us came here to resolve.* When the ego is active, the innocence within you, or within anyone else, exists in an exaggerated manner.

When you start to see ego as the inflammation of the personality, you notice how often you can become "puffed up." Whether puffed up in righteousness, defensive postures, or in response to the evidence of injustice, an inflamed personality creates an exaggerated perception of life. When living with an allergic reaction to the vibration of the planet, an exaggerated level of consciousness causes you to oscillate between spiritual highs and emotional lows. This can create much suffering until you cultivate love as a potent form of energy medicine to return your personality to its original form.

I've come to recognize four basic types of inflammation:

1. Righteous inflammation. It is characterized by an ego structure that feeds on needing to always be right by making others wrong. Even in the presence of one who is saying something totally correct, the ego that is righteously inflamed must make another point in an attempt to be even more right than the other. This type of ego lives to have the upper hand and final word — even if both parties agree on the topic at hand. The theme of righteous inflammation is, *"I'm always right."*

2. Victimized inflammation. This is the kind of inflammation in which an ego believes it is always a victim of circumstances. From this perception, even when life seems to be going right, something always happens to turn it upside down. A victimized ego holds very tightly to its judgments, beliefs, and opinions

as the reasons their life is regularly in chaos. Whether a belief in *light versus dark* or pitting *good against bad*, a victimized ego typically acts as an instigator of turmoil that is guaranteed to be hurt or heartbroken by the way others respond to it. Even if others do not respond at all, a victimized ego uses such feedback to feel invisible or inferior to the world around it.

3. Entitled inflammation. This occurs when a person believes it is their right to have whatever they want, exactly when they want it, even at the expense or to the detriment of others. In entitled inflammation, the ego tends to believe that everyone must fulfill their every whim and demand with little to no regard for the well-being of other people's experiences. As you can imagine, the theme of an entitled ego is *"What about me?"* Even when served by others, there is never an end to the requests and demands of an ego that believes it controls the characters in its life.

4. Needy inflammation. In this type of ego, no matter how much attention is received from others, it never feels like enough to be properly filled up. Despite how intently someone listens, there is always a lingering sense of being invisible, unrecognized, undervalued, or unheard. In needy inflammation, it's easy to feel misunderstood. No matter how much time, interest, and attention you receive from others, it only makes this type of ego hungry for more. Whether active in you or someone you know, needy inflammation can be quite draining for those held in the grip of it.

While you may recognize yourself or others in these descriptions, it is common to embody combinations of those aspects or to flow in and out like the changing of weather patterns. I've even seen ego structures that are combinations of all four aspects at once. In each of these aspects of inflammation, there is always a kernel of truth.

By exploring ego in a more heart-centered way, you can have greater patience and compassion throughout your daily encounters. Instead of ridiculing or persecuting the characters within your life, you will be able to see the light of divinity dancing in a play of exaggerated perception. While the ability to see at this level may be limited by an inflamed personality, any amount of time spent incubating in a cocoon of ego prepares you to awaken a greater truth for all.

Adapted from *Whatever Arises, Love That: A Love Revolution That Begins with You* by Matt Kahn. Copyright © 2016 Matt Kahn. Published in January 2016 by Sounds True.



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

Clearing our emotional debris has many positive consequences with respect to love relationship. It creates more space inside for love to enter, and it gives us more energy to see love through. Unresolved material is like undigested food—it blocks the channel and prevents new nourishment from entering.

All bunked up inside, we may not even notice love when it walks through the door. Releasing our emotional holdings cleans our lens, allowing us to notice love when it comes. And working through our issues expands our awareness, providing us with the tools we will need to manage our triggers and patterns when they arise.

Of course, love will excavate unseen issues from their hiding places, but with more awareness of the processes of pattern recognition and healing, we stand a better chance of staying out of our own way. If you aren't familiar with the stuff you came in with, you are going to have a hard time managing the new levels of material that the love excavates.

This is the actual new earth. Not a place where we sit around staring at our wounds like self-avoidant automatons, but one where we actually do the work to heal and grow through our unresolved material. So that we can truly show up when love comes.



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>

Sometimes when you're ready for a change and you kind of know it but won't admit it, when it comes, not only are you surprised, but it hurts. Yeah, I know that doesn't help much, unless you remember the "ready" part. Because there is simply no change that might ever transpire in time and space that happens before you're fully able to use it for your own growth and glory.

The thing about making it big and doing it fast is that invariably the first steps will be small and slow. Which oddly, for too many, is reason not to take them.

You know better, huh?

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Ma Yoga Shakti is a beloved teacher with ashrams in India and US, instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd NW Palm Bay FL 32907 www.yogashakti.org 321-725-4024 and email yogashaktipalmbay@gmail.com Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life.

THE REAL GURU IS WITHIN AND THE DIVINE LIGHT RADIATES FROM THE CORE OF OUR PERSONALITY.

A great invisible saint whose medium I am, lived many years ago and it was He who gave me His vision as a guiding spirit in the early part of my life. His name in the unseen world is "Morya Deva." Out of Love and reverence I call Him "Morya Devendra" or "Master MY. In 1949 I became aware of the task commissioned to me by the master. I cannot see Him directly but I can always feel His presence and power behind me.

During my early life, my mind became fascinated by higher ideals and the transformation of my subconscious personality slowly set in. Thereafter I used to feel the presence of my master in my thoughts, words and deeds.

For the benefit of aspirants, I would like to mention briefly a few fundamental principles of saadhanaa for spiritual evolution.

These spiritual saadhanaas transformed my inner personality for higher spiritual teachings.

Divine Grace operates only when complete surrender of your body, mind and intellect takes place.

Pray ceaselessly with devotion to the invisible Divine force to give you knowledge (wisdom) and make you the right instrument for the service of mankind.

Practice moral values and ethical precepts for self purification and mental control.

Constant repetition of the Divine name is a powerful spiritual force, which strengthens concentration.

Prolonged concentration culminates in meditation.

Meditation is a continuous and steady flow of one particular thought of your ideal. It brings about the integration of personalities into one homogenous whole. Then one comes to experience a supreme bliss within and without.

Sit and meditate in the morning and evening at a fixed hour. Remember me in your thoughts for five minutes to establish a psychic link. The moment you think of me, the thought currents will travel to their destination.

God's love should be the guiding force in life. Love God in action. I will be with you always. I pray for your enlightenment.

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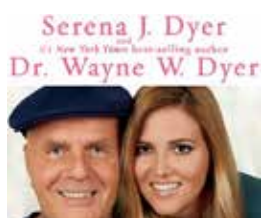
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TIPS FOR RAISING YOUR CHILD IN A SPIRITUAL WAY

...continued from page 8...

6. YOU CAN'T SOLVE A PROBLEM WITH THE SAME MIND THAT CREATED IT.

Wayne: I would regularly remind the children that their concept of themselves is nothing more than all of the things that they believe to be true. And if what they believe to be true is helping them to create situations in which they are unhappy or even unhealthy, they are then challenged to change what they have unwaveringly held on to as an absolute truth. This is very difficult for most people to do, and this is why so many stay stuck, because they would rather be right than happy.

7. THERE ARE NO JUSTIFIED RESENTMENTS

Serena: Growing up, there was a five letter word beginning with a "b" that we were not allowed to say or use. No, I'm not talking about bitch; the real bad word in our household was blame. Dad has a zero-tolerance policy for resentment. He simply wouldn't allow any of us to place blame on anyone or anything other than ourselves. Freedom comes in forgiveness and letting go. When you free yourself of your past resentments, you release yourself of the worry of the future.

8. TREAT YOURSELF AS IF YOU ALREADY ARE WHAT YOU'D LIKE TO BE

Wayne: The greatest gift that any of us are granted is the gift of our imagination. Everything that now exists was once imagined, and the corollary of this assertion is that everything that is ever going to exist in the future must first be imagined. In my role as a father and a teacher I felt it was incumbent upon me to help my children understand and apply the phenomenal implications of this basic notion. "If you want to accomplish anything, you must first be able to expect it of yourself."

9. TREASURE YOUR DIVINITY

Serena: When we were little, my brothers and sisters and I were taught by our parents that God resided within each of us; that our divinity was not something we needed to go out and look for. Instead, we would find it when we looked within.

10. WISDOM: AVOIDING ALL THOUGHTS THAT WEAKEN YOU

Wayne: All I wanted for my sons and daughters, and all of those who read my books and attended my lectures, was to realize that they could always choose a thought that would empower them, as opposed to ones that make them fragile and weak. This is one of the greatest lessons we can all use each and every day of our lives: wisdom is avoiding all thoughts which weaken you. Or as the children heard me say so many times, "Your life is a product of all of the choices that you have made, so choose well."

*For other lessons I learned from my father, read our book, **Don't Die with Your Music Still in You***



OUR NEXT STEPS OF TRANSFORMATION

...continued from page 11

How can we deal with the issues if we're not honest about the issues? Our willingness to acknowledge the magnitude of this simple question is the key to developing more resilience in our time of extremes.

THE TURNING POINT - 5 KEY FACTS

FACT 1: NOW IS DIFFERENT. From the breakdown of national economies and the end of so-called cheap oil, to the realities of climate change and the failure of the belief that war can solve our differences, a convergence of extreme conditions unlike anything known in the history of the world is upon us. It's because now is different that the thinking of the past no longer works to solve our problems.

FACT 2: THE TURNING POINT OF THRIVING TRANSFORMATION CAN REPLACE THE TIPPING POINT OF EXTREMES. Nature provides a time when every crisis can be turned into transformation, when simply surviving the extremes in the world can be turned into a thriving way of life. That time is a turning point. A turning point emerges when a new force—a fact, a discovery, an experience—changes the way we address our course of events. What matters is that turning points of life may be spontaneous, or they may be created.

FACT 3: LIFE GETS BETTER, AND RESILIENCE IS THE KEY. It's important to remember that the only things breaking down in our lives right now are ways of living and thinking that are no longer sustainable. Personal resilience makes room for big shifts in our lives, and is our greatest ally in our time of extremes.

FACT 4: WE ALREADY HAVE NEW SOLUTIONS. We already have the solutions necessary to create turning points of transformation in our lives. We don't need to reinvent the wheel. Rather, we need to build the "road" of thinking that gives the "wheel" of solutions something to travel upon.

FACT 5: THE BIGGEST CRISIS IS THE MOST DIFFICULT TO ACCEPT. The single factor that lies between crisis and transformation is one that has eluded scientists, politicians, and religious leaders alike. It's a crisis in thinking. We must embrace the thinking that allows us to accept the existing solutions into our lives.

It's these five facts that cut to the very heart of what we're up against and hold the keys to the next step of transformation for ourselves and our world. Our ability to thrive in the midst of such monumental change—our resilience—is the first step to ensure the success of our journey.



ABRAHAM-HICKS

...continued from page 9...

place within your experience between that beginning that you call birth and that ending you call death. And you just torture one another relentlessly over your different versions of what you should be doing or shouldn't be doing during these life experiences - whose rules, which rules you keep, how you live.

The best thing that ever happened to **Esther** was the death of her father - we're not kidding you - because in his death, she discovered there is not any.

QUESTION: I'm really fine with death. I mean, my father died when I was ten and I let that go, and my brother's death, in particular, like, there was just that tremendous relief.

ABRAHAM: You say that, and most would say that. In other words, what they're saying is "*I'm not feeling the pain that I once felt.*" But you use words like regret. It still feels to you like there was some waste of something, like something more should have happened.

So, what we mean by *the death experience that most people aren't over* is most of you still have issues with being done. And we say, well, we would think you would, since there's no way for any of us to get done. We don't get done - none of us ever get done - and when you focus upon things that feel like endedness, that's the sadness that you're feeling.

You're talking about how he didn't feel good, you're talking about the torture that the rest of you felt around it, but we want to say to you that release into death was the release of all of that torture. In other words, that's worth a celebration right there.

So you're in this terrible depression, and you find something to be angry about. And in the anger, at least you can breathe. And most people outside of you would say "*Oh, that anger is not a good thing; you should not allow yourself to be angry.*" But we say go for it. Be angry! Because we can feel that in your anger, you are feeling relief and that you are breathing again, finally. And then, as you move from anger into frustration, into hope, you find more relief. And of course there's a broad range of other emotions, more than there are words to describe. And really, we're not so interested in finding the word as we are finding a way to help you realize that you can find relief.

So, take someone like your brother. Now, we talked earlier about if you're going 100 mph and you hit a tree, it's much more unpleasant than if you're going 5 mph. Some are just born moving faster, and so life experience, the way people

treat them, the way they observe life experience, causes them to feel more resistance because they're moving faster to begin with, and so they feel their emotions in a more powerful way. And when you were born into this environment where there are so many that are so aware of your behavior, then there are all kinds of people that are offering all kinds of explanations. They don't want you to turn to the relief of the drugs, they don't want you to turn to the relief of the alcohol, and they certainly don't want you to turn to the relief of death.

In other words, most people don't know for sure what they want from you, but they expect you to "*damn well stay here and suffer like the rest of us!*" In other words, they expect you to find a way of working it out using the same mechanics and the same rules, the same rules of the game. In other words "we're all in this together."

And we say often you come forth as powerful teachers that have a stronger message to make. And the message that this young being was making (a very powerful message that we would like to promote to the boundaries of the Universe) is "I am not supposed to suffer and I refuse to do so. And while there are means of releasing resistance and finding relief that you all might approve of more than me taking a gun and shooting myself, this works for me."

QUESTION: Well, actually that makes a lot of sense, because I mean, when he first died, the first thing I felt was tremendous relief that he wasn't suffering and that I wasn't suffering any more. I thought "*Finally I can rest. I won't have to worry about him ever again. He's totally at peace.*" And then there's the guilt that comes from feeling that relief over someone dying, and over suicide. And it's hard because I can't share that feeling of relief with my family because I don't feel like they would understand it, like it would come off as cold, as though I didn't love him.

ABRAHAM: Wouldn't it be lovely if they could find relief before their death? Now, the reason that we are talking about this emotional meter or scale is because of people like your brother, who felt the severity of the very dense emotion. And what happens so often when you feel like that, and you have those around you who don't feel like that, they try to guide you but they can't guide you because they don't feel like that.

What happens in most cases is you go from that deep, deep, deep depression and despair and feelings of unworthiness and lack of powerlessness into anger. So, what happens with so many is they find themselves feeling this way and their self-survival resources throw them into rage or into anger, which is an improved state of being, but as the world looks at them, the world says "*Inappropriate. We'll not accept that as an improvement.*" And so then they just turn around and go back to Phoenix. In other words, they go from depression to rage, depression to rage, depression to rage. But if they could discover rage on their terms, and then say to the world "*I've done this deliberately,*" now they're back in their own feeling of power.

So we want you to feel no regret about your brother because he shined a spotlight that is beneficial for you and for others.

DARING TO BE DIFFERENT: MAKING A DIFFERENCE IN THE WORLD!



...continued from page 16

Owning the uniqueness of yourself and others will create a feeling of appreciation and value. Focusing on value versus “better or less than” begins to build the dignity of difference. Search to find the value of different people and cultures rather than blindly judging them. Look for the truth that unifies difference.

Spiritual arrogance is perhaps the most destructive force in the world. My God is better than your God. Thus I have the authority to kill you if you dare to think differently than I do. This has been the source of every war between nations throughout history. Ironically, we all come from the Divine.

Another paradox to face when resolving the dignity of difference is to reflect on how feeling different is both a source of pain and a source of power. Rejecting your difference or accepting it leads to pain or power. Go deep inside yourself and explore the depth of your difference. Write about it. Start with your childhood and then work your way to the present.

How do you feel different today? Have you been able to transform the feeling of being different into a positive and empowering experience? Explore your feelings from all levels; physical, sexual, emotional, intellectual and spiritual.

God has created us unique and the same. We share the same source with others like the water that makes up every snowflake. These opposing forces challenge us to either resolve this paradox by adding love and understanding, or ignore them and remain in our self-created prisons of pain.

To make a difference, we must embrace our uniqueness and heal the fear and pain of being different. All great leaders who have made an enormous impact in the world chose to support and value their difference.

It is time for each of us to face our fears and to accept and value difference. Perhaps this is the essence of unconditional love, Divine love: Choosing to Support, Honor, Accept, Respect and Experience (S.H.A.R.E.) the beauty and power of difference.

The common challenge to all of our destinies is the need to embrace our differences and to share them with others. It is only through being different that we can honestly make a difference in the world.



WHEN TO LISTEN TO YOUR GUT AND WHEN NOT TO

...continued from page 19

Listen to your intuition when you're...

Considering getting a second opinion. “Listening to your body’s signals can help prevent bigger health problems,” says Judith Orloff, MD, a psychiatrist at UCLA and author of *Second Sight*. If your doctor dismisses a nagging symptom as “nothing serious” but you’re still convinced there’s something wrong—go with your hunch.

Shopping for a home. Don’t just endlessly analyze the financials; listen to your gut. Studies have found that purchasers are more satisfied with a big-budget item when the decision is made incorporating unconscious thought rather than by conscious deliberation alone.

Let your head decide when you're...

Sniffing out a lie. “There are no easily detectable signs that indicate lying, so even if you’re adept at reading people, you can’t infer dishonesty based on the other person’s gestures or behavior,” says David Myers, PhD, author of *Intuition: Its Powers and Perils*.

Hiring someone for a job. If there’s a contest between your positive gut feeling and what work samples and recommendations tell you, forget your gut. “Your intuition may be based on something superficial—like whether the candidate reminds you of a close friend—that has nothing to do with performance,” says Myers.

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HOROSCOPES

JULY 2019

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) For you it's about restoration of faith in yourself and your work as a transformational game changer. Focus on core values this month; how you feel deep inside. Friends are there for support. Even when you feel like being alone know that you are held dearly in love and respect. Mars enters sympathetic Leo on July 1st and fuels your drive for fun until mid-August. It's summer, Aries; make it hot and sultry, and enjoy the Light of joy.

Taurus – (April 19 – May 19) July has two new moons! The new moon of July 2nd invites you to speak up. Trust in your inner guidance and be prepared to share what you know. Uranus square Mars on July 11th delivers a test of power; don't back down to someone who thinks they know your topic better than you. July delivers an exciting shift in your personal power. You're busy, but in a way that feels good.

Gemini – (May 20 – June 19) Your planetary ruler Mercury is retrograde from July 7th until the end of the month. Plus, the solar eclipse of July 2nd impacts your money sector. This doesn't need to be troublesome, however, it precipitates a change of gears. Think of this eclipse as pulling back the covers, and you may not like what you see. Avoid taking financial risks now, as you're vulnerable to circumstances beyond your control. When in doubt - just say 'NO'.

Cancer – (June 20 – July 21) Perfect for you, Moonchild; The new moon solar eclipse of July 2nd makes it all about YOU. Saturn and the South Node in Capricorn have kept you busy taking care of others; take some time for self-nurturing now. Avoid direct confrontation on the 11th when Mars and Mercury try to start trouble with Uranus. There will be no winners on this day.

Leo – (July 22 – August 21) It feels good to know you're in the driver's seat and that your expertise is exactly what is needed. Own the day because you deserve it. Especially because the second new moon of July 31st is in Leo, and it sets you up for a fresh start. Is it possible that you have overlooked the value of companionship? Mars in Leo invites male energy, and Mercury retrograde after July 7th loves intimacy and great conversation.

Virgo – (August 22 – Sept 21) Take stock of what is working for you in personal and professional relationships. This is your month to stand back and get your long-term plans in place. Go for the big picture in your decision making. The new moon solar eclipse of July 2nd speaks to planning your future. Mercury retrograde after July 7th is a great opportunity to clear the past. Use this time to clarify your vision; dreams are potent, time is priceless, the future is without limits.

Libra – (Sept 22 – Oct 21) The asteroid goddess Pallas Athena graces your sign. Pallas is noted for wisdom and exquisite command of practical skills. What are you best at doing? Write a book, even a small one, to share your area of expertise. The Capricorn full moon lunar eclipse of July 16th adds weight to your 4th house Inner Foundation. Do not take a loss on your current home, even if you feel like running away.

Scorpio – (October 22 – November 20) Perhaps I am not the first to ask this question: when are you going to finish writing that book? Just checking. It may feel like bondage, but the committing to the work of Saturn and Pluto will ultimately set you free. See what the fates have in mind for your work. The secret to your career success right now is to figure out how you want to get 'lucky' and then work to make it happen.

Sagittarius – (Nov 21– Dec 19) This is a time to focus on the work you love, and then allowing the Universe to fill your life with the blessings of abundance in every form. Be ready for your next great idea. There is something unique afoot here; an invention or a new workaround for something that has been taking up too much of your fabulous energy. Take care to avoid injury the week of the 8th when Mars square Uranus on July 11th stirs up trouble. Otherwise - you're golden.

Capricorn – (Dec 20 – Jan 18) Can you feel the power? The full moon lunar eclipse of July 16th lights up your sign. This ensures your careful planning will soon ripen into a bountiful and overflowing cornucopia. Others view you as a powerful healer, it's time to claim the fullness of your gifts. There will be problems, errors, you'll never be as prepared as you want. But you must go on. Others may think you're an overnight sensation, but you know this is a well-earned reward

Aquarius – (Jan 19 – Feb 17) The Dark Moon Lilith is stirring up trouble in your sign. And true to her mysterious ways, she has a message for you but much is left unsaid. Lilith in Aquarius drives your quest for freedom, but when you think you have things figured out, she changes the rules. Your mission is to maintain your balance, read between lines.

Pisces – (February 18 – March 19) Be aware that this month delivers unexpected benefits from people you know. The new moon solar eclipse of July 2nd opens the door to new options in your love life; existing relationships deepen, and/or a new one is waiting for you. Either way, you are being invited to open your heart on a deeper level. Vulnerability is sometimes frightening, but it's the right thing at the right time now. Your inspiration is a pure and is connected with a Universal source of love.



COVER ART

Kali Bernardo by
An.Laurel Photography



COVER PHOTO OF KALI BERNARDO

Hey there beautiful people! My name is Kali, I'm the curvy redhead goddess gracing the cover this month. I've spent the last eight years of my life devoted to helping the people of Brevard County through selling crystals at: **Your Crystal Shop in Merritt Island, FL**. Working with crystals has truly changed my life and spreading their amazing healing powers and potential for individual growth is my passion in this existence. When you visit **Your Crystal Shop** you will be greeted by my giant standard poodle **Malachi**, he has such a sweet energy and would love to offer you some positive vibes for your shopping experience.

My amazing friend (and soul mother) **Kathleen Rodamer** owns **Your Crystal Shop** and together along with our friend **Jaqueline Montanile** we host a podcast called "**Why are we here?**" On the podcast we discuss spiritual matters and our experiences in store and out in the field mining or shopping for crystals. Check us out! We are currently on most social media streaming platforms, we'd love to connect with other spiritual friends, just search for **Your Crystal Shop** or **Why are we here?**

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When I'm behind my lens, photographing the sunrise, the bird I see in flight, the wildflower fields with the wind blowing through it, that is when I feel most free. It wasn't until the last few months that I began to explore portrait photography. It is a completely different, though equally satisfying, artistic experience. I love to work with clients who want to explore their own artistic needs, to come together with myself to make their vision come to life. My journey into photography has just begun, and I'm so excited to see where I go. The possibilities are endless.


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***An Enlivening Power is Nurturing Our Universe
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