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12 STEPS OF SPIRITUAL FREEDOM

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The greatest optical illusion is separation

HORIZONS

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

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



Horizons thanks everyone willing to take the risk

HORIZONS MAGAZINE is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

ARTICLE SUBMISSION: You may submit articles of up to 1500 words on any area of personal growth and practical spirituality to HorizonsMagazine@gmail.com. Time sensitive articles must be submitted 3 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for.

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE JULY 2023 EDITION OF HORIZONS MAGAZINE. Finally, the paperwork frenzy is coming to an end. In addition to waiting for roof grant reimbursement, I was also waiting on a **AAA auto insurance** cancellation refund, a **AAA roadside service** unauthorized-upgrade-error refund and a mortgage escrow refund.

In **November 2022, UPC**, my homeowner insurance company raised my rate to \$3694, giving me a \$2235 escrow shortage. I paid it. In **January 2023, UPC** left **Florida** altogether and **"Slide"** took over. The new premium was \$9182/yr. **WTAF????** Hence the mad dash for inspections, repairs, replacements and new roof so I could get insured before my policy expired in **May 2023**.

THE ROOF GRANT PROGRAM IS NOT A SCAM. Low income NOT a requirement, to be eligible, you just hafta be in the windborne zone. I had an 18 year old roof so I qualified for the grant. At this link <https://mysafeflhome.com/wp-content/uploads/2023/03/3-3-23-MSFH-012-Homeowners-Guide-to-My-Safe-Florida-Home-Program-030223-v13-FINAL-TO-POST.pdf> is a pdf of the **My Safe Florida Home Program Homeowner's Guide**. At page 17 here is the **MSFH Reimbursement Guide**. On page 12 is the **WINDBORNE MAP** showing if you're in the eligibility region for a grant. I'm glad I was in the zone. My Almost \$15k roof cost me just under \$5000.

THE PROCESS TOOK LONGER THAN IT SHOULD HAVE BCZ I DIDN'T READ INSTRUCTIONS CLOSELY ENOUGH

Each time I got an inspection report, I uploaded it to the portal page <https://mysafeflhome.com> along with my paid invoice from the roofer.

I'd asked for the final inspection to be redone bcz the inspector failed to show I had hurricane shutters on all windows. I later learned I did NOT need it re-done to fulfill the roof grant. The grant had ONLY to do with the

ROOF being compliant. Some people applied for grant funds to replace windows, mine was for the roof only, so I created 2 weeks' delay for myself in reimbursement by asking for a redo of the final inspection.

THEN I COULDN'T FIGURE OUT FROM THE WEBSITE HOW TO ASK FOR REIMBURSEMENT

I only got form emails (saying go to the site) in response to my question (if I needed to do anything else for reimbursement, so I **Googled** how to get reimbursed from the program and found this pdf. <https://mysafeflhome.com/wp-content/uploads/2023/03/3-3-23-MSFH-012-Homeowners-Guide-to-My-Safe-Florida-Home-Program-030223-v13-FINAL-TO-POST.pdf> At page 17 is the **MSFH Reimbursement Guide**, so now I was able to request reimbursement.

Oops on me for not having properly read the instructions about the roof grant reimbursement. The last few months I've had a lot of paperwork and when I'm overwhelmed I'm not really paying attention to what I'm reading right in front of me, hence my error in not taking the step to request reimbursement. Good to know!

THE ASTROLOGICAL COMPONENT FITS

The majority of my research began in **March**, when **Mars** was in my **third house** of writing, editing, speaking, thinking, reading, and conducting research.

Things got easier after **Mars** moved into my **4th house** of home affairs, family, domesticity, ancestry, youth, origins.

Adding to the mix was **Transiting Uranus square natal Pluto** which has to do with *"entering into a new phase that comes as a shock to your established system and sparks your urge for self-transformation and regeneration. There is a seismic shift in the works for you, based on letting go of parts of your life that have outlived their usefulness but that for one reason or another you have chosen to hold on to. Conflicts and drastic changes may come up for you during this period of time. You are likely to have new spiritual insights during this period, or find that your will to be different and to find your own unique pathway forward is more powerful than usual. You are undergoing an important transition in your life, entering an entire new phase of existence, in which the habitual patterns and concerns of the old way of your world may vanish entirely or diminish in their importance."*

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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.

AUTISM AND WHAT OTHERS THINK

QUESTION: I have a question that could really help me in my work with parents with autistic children, and also in my own life wanting to be a father. And I feel that I get caught, and I see the parents getting caught in almost a vicious cycle between putting ideas into the Vortex - imagining their child growing up and learning how to talk - and for me, learning how to imagine being a father; really, really, really having that vision. And then I fall down because it doesn't happen, so I know it's conditional. And what I do is I go back and I think OK, I have to be...

ABRAHAM: Let's not get too heavy into this, because **the more you talk about what you've been feeling and what your hang-ups are, then the more difficult it is for you to see the light at the end of the tunnel** as we visit here. Does that make sense to you? So we're going to stop you before you explain too much.

So, we have some questions for these parents of autistic children: Did they come here to live the lives for the children or did the children come to live their own lives?

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QUESTION: I believe for the children to live their own lives.

ABRAHAM: Even though you're co-creating, and in those cases, it is a plan, an orchestrated plan, a co-creative decision even before anybody got here.

In other words, they planned to co-create together in this way. The elephant in the room that's been here all day here today, the thing that we've been sort of chewing around the edges of to help you to find resonance with is that you are creators far beyond what you know as you in your physical form. And we think we've said that enough today that you are at least willing to contemplate the idea of it.

And THE thing that hinders humans and causes them the most consternation, the most unhappiness, and keeps them from allowing themselves the satisfaction of being in their physical body, the thing bigger than all other things put together is their concern of what other humans think, and their desire to behave in a way that they are approved of by other humans.

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INVESTING IN THE UNKNOWN

Part II – Intention and Surrender

Dr Joe Dispenza holds a Bachelor of Science degree and is a Doctor of Chiropractic. His post graduate training includes the fields of neuroscience and neuroplasticity, quantitative electroencephalogram (QEEG) measurements, epigenetics, mind-body medicine, and brain/heart coherence. As a researcher, lecturer, author, and corporate consultant, his interest lies in demystifying the mystical so that people have all the tools within their reach to make measurable changes in their lives. Visit www.drjoedispenza.com.

I was asked: Dr Joe, which strategy of The Formula is most important? Intentionally doing something – or surrendering without expecting a result? What if we don't see synchronicities? How do we know if we're doing the right thing?

I think about this - the incredibly delicate balance between intention and surrender - often in my own journey. It comes up for us at all stages of practice.

On one side of the equation, we have our intention - a function of the brain. An intention involves getting clear about what we want. Imagining an outcome. Seeing a future. Becoming aware of a new possibility in the quantum field.

On the other side, we have surrender - a function of the heart. Trusting in the outcome we've imagined. Believing in that future - without getting in the way. Knowing it will happen - without forcing or controlling anything. We stop trying to predict the outcome. We invest in the unknown.

The challenge of balancing intention and surrender comes from our usual way of creating - matter-to-matter, in three-dimensional reality. We're used to setting an intention, then trying to get it done. And if it doesn't happen, we try harder. That's because the material world is the plane of demonstration, so we have to do something to create an outcome.

...continued on page 31..

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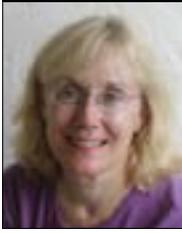
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Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. Join "Abraham Fun" on FB and like her FB page, "Soulsongs by Karen Money Williams."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

YOU CAN GET THERE FROM HERE

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

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

In the throes of a negative, perhaps inexplicable, emotional state, I can tell myself: "This too shall pass," "I survived this before, and I'll survive it now," "I'm an eternal being and this is a drop-in-the-bucket of my overall experience," "This helps me appreciate all the times I feel good," and most important: "As I continue to choose good-feeling thoughts, these times of emotional upset are sure to decrease."

As I stop making negative emotional states a huge deal, they will start to shrink. And I'll speed the process by basking in the times I feel buoyant and light-hearted. With appreciation, I then affirm, "Yes, I want more of this! It feels so good to feel good!"

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

Studies prove that life-affirming beliefs have the power to reverse disease and heal our bodies. It's not the drug that heals us. It's our belief that by taking it, it is healing us. It's our belief and faith in the unknown powers of the drug or the technique that heals us.

THE SHINING

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

If I make myself sufficiently stressed at work, will I guarantee advancement? If I feel adequately guilty about past mistakes, will it reduce the likelihood of future blunders? If I goad myself with anxiety in order to get projects done, allowing myself to relax only upon completion, will I eventually get caught-up with my work? If I worry enough about what other people think of me, will I guarantee acceptance and respect?

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

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

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



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Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious **Man with the Ladder**." See <https://www.tribalsoupproject.com/the-mysterious-man-with-the-ladder.html>

God

"Do you believe in God?" **Tatanya** asked, initiating the conversation with the **Man with the Ladder** one afternoon after her mother had deposited her by the ladder to be baby sat.

"Yes I do," replied the **Man with the Ladder**.

"You seem very sure," the little girl said. "You didn't take any time at all to think about it"

"I've thought about it a bit before, and I've heard a number of stories that have convinced me **God** exists."

"How can stories do that?" **Tatanya** asked.

"Either you believe the stories you hear, or you don't, and believing stories that have the ring of reality to them is an easy thing to do."

"Tell me a story about **God** that you believe," the child requested.

"Well the story I like best is about the end of the world. I'm not sure that its suitable for a young child."

"I'm not so young, I'm five. And a half."

'Five and a half going on twenty five,' thought the **Man with the Ladder**.

"O.K.," he said, "you're not too young but it may be a little deep for you."

"That's O.K. too," she said. "I'm learning to listen. When you're learning to listen the deeper the things you hear, the better."

He realized why he liked **Tatanya** so much.

"Why do you believe this particular story?" she asked, just as he was preparing to tell it.

"Because it shows that **God** thinks the way I think, which is a sure guarantee that he really exists," said the **Man with the Ladder**, and he began the story.

"Once upon a time, the **Lord**, received word that the earth he had made had been turned into a dung heap and was corrupted entirely, without relief and without exception. He roused **Jonah** and shoved him, moaning and groaning, back into the great fish. That's the way **Jonah** traveled to where he was going, when the **Lord** sent him scouting. It put him in the proper mood.

"Go to the earth," **God** commanded **Jonah**, "and see if the wickedness has reached the brim of it yet."

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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. herbcorner.net

Natural Approaches to Autoimmunity

Today we are encountering a wide range of autoimmune disorders including rheumatoid arthritis, lupus, psoriasis, multiple sclerosis, thyroid disease, celiac disease, and many other conditions.

All these conditions are linked by a biochemical process causing a runaway immune response causing systemic inflammation resulting in your body attacking its own tissues. With autoimmunity your immune system gets confused, and your own tissues get caught in a disagreement and the immune system's response continues even if there is no foreign invader.

It might have started with something simple like an infection, overuse of antibiotics that change gut flora, a stressful event, an illness, allergen, or toxin, nutritional imbalances, dairy or gluten sensitivities that somehow redirects a hostile attack on your joints, digestive system, nervous system, brain, thyroid, or skin, sometimes it attacks the whole body increasing blood flow, swelling, redness, heat and inflammation to any of those areas.

Herbal approaches can help modulate the immune system's attacks without suppressing or altering its necessary defenses, bringing it into balance and helping to prevent and fight illnesses. **Hydrangea** contains **halofuginone**, researchers found this compound slowed progression of the disease without suppressing normal immune system functioning.

Herbs that down-regulate the autoimmune response reducing inflammation hindering the enzymes that accelerate molecules involved in deregulating the immune response; are herbs like **Hops, Sarsaparilla, Reishi, Ashwaganda, Nettle or Rehmania or Sweet Annie** which is good for autoimmune conditions such as **lupus**. It is specific for attacking the **spirochete** linked to **Lyme's disease** and other tick-borne illnesses.

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Photo by Karin Wolf



Sharron Britton has been a rock collector for as long as she can remember. From picking up shark's teeth and fossils on Venice Beach in Florida where she grew up to honing in on rare mineral treasures at the world's largest rock and mineral show in Tucson, AZ, she has always felt at home working with rocks. 20 years ago she began selling a few pieces from her collection to her friends, and the response was so positive she started her business. Her customers run the gamut from mineral collectors and lapidary enthusiasts to lightworkers and metaphysicians. Sharron believes everyone who loves rocks is a kindred spirit.

The heat is on! Tomorrow we are expecting temperatures over 100 degrees here in north central Florida and the dome of super-heated air is ushering in the summer with great gusto.

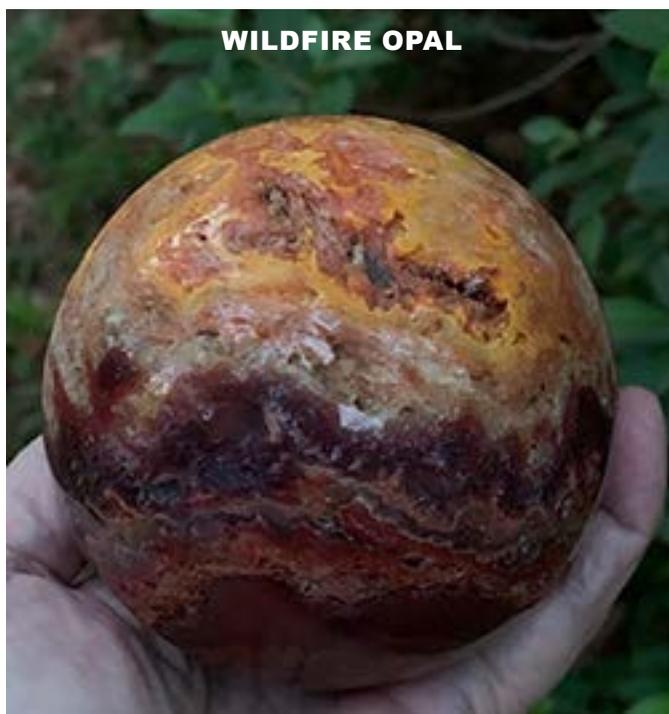
Outside my door, the Florida breeze wraps itself around me like a blanket as I give thanks for all the rains that have given the plants in my garden the nourishment they will need to flourish during the months when the sun is high and the days are long. The transforming chaos of our world is reveling in the fire of midsummer and we would all benefit from surrendering to the emerging light of Truth yet to be revealed.

The stone I want to share with you this month to help you take the heat is a new discovery from the **Utah** desert that is known as **wildfire opal**. The vein of opal formed over an ancient artesian mineral spring system that over millions of years. **Opal** is hydrated silica mineraloid. It does not have a crystalline structure.

Many opals have a play of light - this is called **precious opal** - but much opal is not translucent. **Wildfire opal** is a non-precious opal that contains the color and energy of fire. There are deep reds, brilliant oranges of every hue and rich golds set off by deep rich browns.

The colors swirl together in plumes and blossom into flames in the stone, and when it is polished you can almost see the fire igniting across the surface.

Although fire can bring fear and trepidation, it is also a cleansing harbinger of necessary change. All that is no longer needed is burned away, leaving a smoldering ash that will provide a rich banquet for the new green shoots that will emerge after the next rain. Embracing the spirit of **wildfire opal** helps become aware of everything that we no longer need in our lives so that



we can let these things go and move forward on the great wheel of life. The aftermath of the cleansing fire is freedom. Even though we may miss what is lost, the future beckons us to dance towards it with joy rather than spend our time filled with regrets and onerous responsibilities. **wildfire opal** opens gateways deep within ourselves that lead away from fear into the wisdom that emerges when we truly know ourselves. Out this awareness, our creativity can emerge so we can access the ability and vision to remake our lives.

...continued on page 27



PSYCHIC MICHELLE WHITEDOVE

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

with us sending her guidance. Her work continues. She's done much writing that has not yet been published and Horizons has been given permission to continue to publish it. Visit www.MichelleWhitedove.com

Dear WhiteDove,

Recently, it was time for my Mother to downsize from her home of fifty years and move to a small residence. Financially and physically it was important to do so. My siblings and I helped her to sell off many of her beloved belongings. During the process of packing she hurt her back severely and was doubled over with sciatic pain.

I understood the spiritual connection to her back pain was that she no longer felt supported, since everything in her life is drastically changing. The holistic chiropractic Doctor that treated her back recommended that Mom should also have her heart checked by a specialist. The doctor explained the physical reasons: can you explain the spiritual connection?

Dearest,

As a Health Intuitive, many times I see a physical connection of lower back pain associated to physical heart issues just as your holistic chiropractic Doctor. It is imperative that you follow up with a cardiologist and do testing so any issues can be treated in the early stages.

The spiritual connection for your Mom: she is suffering emotionally from a broken heart. She associates her lifelong acquisitions as her status in life: her big home, her former job, her bank account, her beautiful and sentimental things. She is very attached to these materialistic things that are symbols of her road to success and she has let these belongings define her. (I see this mostly with career driven men.)

With psychic insights, I see that first there was the death and loss of her husband of many years, now she is losing her home and many possessions and for the first time she's now grieving and is heartsick. This transition has removed her foundation and can be humbling and overwhelming for the elderly.

The truth is that her real symbols of success are intangible. **God** knows about all of the people that she helped along the way, the love that she gave to her mate, her children and her dedication and loyalty to her employer. I see your mother as good soul who is always willing to help those in need.

During her final chapter on Earth, be very kind, reminisce and help her to see all that good that she has done: it's time for her to understand her true value and know that her deeds are more important than her belongings.

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THE KINDNESS-AT-WORK MANIFESTO



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

It has recently come to my attention that some of the most loving, passionate, well-intentioned people in the world have a tendency to treat their co-workers

unkindly -- especially during times of stress or on a Monday, Tuesday, Wednesday, Thursday, or Friday

Consumed by their need to do something extraordinary for humanity, they forget the people they work with are human.

And so, in an effort to restore a **Culture of Caring** to organizations everywhere, it is my honor to present to you the **Kindness-At-Work Manifesto** -- 40 daily opportunities to go beyond the imperfections of your co-workers and rise to a place of uncommon goodness.

Where does it begin? With your intention to maintain your commitment to kindness any time one of your co-workers does not.

CHOOSE KINDNESS WHEN YOUR CO-WORKERS...

1. Forget to acknowledge you for a job well done
2. Take credit for something they had little to do with
3. Don't reply to your emails
4. Talk behind your back
5. Eat the last cookie
6. Withhold vital information
7. Expect you to work on the weekends
8. Forget to send you the agenda
9. Make an impossible request on you at the end of the day
10. Criticize you for not responding to their email when the item they wanted you to read was the 93rd item on the list
11. Don't let you finish a sentence
12. See the glass not as half empty, or half full, but cracked
13. Have no clue how to listen
14. Preface their regular attempts to criticize you with "Do you have a moment? I'd like to share some feedback with you."
15. Arrive late to every meeting
16. Talk to the boss about your shortcomings before airing it out with you, one-on-one
17. Expect you to cover for them every time they do a half-assed job
18. Start humming **Bee Gee** songs with no warning
19. Expect you to "do the math" every time your team goes out for lunch, then proceed to forget to calculate the tip and the tax when they leave too little cash for their part of the meal
20. Seek competition instead of collaboration
21. CC you on more emails than the **US Tax Code** has corporate loopholes
22. Think you're an idiot
23. Forget to ask how you are after your operation
24. Rarely look you in the eye
25. Make up phony excuses why they didn't return your phone call
26. Start talking about their new ringtone as if it was the **Holy Grail**
27. Think they know more than you do
28. Worship data
29. Talk about their old **LSD** experiences every time you say the word "watermelon."

...continued on page 36

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SETH SPEAKS

Seth is the nonphysical spiritual teacher who spoke through the author Jane Roberts. Seth presented the furthest reaches of human potential, the eternal validity of the soul, and the concept that we create our own reality according to our thoughts, emotions and beliefs. Seth taught to access and use the tremendous source of power, wisdom within you. www.sethlearningcenter.org

ON SOLVING PERSONAL PROBLEMS

* At each and every point of your existence, the solutions to your problems, or the means of achieving those solutions, are always as present within your days as any given problem itself.

* To change your world you must change your thoughts.

* She was to stop worrying about such things and adopt a position of divine nonchalance.

* Whenever you are trying to rid yourself of a dilemma, make sure that you do not concentrate your attention upon it instead. This acts to cut out other data, and to further intensify your focus upon your difficulty.

* When you break the focus, the problem is solved.

** It would benefit you to take it for granted that everything is being creatively worked out to your advantage.*

* Next: I am eternally couched and supported by the universe of which I am a part

* If you hold grudges, if you concentrate upon past dissatisfactions with **whomever** to whatever degree, and if you project those differences into the future, then to that degree will such be your future experience with them.

* The burden of that relationship rests upon you, upon your expectations and those beliefs about the world that you have projected upon that company.

* Until you are honest with yourself and become consciously aware of yourself, you cannot honestly relate with others; you will project upon them your own fears and prejudices.

* The mental and psyche difficulties were concentrated into physical symptoms, and the system was rid of the difficulty in this manner. The problem was dealt with physically in other words ALWAYS, INCIDENTALLY, THE LAST RESORT.

* Take for example the feeling: I want to be comforted. If I were sick someone would feel sorry for me and comfort me then. Such a wish is very seldom on a conscious level, but it is often emotionally charged, and it brings forth immediate results because of the charge it carries.

* Whenever you catch yourselves in moods of self-pity, you are courting just such results. There is no way out of this, you see. You simply must realize that SELF-PITY, IN YOUR TERMS, IS HIGHLY DESTRUCTIVE.

* When you fear the worst will happen, you often are showing quite real faith in a backwards fashion, for with no direct evidence before your eyes, you heartily believe it will occur.

* Besides stating your clear intent, having faith in the process, leaving the means and details in Framework 2, you have simply to refrain from worrying as much as possible.

* You may say, "I was born in a house on a certain street in a certain town, and no present belief to the contrary will change that fact." If, in the present, ONE past event can be altered within your neuronal structure, however, then basically no event is safe from such change.

* To rid yourself of annoying restrictions then you re-pattern your past from the present.

* Your desire or belief will literally be reaching back into time, teaching the nerves new tricks. Definite re-organizations IN THAT PAST will occur IN YOUR PRESENT, allowing you to behave in entirely new fashions.

* By changing the past in your mind, now, in your present, you can change not only its nature but its effect, and not only upon yourself but others.

* The more you enjoy life and your daily moments, the less difficulty you will be in, in ANY area, for your thoughts become naturally pleasant and naturally attract good to you...

* You must be willing to change all the way from the old system of orientation to the new, if you want the new approach to work fully for you in your lives.



SPIRITUAL GRAFFITI

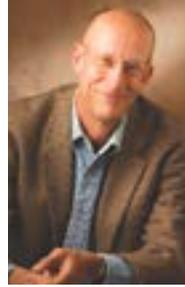
Jeff Brown is author of Spiritual Graffiti, Ascending with Both Feet on the Ground, Love It Forward, An Uncommon Bond, Apologies to the Divine Feminine From a Warrior in Transition, Karmageddon, an award winning documentary, and Grounded Spirituality. Visit www.Soulshaping.com and www.Soulshapinginstitute.com

"If terrible things have happened to you, you may or may not have grown wiser. It really depends on how horrifying the trauma was, and whether there is any wisdom to grok from your experiences.

Sometimes there is, sometimes there isn't. Sometimes it is all you can do to manage your life and heal from the trauma. By shaming those who do not extract 'wisdom' from their experience, we actually re-traumatize them. Because it is not always possible to extract 'wisdom'.

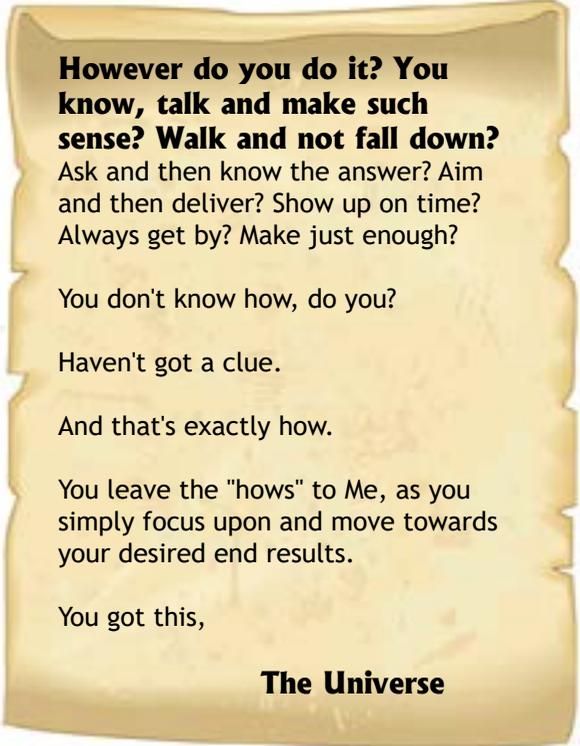
Wisdom is the spiritual patriarchy's obsession, because they hide from their unresolved wounds in their quest for 'knowledge'. They hide from their own victimhood, by denying that victimhood exists. And the consequence of this message is actually re-traumatizing, because what separates a conscious culture from an unconscious one, is the capacity to own the truth of our suffering.

Putting it away, re-framing and shunning it, only serve to solidify the conditions that foster it. The wound always gets the last laugh, until we have the courage to integrate it."



NOTES FROM THE UNIVERSE

International tax accountant turned entrepreneur turned writer for "the Universe" and one of the teachers for The Secret, Mike Dooley runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit <http://tut.com>



However do you do it? You know, talk and make such sense? Walk and not fall down?

Ask and then know the answer? Aim and then deliver? Show up on time? Always get by? Make just enough?

You don't know how, do you?

Haven't got a clue.

And that's exactly how.

You leave the "hows" to Me, as you simply focus upon and move towards your desired end results.

You got this,

The Universe



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THE MONASTERY DOOR

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

From time to time, I like to get away and go on a personal retreat. I often go to a nearby facility that resonates with me and allows me to surrender into silence. I usually take nothing with me but some clothes, toiletries, and my journal. I will spend time in prayer, reflection, and meditation but mostly I just try to be quiet and listen.

I have found that being in silence with no TV, radio, phones or even conversation with others creates an inner environment that helps to quiet the mental sea. The mind is usually like an ocean, always in motion. The waves can be experienced as the full range of human emotions. Sometimes the waves are gentle, sometimes strong. At times the gentle winds of life blowing through us only cause ripples. Other times the waves can be like a storm surge, crashing into everything and everyone that happens to be in front of us. Being in silence helps the waters of the mind to be still so we might simply look within to the depths.

Being in silence also helps us to redefine our storyline. Our 'storyline' is our interpretation of the events of our life, not the events themselves. I think our quality of life and the quality of our relationships with family and friends can be affected by how attached to our own personal storyline we are. If I were to be completely honest with myself, I would have to admit that there are times when I carry my storyline like a shield or even like a banner. I allow my "perceived wounds" to define me, to dictate how I relate to my family, my friends, myself, and Spirit. But we are more than our wounds. We are even more than our gifts and talents. We are more than anything that exists in this relative experience. Being in silence allows us to touch that part of us that is more, which then can transform our interpretations and give us insights into the direction we must go, provided we are willing to let our old interpretations go.

The silent retreat is always a challenge in surrender and listening. But the most challenging part of all is opening the monastery door. For it is on the threshold of the monastery door that I must surrender and lay down my storyline, my interpretations of the events of my life, if only for these few days. Only then will I be able to truly listen, to hear what Spirit would have me know, instead of projecting what I wish to hear. I must lay down my storyline, step over it, close the door behind me, and walk into the silence.

At the end of the retreats when I open the door to leave, I always look down to see if my old storyline is still there. It never is.



ESSENTIAL LIFESTYLE HACKS



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

DO THE BEST, LEAVE THE REST

Everyone has a divine purpose. Not a single human being is left behind. We are not always aware what our personal purpose is. But universally everyone has the same purpose. We are here on this planet to return to the source; (whatever your belief system is as the source) generally we refer to that source as Divinity.

We all have some duties that we must perform. As a child we need to learn. As a parent we have the responsibilities of the children. As a daughter, son, father, mother, grandparent or employer or employee; we all have some responsibility or duty. At the same time, we want to actualize and be the individual. Every individual came with a wonderful potential to manifest. This potential is within us and needs to be expressed. When we can utilize our potential, then we feel fulfilled. When we are recognized and loved for our potential then we feel joy. It is also our duty to manifest that potential.

No matter what, we need to do our best in all situations, be it at work, or studying, or interacting with others, or in relationships, or family. When we do our best, we will feel fulfilled. Most times we are not doing our best. We may feel entitled, tired, confused, or distracted and not do our best. This will express itself in inadequacy, insecurity, boredom, lack of purpose and general discontent. To compensate the ego finds reasons outside of ourselves and will blame others or the world.

We are here to learn about ourselves and at the same time work out karma that we have created. Every person is at the exact place where they need to be to fulfill that journey back to the source. But it is our responsibility to do our best even in situations that are not always to our liking. My Guru Ma Yoga Shakti's motto was "Do your best and leave the rest." Leaving the rest means leaving it up to the Divine to either make it count or not. This is not always easy. We want our actions to have results the way we see them. But that does not necessarily mean it is for our best or for our evolution towards the universal goal of reaching back to the source.

Our higher self, our **I am Presence**, or intuitive mind knows what is best for us. But.....! Yes, we must trust. To do the best and leave the rest requires surrender. We might call it **God**, the universe, or our higher self. We need to learn to surrender to the energy that is within us that is fueled by the **Divine Source**. That energy knows what is best for us.

When starting on a new journey I like to always specify: "may it be for my highest good, and for the highest good for all involved." This way we will give permission to channel our divinely inspired energy that comes from our higher self. Surrender is not a weakness. It takes tremendous strength to surrender life to the supreme

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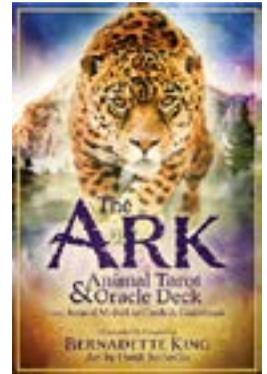
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WHAT IS MY SPIRIT ANIMAL



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

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



BIGFOOT, SASQUATCH, & YETI SYMBOLISM & MEANING

Looking for some quiet time? Do you need help figuring out the truth in a matter? Bigfoot, as a Spirit, Totem, and Power Animal, can help!

Bigfoot teaches you about the gift of elusiveness and how to separate fact from fiction! Delve deeply into **Bigfoot, Sasquatch, & Yeti** symbolism and meaning to find out how this **Animal Spirit Guide** can enlighten, strengthen, and support you!

Think of **Bigfoot** and a tall, gigantic, hairy, ape-like being with huge feet comes to mind. There are sightings in every state within the **Continental U.S. and Canada**, not to mention all the media attention the creature attracts. There's no doubt **Bigfoot** represents that which is "larger than life."

The word "**Sasquatch**" comes from the **Halkomelem** language and is a collective term describing the "**Wild Man**" tales widely dispersed throughout **Native American Tribes**. "**Bigfoot**" is a term that came into use nearly thirty years later following the discovery of large footprints thought to belong to a **Sasquatch**. **Yetis** are separate from **Sasquatch**, but people still link the two creatures due to their similar descriptions. The main difference between **Bigfoot and Yeti** is that the Bigfoot prefers warmer climates, and the Yeti lives in cold, mountainous areas.

Sasquatch and **Yeti** sightings are as diverse as the people making the reports. The main description remains unchanged: The creature is bipedal, tall, and covered in white, reddish, brown, or black hair. Many tales tell of it having an odor so strong a person detects it before sighting the creature. The creatures vary in height from six to nine feet and range in weight from 400 to 1000 pounds or more.

The hair color of **Sasquatch** or the **Yeti** adds to the rich symbolism of these curious cryptids. **Red** represents endurance, strength, passion, and power. **Brown** signifies simplicity, grounding, and stability. **Black** represents anonymity, mystery, and detachment. **White** represents purity and peace.

Since there's no tangible proof of its existence, **Bigfoot** symbolizes that which remains hidden, secrets, and the mysterious. Preferring isolation, they are an emblem of individuality and the desire to escape the herd mentality.

Bigfoot, Yeti, & Sasquatch Spirit Animal

Bigfoot stomps in as a **Spirit Animal** whenever you're in situations where you feel conditions or people are intimidating. **Bigfoot** avoids humans, but it allows no one to back it into a corner! **Bigfoot's Medicine** helps you find the courage to escape victimization. This creature's motto is: "**Stand up for yourself!**"

A **Sasquatch** arrives as a **Spirit Animal** when the energetic vibrations of those around you are draining. **Sasquatch** knows how to elude others, so it comes to help you find peace in temporary isolation. The creature is an ideal **Spirit Animal** for empaths who have difficulty tuning out the emotions of others. **Bigfoot** helps you cloak yourself in an aura of invisibility so that you can restore your vital energy.



WHAT IS MY SPIRIT ANIMAL

...continued from page 20

The **Yeti** comes to you when you've been trying your hardest to achieve your dreams. But, all your efforts come to naught. You can work with the **Yeti's** energies to help you discover new opportunities. As your **Spirit Animal**, **Yeti** helps you get your foot in the door.

Bigfoot, Yeti, & Sasquatch Totem Animal

People with **Bigfoot** as a **Birth Totem** are natural-born lie detectors. No one will ever call you gullible. You sense when others are genuine and refuse to associate with who isn't authentic.

With **Sasquatch** as your **Totem**, you have an insatiable thirst for learning and information about the unknown, esoteric, mysteries, or fringe subjects. People with this **Totem** often study astrology, numerology, magic, or metaphysics. You never tire of the euphoric feeling discovery brings.

With **Yeti** as an **Animal Totem**, you are a survivalist. You rely on intuition as your guide through the world. You appreciate being in the woods, whether it's for a short walk or living off-the-grid.

Bigfoot, Yeti, & Sasquatch Power Animal

Call on **Bigfoot** as a **Power Animal** when you need to weed out lies from the truth. If you need to resolve a conflict but find fabrications obscuring the facts, **Bigfoot** is the perfect **Animal Ally** to aid you in figuring out what's true and what's not. Work with **Bigfoot's** energies when you need to spot the telltale signs of a lie, or when you need to look at nothing but the hard facts; **Bigfoot** lets you know when something doesn't smell right.

Invoke **Sasquatch** as your **Power Animal** when you want to expand your horizons but need a little push to do so. **Sasquatch** has no limits to where it wanders in the wild. The creature's energetic influence will help you take those big footsteps outside of your comfort zone.

Invoke **Yeti** medicine and energy when you want to express your individuality. No one imposes expectations on



the **Yeti**; the creature is a natural nonconformist. As a **Power Animal**, it aids in the process of self-discovery and encourages you to stand tall and proud while being your authentic self.

Bigfoot, Yeti, & Sasquash Dreams

When **Bigfoot** shows up in a dream, it may be to prepare you for unexpected events in your waking life. A "big" surprise is coming your way, which may or may not be pleasant, depending on the context of the dream.

If you see **Sasquatch** running from people or trying to hide in your dream, it implies you are running away from a situation you can't escape. It might also mean you should try to avoid a head-on confrontation with another—you do not know all the facts in a situation at this time.

When a **Yeti** appears in a dream, you might feel people don't believe in you or your abilities. Otherwise, the dream warns of being gullible, as you might deal with people who make promises too good to be true.

Big Foot Symbolic Meanings Key

- Elusiveness
- Fierceness
- Mystery
- Observation
- Power
- Secrets
- Speed
- Surprise
- Truth
- The Unknown
- Wildness



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO JULY 2023

Welcome to July, known in Polish as Lipiec and named for the linden tree! The tree produces a fragrant nectar-filled blossom that attracts bees. The tree was special to the **Great Mother** who was also called the **Bee Goddess**. It was also special to **Freya**, goddess of love, marriage and birth. Ancient **Germans** considered the tree sacred and would get married under its leaves.

Bees were attracted to the sweet nectar of the linden tree. It was considered so unlucky to cut down this tree that laws were passed to protect both tree and bee!

Bees were also considered sacred to the **Goddess**. Many goddesses were associated with the bee such as **Diana, Artemis, Ma, Persephone, Cybele, Ceres and Rhea**. Many cultures considered the bee to be the representative of the soul.

July 4: Independence Day, United States

July 9: Baha'i: Martyrdom of the Bab - commemorates the execution of the co-founder of the Baha'i faith, the Bab

July 3: Full Buck Moon in Capricorn

July 5: the 17th of Tammuz, Judaism.

July 23: Sun enters Leo

July 23: Birthday of Haile Selassie, Rastafarian

July 17: New Moon in Cancer

July 18: Muharram - The first month of the Islamic calendar.

Bees are considered the messengers of **Oko, The Yoruba Orisha** of hunting and farming. **July** is the sacred month of **Oko**. He is one of the hardest working orishas for it is his job to work the earth, feed humanity.

Happy July and Blessed Be!



A swarm of bees in May is worth a load of hay.

A swarm of bees in June is worth a silver spoon.

A swarm of bees in July is not worth a fly.

Old English Proverb



GARDENING THE MEDICINE WAY

Debra Strasser resides on the Florida coast where she appreciates everything from the tallest trees to the humblest of weeds. She is Head ConjureWoman at Valkyrie Bees and Herbs, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak. *I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds.*



SUMMER COVER CROPS

Has it become too hot this summer for your vegetable garden to thrive? Summer cover crops are a great way to keep your garden healthy and productive during the off-season.

What is a cover crop? Any of a wide variety of plants which are planted in the off-season in order to enrich the soil for the coming new growing season. There are many functions that cover crops perform:

Most cover crops will fix **nitrogen** (necessary for green growth) into the soil through their roots. **Legumes** (beans) are especially good at fixing nitrogen.

Cover crops provide valuable nutrients to the soil when the mature plants are pulled up, worked into the soil, and allowed to decompose there. This creates what is called **green manure**.



Coreopsis, pic by Tao-Yuan

Cover crops provide natural weed control as they will typically grow fast and choke out most weeds. They can also provide pest control.

Cover crops enhance biodiversity in the garden and contribute to a healthier ecosystem in many ways. They can also support birds and other wildlife. Cover crops protect water quality by curbing soil erosion and reducing nitrogen losses.

Flowering cover crops can provide food and habitat for important pollinators and beneficial insects.

MARIGOLDS - They have benefits as cover crops in that certain types, primarily French marigolds, help manage nematodes

COREOPSIS - This is a Florida native. This state wildflower, also known as tickseed, refers to all 12 species native to Florida.

There are a few food crops that can continue to produce in hot weather.

COWPEAS - Like most legumes, are nitrogen 'fixers'. This vegetable seems to have a different name in each section of the country. There are over 15 varieties of cowpea and they come in a wide variety of colors and textures.

PEANUTS - As peanut plants decompose, the dead and decaying matter also releases nitrogen, leaving behind plenty of food for the next hungry crop. The peanut is a snack favorite, roasted, boiled or ground into peanut butter.

Cover cropping in the summer can not only help increase soil fertility and texture, help block weeds and reduce pests. It can reduce your hours spent maintaining your garden in the hot and humid days as well as the hours spent in the fall for start-up for the coming season.

Happy Gardening!



Jim Egan

STORIES THAT BEND REALITY

...continued from page 10

"Do you know who **Jonah** was?" asked the **Man with the Ladder** who decided on the spur of the moment to play teacher.

"Sure," **Tatanya** answered confidently, "**God** sent him to Nineveh to check things out. It was on T.V."

"Do you go to **Sunday** school?" the **Man with the Ladder** inquired.

"I'm **Jewish**," **Tatanya** answered, "we have to figure things out for ourselves or watch television."

The **Man with the Ladder** yanked on the thread of his story. "**Jonah** came back yelling and whooping that it was the pits, and that without a doubt it ought to be torched, but that he didn't want to be around when the **Lord** scoured it because it would probably flare up like a piece of rotten timber and its ashes would most likely stink up the universe for ever."

"So the **Lord** called an angel whose name was **Bill** and gave him the order to lay waste to the earth, as a punishment for its inequities."

"The choice of **Bill** was a poor one. He was only recently dead and he still had an old girl friend alive on earth towards whom he felt some affection. What made things worse, was that the evils for which the earth was being punished were very familiar to him."

"Spare them **Lord**," **Bill** begged. "You loved them once, try again. I realize its harder now with computers and **Walkmen** and **Nintendo**. But you're the **Lord**," he pleaded. "Give it a shot."

"And the **Lord God** made it appear that he was considering the request; but what the infinite mind was really thinking was: 'It gives one pause to think that one's fate may be in the hands of an individual whose only virtue is that he remembers the mischief he's done, and can identify with the mischief you are doing now.'"

"Why did **God** pick the angel **Bill**?" asked the little girl.

"I don't know. If you are going to ask me a lot of questions I don't know the answers to, I never will get to the story I do know," he complained.

"How do I know you don't know the answer before I ask you?" **Tatanya** inquired innocently."

"You know you know I don't know, and I know you know I don't know," answered the **Man with the Ladder**.

"But you have some idea," she came back. "You always have some idea."

"Well," he said, recognizing the flattery as a ramp up which more questions would be pushed, but taking it in, nevertheless, "**Bill** may have been nearest his right hand at the moment, or maybe **God** wanted to be sure. If you are **God** and make terrible judgments you always like to be sure. Unflooding a world is a very difficult thing to do even for **God**, and while he can raise insects from the squished dead, and breathe life back into beached whales, it's a pain in the neck."

The **Man with the Ladder** continued his story.

"O.K., O.K.," said the **Lord God**. "I can't stand beseeching in the morning. I won't kill them. I will only take away all of their worldly possessions."

"Like he did with **Job**," said **Tatanya**."

"Exactly," replied the **Man with the Ladder**.

'That's a warning shot into the belly if I've ever seen one,' thought **Bill**, 'But its better than plagues and locusts and a bolt of lightning up the kazoo.' So he set off for earth carrying the **Lord's** message. Before he got too far, he heard the **Lord** yelling at him, "Appear to the **USA!** They're the worst of the bunch. If they don't pass muster, cream the lot."

When the angel **Bill** went down and communicated the **Lord's** judgment, a general wail went up. The people of America yelled as one voice. "*Give up our possessions?*" they cried, "*Our possessions possess us as much as we possess them. We can no more do without our possessions than we can do without....*"

They hunted around for a comparison, and as they searched, someone in the back reminded them who they were dealing with and they added, "the **Lord God** which is greater, but in the ballpark."

Then the angel **Bill** came back and told the **Lord** what had happened and the **Lord** said, "They sound like a hopeless lot and I better deal with them myself."

...continued on page 25...



Jim Egan

STORIES THAT BEND REALITY

...continued from page 24

Then he manifested himself before everybody and said "Woe unto you and your dogs and your cockroaches and cattle and portable radios and **Toyotas**. But I am a just **God** and a merciful **God** to boot. So hear my judgment. Of your possessions, those that you have made you may keep, the others go down the tube."

"Now as soon as they heard this judgment the people of the **U.S. of A.** wailed to the last toddler."

"And a spokesman came out from the multitude and said, '**Lord**, it's not our fault. We gave up making anything useful, at least anything that we use. None of our possessions have we made, not the television set, nor the Walkmen nor the automobiles nor the camera, nor the....'"

"Enough," said the **Lord**.

"It's not our fault," wailed the spokesman for the whole country. "It's the economy you made, which made everything."

The **Lord** was miffed but he held his peace. "O.K., I am a just **God** and a merciful **God**, although I must say you are treading very close to where merciful goes right out the window." And he gave it another thought.

"O. K." the **Lord God** said, "If you have made none of your possessions, merciful as I am, I will abandon that condition for your keeping them. So now hear me men of **America**, and women, and children and **Chicanos** and **Jews** and **Baptists** and **Catholics** and little precocious children" and he enumerated all of the kinds he could recall having made. "*Those of your possessions that you can fix when they break, or those of your possessions you can repair when they wear out, these possessions may you keep as your own. All others will be taken from you and trashed.*"

A sorrowful lamentation rose up from the multitude.

"**Lord**," they wailed, in unison, "how in the hell are we supposed to be able to fix them. They come from **Japan** in little boxes. We thought that that was the way you wanted it." and they gnashed their teeth and banged their **Cuisinarts** together.

"O.K., O.K., STOP!" he commanded, and silence replaced the lamentations. "Just wait," he pondered long and heavily.

"He seems to be thinking a lot for **God**," **Tatanya** commented out loud. The **Man with the Ladder** ignored the comment and continued the story.

It was a while before **He** spoke again and the crowd had grown a bit weary and restless and people were shuffling around waiting for the evening news on T.V. to tell them what the hell was really happening.

"I have thought it over, It may have been an oversight on my part not to make it clear that people ought to make what they possess, or at least be able to repair it when it breaks. I will relent this far but no further." He cleared his throat so forcefully that the atmosphere was singed. "Of those things you possess that you can tell me what need they serve, those I will say you truly possess and those you may keep. The rest....' He made a destroying fire and pointed to it."

The whole country stood dumfounded and mute. Then everyone cried out at once. "But...we don't understand."

"What the hell is so hard to understand, you dense turkeys," the **Lord** said. "Those of your possessions that meet a need I have given you, you keep, the others I burn up."

The people began to whisper to one another and finally a spokesman moved to the front of the multitude and began to speak.

"That seems reasonable enough. I need my car in order to get to the racquetball courts so I can lose some weight because I eat too much and sit behind a desk all day, earning a living so I can make my car payments and... "

Then the earth heard the **Lord** say "Never mind" and that was the last thing they heard before the earth went up in flames like a rotten timber and it's ashes stunk the universe up something fierce.

After the story was finished, **Tatanya** sat turnings its pages in her mind. "Why do you believe that story? The world's still here," she said, glancing around as if to make sure.

"Very true," said the **Man with the Ladder**, "but I have it on a substantial rumor that...."

At this point he heard a voice say, "Look what I brought for us."

"Next time," he whispered, "next time."



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 6

The astrology does indeed reflect what I was experiencing, as it always does.

MY \$\$ DRAW REQUEST WAS RETURNED

After figuring out how to ask to be reimbursed, in **May** I'd uploaded to their system each document as it came in: inspections, original invoice, paid invoice. I got back an email telling me "**Draw returned**" for "**Reason: 1. Missing Original Contractor Invoice/s 2. Missing Proof of Payment.**"

Since I'd already uploaded the invoice and proof of payment previously, I took that email to mean they wanted me to **UPLOAD** those documents **AGAIN** at the **Draw** page.

So I went online to the Draw Request page. AS I **HOVERED MY MOUSE** over my draw request, A **BLUE ARROW APPEARED** to the right. Clicking that took me to my draw request where I could **UPLOAD** the documents **AGAIN** at that page.

THEN I DID TWO THINGS

Then I did 2 things. First, I opened the original invoice and **SAVED** it AS "**de Michaelis Original Contractor In-voice.**" I opened my paid invoice and **SAVED** it AS "**de Michaelis Proof of payment.**" *I wanted to give them the words they used in the email so there'd be no confusion.*

Next, I uploaded both new docs at the **Draw Request** page and re-submitted the request. **SO IF YOU'RE DOING THE PROGRAM**, upload the documents as they come in but know at the **Draw Request** page they also want the final inspection, the original invoice and the paid invoice uploaded to the **DRAW REQUEST** page as well.

MAKE SURE TO UPLOAD AS FILE TYPE "Withdrawal Request documentation" and not "Supporting Documents." I did NOT the first time so they asked for it again.

Then I got an email back saying "Your Draw Request has passed the first level of review. Your Request has now been submitted for Secondary Review, and you will receive a notification from the system detailing your status once that review has been completed."

Then an email back, **ROOF GRANT APPROVED!**
Note: Looking back, I see my delays were due to me not carefully reading their instructions word for word, so read the instructions.

Within a week I received the www.mysafeflhome.com roof grant reimbursement check. Whew, what a relief for that to be over with. Now I can get all this paperwork off my desk after 5 months of chaos and breathe a sigh of relief.

BUT WAIT, THERE'S MORE! THEN I GOT AN EMAIL CANCELING MY RENTAL PROPERTY INSURANCE

I got mail from the insurance company for my rental property -- instant panic as I opened the **Notice of Cancellation** AAUUGGHH! I dashed online, saw my bank paid it May 15, saw their **Cancellation Notice** was dated May 14. Went to their website, saw payment was posted May 15.

I **LAUGHED** at seeing myself have a momentary **FREAK OUT** since I **KNEW** I'd sent payment, I **KNEW** if they didn't get it I could pay it online right now. There was **NO** reason to panic either way, but how I felt let me know that **THE CELLS OF MY BODY DIDN'T BELIEVE THAT YET**. I always know what I believe by what evidence appears in front of me.

I know it's just my automatic **SHOCK** reaction settling down from seeing my homeowner insurance in **January TRIPLE** to \$9k and spending the last 4 months getting it below \$3k after getting \$17k of roof and appliance replacement. **LOTS** \$\$ going out in big lumps! AAUGH then LOL

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Photo by Karin Wolf

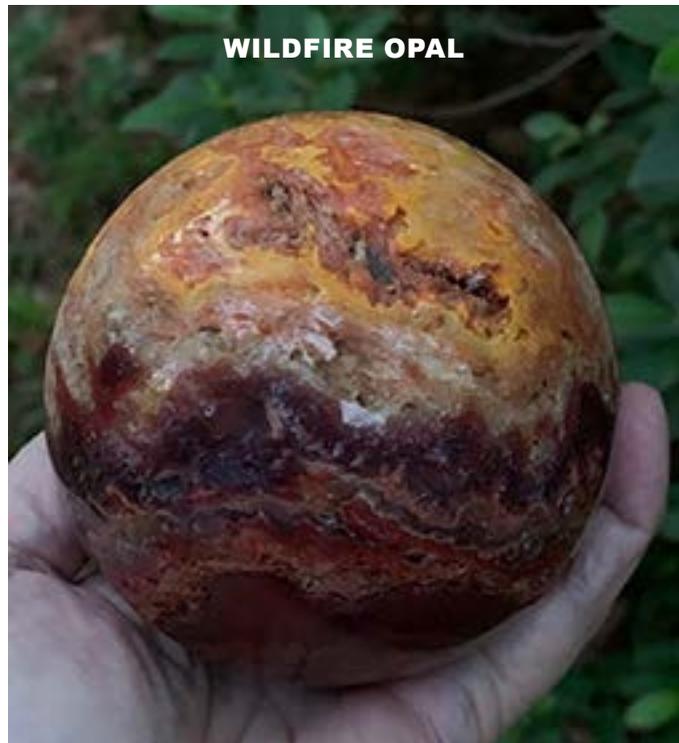


CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

...continued from page 12

wildfire opal is just beginning to become available in rock shops and mineral shows and it is well worth the effort to seek it out. Thus far it has only been found in one place in the desert outside **Salt Lake City** and the couple the owns the claim allows folks to dig for a fee. If you have never gone out to find your own rocks, I can't recommend the experience highly enough. You may want to wait until the fall to go rock hunting in the desert, though.

I am hoping that more of this beautiful and unusual opal will be making its way into the hands of everyone who is called to have it in their lives. It is hands down one of my favorite discoveries the earth has blessed us with during this time. The earth gives us what we need. Warm blessings to all of you.





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Dr Joe Dispenza

INVESTING IN THE UNKNOWN – EVOLVING THE EXPERIENCE

...continued from page 8

When we “over-intend,” we naturally try. And I’ve been there. I’ve tried thousands of times - without getting an outcome. Because trying implies separation. That’s not how it works in the quantum field.

But - here’s where the delicate balance comes in - if we “over-surrender” to compensate, we become lazy, lethargic, or disengaged. We’re not making any intentional effort. We’re not connected to what we’re doing - or why we’re doing it.

There really is a tension between the two - a razor’s edge; a tight rope. We need just the right balance between the function of the brain - the intention - and the function of the heart - surrender. That’s where some type of order is needed. That’s where coherence comes in.

The more coherence we have in the brain, the stronger the signal we create in the quantum field. We send the signal out with clear intention. And trusting in the outcome is a function of a coherent heart. With an elevated emotion, we open our hearts. We surrender. We draw the experience to us.

I’ve found that many people understand the concept of developing a clear intention - a coherent brain - but struggle more with surrender - a coherent heart.

Here’s the simplest way to think of it. To bring coherence to our heart means we’ve got to get really good at feeling those elevated emotions. We’ve got practice tuning in to what it feels like when we trust. When we open our hearts. When we’re in love with our creation.

And we need to learn how to feel those feelings ahead of the experience. We have no idea how or when it’s going to happen. We just know it will happen - and we’re so lost in the feeling, so deep into it, that we forget about ourselves.

And this, for me, is an essential aspect of investing in the unknown. It’s my greatest interest - to lose myself entirely in the immersive experience.

Because when I synchronize the energy between my brain and my heart, that coherence in my heart becomes a magnetic field. And the more I feel the feelings of my future, the more connected I am to it. That means I’m not looking for it anymore. My body feels like that future is already happening. And I’m completely out of the way. That’s when I can trust.

So, once we’ve achieved that state - that delicate balance of brain and heart coherence - what’s next?

What happens when we get up from our meditation - and we look for evidence of this experiment with the unknown?

This is where so many of us lose our way - because we default back to the person we were before we sat down for meditation.

And this is why it’s important to get so good at connecting to the emotions of our future ... so good at practicing with our eyes closed ... that we can practice with our eyes open.

We need to be able to summon and sustain those elevated emotions in our daily lives. When we can stay in the energy of our intention, and keep feeling those feelings of our future, we’ll start to see evidence the experiment is working. That’s when our labor transforms ... into fun.

We’ll start to experience unusual synchronicities. Serendipities. Coincidences. Opportunities. And - as I say to our community at our retreats - I’m not talking about a parking space magically opening up near the supermarket entrance. I’m talking about unmistakable events that confirm:

Yes. You are the creator of your life.

These are signposts on the path. And they’re telling us: this is the way.

This is part of the mystical experience I think of as communing with the unseen energy of the quantum field - the divine.



ABRAHAM HICKS

...continued from page 7...

Esther Hicks

And so sometimes you make bargains with each other and you say "Let's go have a physical experience, and let's be unchangeable - let's be happy but different enough that if anybody's happiness depends on us changing so that they can be happy, then they're going to have to find another way, because we know (you're saying from your Nonphysical perspective), we know that being happy is the dominant desire of all that exists."

Because think about it - with everything that is coming into this physical experience, where is it coming from? From this **Nonphysical place of non-resistance**. There's not a horrible galaxy somewhere where everyone's suffering and being mean to each other that is giving birth into the physical experience - that's not happening.

Everyone that's coming forth is coming from this place of **Pure Positive Energy** for the delight and excitement about the joyous expansion that's going to take place when they get here.

So, "What do you think," you say to each other, "about setting up a situation where we will be unchangeable so that you will have to find a way to look somewhere else for your happiness other than some place that you never had any business looking?"

Think about how much better the world would feel if you'd stop trying to control the behavior of one another for your happiness, and stop looking for love in all the wrong places and begin looking for it where it is.

And so while there is some satisfaction - there is some moderate influence (it's a really strong intention) - and then, when someone discovers the deliciousness and the delight and the joy and the happiness of looking to **Inner Being**, who is always stable and right there, and they find that (we had this conversation already today) in your joyous state of being, your children don't need to change for you to be happy, then you're happy and you have this experience with these children at the same time.

You did not come to live conditional lives, and when you get wrapped up in what others are doing - "You need to be different and then I'd feel better, and you need to be different and then I'd feel better," pretty soon, you just get yourself boxed into such a corner of needing to hold the reins and needing such control that finally you give up, usually just because it becomes more than you can control. But you don't have to wait until it's utterly uncontrollable, you could let go of all of that now.

QUESTION: Thank you. So that's a good reminder of, as you said, being unconditionally loving without needing the child to change.

ABRAHAM: And think about what unconditional love is - let's make it really literal. So, conditional love is, "Here's a condition that I'm looking at, and if it's a good condition then oh, I feel so good, but if it's a bad condition, I don't feel so good. So I need to find some way of getting the conditions to all evolve into such a way that I can just sloppily look at them and then I'll feel good."

That's conditional love.

So the conditions, they're manifested, aren't they - it's a condition, it's an experience, it's a diagnosis, it's a label. But over here is this **Vortex** that's not manifested, therefore it's not a condition, it's a vibration, so if you're looking over here into the **Nonphysical**, then you're looking over here in to the Nonphysical and into the unconditional. \

If you can find alignment with your **Inner Being** while you look over here, then you have that true power, and then all kinds of conditions begin to modify because of the leverage of the Universe that you have accomplished.

We're not saying that you didn't come to improve things, improvement is what we are all about - more and something that feels better. We're just saying you're not going to be a changer of anything until you have connected to that true unconditional love and know what that true unconditional power is, and then you flow it through the importance of your personal perspective.

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ABRAHAM HICKS

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Esther Hicks

With those people that you think you want to live with - sometimes there's someone just so wonderful and so easy to live with, and you think *"Oh, I really like living with you, and I think everyone should be like you because it's easy to love you."*

We say, you think that that's what you want, but they're not doing you any favor because they're teaching you sloppy thinking, they're teaching you regurgitation, they're teaching you observation - they're not teaching you focus, they're not teaching you awareness of your own **Guidance System**, they're not teaching you how to align with the things that are still to come.

With so many societies, rules is what they're all about. In other words, if we socialize, if we societize each other, if we can same-ize each other (we're making up all kinds of words), if we can come to want the same, we say you're fighting a losing battle.

You're born into these bodies with such diverse intention - you didn't come to be the same, you came to be different, and you came because the differences within you would inspire more. And you didn't come to need anybody to be any way because you knew that once the desire was born that all you had to do was line up with it. You came for your personal exploration and alignment, you see.

Ah, the deliciousness of that! And we want you to get used to it because that is going to eternally be your experience. You're not ever going to cease to be, and you're not ever going to be able to be less than you are, so you might as well decide now rather than later to line up with the wholeness of who You are and begin experiencing your bliss now, don't you think? Don't you?

QUESTION: So, getting really, really comfortable accepting what is.

ABRAHAM: Exactly.

AUTISM AND MENTAL ILLNESS

QUESTION: A question around health again is, at this point in time, some of the stuff that we seem to see a significant amount of are things like autism and chronic disease, and I'm trying to wrap my head around what's going on with that. There are lots of theories around of it - from your perspective and from **Abraham's** perspective, what are we trying to learn from this? How do we kind of...

ABRAHAM: Well, there are more and more **Nonphysical Energies** setting forth the intent of coming into an environment where it will be less possible for them to be modified by the distorted, flawed premises of the society.

They come with a more difficult-to-change-them situation, that would translate (if they could speak it - they usually can't), if they could translate it into words, it would go something like *"I know you're not comfortable with me the way that I am, but I'm not going to be someone who modifies my behavior to make you comfortable because that wouldn't be good for you - that would teach you sloppy thinking and complacency. Instead, I will be who I was born to be, new unto the world and eager about life experience, and you're going to have to adjust to me, which means you're going to have to find the compassion that only comes from your connection to Source Energy in order to even stand being around me."*

Autism is fine, but we would add some more words to it - we would call them **autistic teachers**, or we would call them real teachers, effective teachers, not willing to modify their behavior to please me teachers.

QUESTION: And along those lines, in my practice I see a lot of **mental illness**, and it's an area that I look up a lot. And one...

ABRAHAM: Can you define it for us? **Mental illness** meaning departure from the norm?

QUESTION: In the way that we would kind of look at it, a **mental illness** might fall under anything from **schizophrenia** or **bipolar**...

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ABRAHAM HICKS

...continued from page 33...

Esther Hicks

ABRAHAM: Esther seems to have that. (Fun)

QUESTION: I think a lot of us do. And it has definitely been medicalized in a way, and I'm trying to look outside of the box on that.

ABRAHAM: Don't turn her in. (Fun)

QUESTION: What? What I'm trying to understand is, is there a balance even within that for some of these people? For example, I might see somebody who has come to me with, for example, **schizophrenia**, and some of the things that I might look at **might have a severe imbalance in their biochemistry** in a specific way, that I find that when that biochemistry starts to get normalized, they feel more in their body. They might not necessarily lose some of the other stuff, so I'm trying to understand the balance of it.

ABRAHAM: We are advocates of balance, and so we have some questions for you. Do you acknowledge that their body and everyone else's is a veritable chemical factory?

QUESTION: Yes.

ABRAHAM: And does it follow for you that the chemistry of the body is all about the vibrational balance first?

And so, does it follow that an assisting of vibrational balance would assist with chemical balance?

Which leads us to the most important question that we are kind of leading you to an answer for, and that is, if it is a given that they have the ability (and they do) to produce the chemicals that they need to find their balance, would you rather that they do it that way or that you introduce it to them artificially through a trial and error, let's see how this works sort of medical offering?

QUESTION: No, I absolutely would prefer that they come about it themselves.

ABRAHAM: Which do you think would be the path of least resistance to assist them in doing that - to diagnose them in a sort of freakish this is what's wrong with you way, do you think they'll find the chemical balance more easily if you point out all of the things that are wrong with them, and join society in condemning their behavior, and make them feel like they need to be modified in some way in order to fit in - is that the path?

Of course not. Or is the path of least resistance to be in that compassionate place where you have rendezvoused with their **Inner Being** who does not see them as flawed, who stands stubbornly in the determination that they are just fine how they are, where they only thing that you care about is not the societal acceptance of them, the only thing that you care about is how they're feeling in any moment in time?

You're rooting for the way they feel, not for the way they fit in. You're rooting for the way they feel in relationship to their **Inner Being**, not the way they are accepted or not accepted by people who are too lazy to focus.

QUESTION: Yeah. I completely agree. I think what I'm trying to understand is say, for example, someone comes in with significant fatigue, and when I'm doing an analysis, I might find that they're extremely anemic, so in a situation like that, supporting their biochemistry allows them to step into the fullness of how they feel.

ABRAHAM: Well, we talked a few days ago about understanding when it's important to do something right now. If someone is bleeding, you don't take them to a class on meditation, you stop the bleeding. And if someone is really depleted, of course it is wise to do the more bulky action thing of improving that.

But all we're encouraging is that you don't only do that, that the teacher in you kicks in so that they come to understand that the depletion is first about vibrational depletion that then leads to physical depletion.

You see, most humans think that everything is about their action, and so, when something happens, the first thing they want to do is act.

And that's why the action doesn't hold very long, because even though it is a temporary remedy - you can stop the bleeding - you can't stop them from cutting themselves again tomorrow and the next day and the next day and the next day.

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ABRAHAM HICKS

...continued from page 34..

Esther Hicks

And so, in getting at the root of what's really the imbalance, it's a vibrational root every single time, and the vibrational root is always about the connection with Source Energy, every single time.

Now, we get it that in a physical world where you have these creeds that you have aligned with, and these agreements that you have signed, and this oath that you are part of, that there is resistance in your physical world to you ever really getting to the heart of what's going on.

And so, we're just encouraging you to **segment intend** that the next logical step for you to get the most important things across can occur to you without causing you any imbalance in a world that doesn't yet understand.

QUESTION: So, my main job is to always have, basically, the **Inner Being** in me seeing the Inner Being in them, and in their totality all the time.

ABRAHAM: Yeah. Don't forget about the next thing you're about to say, because it matters, but the value of you finding your **Inner Being** and your **Inner Being** knowing their **Inner Being**, the powerful in that is that they will feel the relief from the momentary absence of resistance.

When you're mad at yourself and beating up on yourself, and someone else is, too, that's quite a combination. But if you, who is the expert (and in most cases they have accepted you as that), are absent of resistance and absent of fear about them (which is an indicator of resistance), and are at one with what you see as the right place, right time, really perfection of where they stand, that goes so much further than most people realize in the welling process.

QUESTION: I remember one story about talking about **Mother Theresa**, and how she would have spontaneous healings happening in **Calcutta**, and it was the way you kind of described it before, with almost the **Inner Being** in her and her being so connected to that, seeing that all she saw in the people that...

ABRAHAM: And, you know what? She practiced being able to see it the way she felt it. She practiced that. And why?

This is an important thing to understand because most everybody who talks about her and others like her distort the story by making it about the healing rather than about the preferred alignment.

It's like when you get good at that, you just do it because that's who you are and that's what you do. And since there's no regression, when you find the power of alignment, you don't forget it and you don't go back.

But humans want to make it all about this one and that one and this one - the results of the alignment - where she wasn't doing that, she just healed because she couldn't do otherwise because she was unwilling to ever be out of alignment with who she is - or mostly - she had knee-jerk responses to things, but she knew the difference between how that felt and how this felt. So she's like **Esther - Esther** makes very certain that she's ready to hit the stage.

Autism and Mental Illness: <https://youtu.be/oRX-s0ZX3L28>

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THE KINDNESS-AT-WORK MANIFESTO



Mitch Ditkoff

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30. Only express kindness when they want something from you
31. Forget to forgive you for an old mistake you made
32. Ask you to help them start a blog at 5:30 pm
33. Give you bad information regularly, then wonder why you're late with whatever it is they expect from you
34. Think they are closer to **God** than you because they went to a yoga class last **February**
35. Invite you to brainstorming sessions that are nothing more than their veiled attempts to get you to praise their pet ideas
36. Send you emails with emoticons
37. Think they're your friend because they friended you on **Facebook**
38. Enter into every conversation with you as if they were late for a meeting with a more important person
39. Never return the books they borrow
40. Think you're not committed because you don't work 90 hours a week

Of course, the above 40 items don't tell you how to be kind -- they only name the occasions where kindness is missing. But guess what? No one needs to teach how to be kind. You already know how to be kind.

Your next step? Choose one of the 40 opportunities above and be conscious of it all next week. Then, when one of your co-workers manifests that behavior, choose kindness.



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

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or cosmic unfoldment. We need to trust, to ask for guidance and then go within for the answers. They are within us. We have all the answers, just ask and surrender. We may ask and what we feel inside is not what we want to hear and override our inner wisdom with our ego. This is why practicing surrender is important.

The **Bhagavad Gita** explains that karma yoga is doing our duty but not looking for the results. This will give us tremendous freedom. We just need to do our duty and do our best and not worry about the results. Like giving the worry over to **God**. **Marianne Williamson** states that *"the moment of surrender is not when life is over, it's when it begins."*

What do we mean by doing our best? Whatever our duty is or whatever plan we put into motion, we need to come from the heart as well as the mind. Because when we do something with a pure heart, even if it is wrong, in the future we find out that it was right. We like to complain that we do not have time, or that there are too many responsibilities for us to manifest our innate potentials. But that is not true. What we love or feel inspired to do, we always have time for. We will make the time. Let us look and see how we take time to fulfill an addiction; or take time to engage in something we love. Time is flexible.

Doing our best and leaving the rest is like is like trusting that there is a greater plan for us, and that it will unfold in time. Without the egoistic ego, there is something within us that knows what to do. There is a power greater than us that knows how to take care of us without our help. By surrendering our thoughts, mind and ego that inner power will take better care of us then we could ever imagine. But we must do our best to activate that inner power.

"When we finally give up the struggle to find fulfillment "out there," we have nowhere to go but within. It is at this moment of total surrender that a new light begins to dawn." - **Shakti Gawain**



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS

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Homeowner insurance cancellation scare followed by Rental Property insurance cancellation scare.

CAR INSURANCE: Hold my beer.

I'M SO OVER AAA

I have car insurance thru **AAA South**, which is separate from the **AAA Roadside Assistance program**. I'd asked them to give me higher deductibles and a couple lower limits upon renewal and INSTEAD of doing that they ADDED my roommate to my auto insurance policy.

WTAF? He never drives my car. In **February** I'd signed an EFT authorization to automatically charge the renewals to a credit card and they keep INSTEAD marking "direct bill in installments." I haven't got time for the pain.

Three years in a row **AAA South** and **AAA** have renewed me with upgrades I didn't order. I can't trust their system so I'm on the exit ramp.

SERIOUSLY SEEKING AFFORDABLE AUTO INSURANCE

I spent a few hours getting online auto insurance quotes from **Progressive, Geico, State Farm**. For the same coverage, **Progressive** quoted \$526 for 6 months, **Geico** was \$532 and **State Farm** was \$845.

I went back into **www.progressive.com** to try a few options for auto insurance and typed in my limits for yesterday and today's prices were \$5-\$10 higher for each section coverage. I guess like when you look at something on **Amazon** and the next time you look at it, the price is higher. I cleared my browser to remove the cookies and just called a **GEICO** agent.

AAA ROADSIDE ASSISTANCE ALSO MISCHARGED ME

AAA's roadside service also mis-charged me upon renewal, had me paying for the **Plus** service at \$75 when all I signed up for was the **Classic** at \$38.

A CAUTIONARY TALE:

In 2019, I saved \$1375 by leaving Liberty Mutual. I hadn't checked car insurance prices in years. I always kept high limits. I was stunned when I compared rates.

My **Liberty Mutual** renewal was going to be \$2425/yr. **Geico** quoted me \$1332 for the exact same coverage. **Progressive** quoted me \$1210 for the exact same coverage.

AAA South quoted me \$1050 for the exact same coverage

– THEN I went to **Liberty Mutual** online and asked for a quote and it was \$1774 for the exact same coverage they want me to renew at \$2425. **WTAF?????** That taught me to compare insurance prices for EVERY renewal.

I GET REIMBURSED FOR ALL THE GOOF-UPS

The same day I got the roof grant reimbursement, I also received my car insurance and **AAA** overpayment refunds. I also received my mortgage escrow overpayment refund along with notice that my mortgage payment dropped \$160 per month.

Life is good. Angels deffo watching over me and by that I mean Something is allowing me the presence of mind to find good and hold faith in challenging situations so that I stay focused on solutions so when they come to me it feels as if by magic.

So, if I know so much about LAW OF ATTRACTION, why am I attracting such insurance chaos the last few months? Why not just PIVOT FOCUS like I tell everyone else to do, and attract an easier scenario?

Bcz knowing HOW to do something doesn't mean I will choose to exercise my will power to discipline my every thought so that I CAN DO it.

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ARIES – (March 19 – April 18)

ARIES: MOOD FOR JULY 2023

Galvanized by Jupiter who exalts your thirst for conquest in love or in business, your appetites increase and you benefit from excellent conditions to satisfy them. But don't overestimate your possibilities.

ARIES: LOVE FOR JULY 2023

You take care of those around you, you have a good time with those you love. However, you should avoid throwing money away, as you are inclined to splurge to pamper the one you love or to bewitch someone you like.

In couple: you find the words to feed the passion between you and your partner, but do not exceed your budget, even if Jupiter increases your income.

Single: you want to maintain a recent romance. You have no shortage of attractive arguments for doing so, but that's no reason to ruin yourself.

ARIES: MONEY FOR JULY 2023

Jupiter favors discovery, the blossoming of new talents or a more productive use of your potential. It is only a short step from there to an increase in your income.

ARIES: WORK FOR JULY 2023

Jupiter is boosting your finances and the expression of your gifts and potential, which is excellent news. This is the time to show what you can do and to roll up your sleeves.

TAURUS – (April 19 – May 19)

TAURUS: MOOD FOR JULY 2023

You have had to face destabilizing changes and adapt as best you can to events. Jupiter helps you to get back on track and smile again . Less negative pressure and a breath of enthusiasm will revive you.

TAURUS: LOVE FOR JULY 2023

Jupiter gives you the opportunity to renew an enthusiasm that may have been tarnished by a rather gloomy economic situation in recent years. Rely on this effective support to open yourself to life, to shine and to believe in it. But don't take up too much space in your family where people would like you to be more discreet.

In couple: you finally come out of a trying period where you had to surf on the swirls. Count on Jupiter to renew your joy of living, a desire to live that has been absent for a long time.

Single: Take advantage of the positive energy provided by Jupiter to get out of the shadows or out of a phase that has tested your resistance. New perspectives are opening up. This is the time to spread your wings and draw attention to yourself .

TAURUS: MONEY FOR JULY 2023

Under the dynamic rule of Jupiter, you will have more latitude to undertake and will believe more in yourself and in your ability to succeed and earn more, much more.

TAURUS: WORK FOR JULY 2023

To launch a new venture, make a fresh start or simply breathe new life into a stagnant activity, don't hesitate . Jupiter is leading the way, pushing you in the back and abolishing most of your fears. Rely on an exalted creativity to make a mark.

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GEMINI – (May 20 – June 19)

GEMINI: MOOD FOR JULY 2023

You have come to terms with some of the inner turmoil that may have shaken your self-confidence and even your physical and moral resistance. You are beginning to emerge from this trying period and receive the support of Jupiter who brings you comfort and renewed energy.

GEMINI: LOVE FOR JULY 2023

If you have had to deal for a long time with inner turmoil that may have shaken your bearings, your world, you feel a certain relief and the feeling of finally being supported . Don't take advantage of this to tell others everything that's on your mind.

In couple: Jupiter reassures you that you are not alone in the world. This is an opportunity to regain your self-confidence, but do not abuse this support to say anything and everything.

Single: some inner torments are fading since the end of May. Uranus has finished tormenting you and leaves you more lucid and awake to face what is to come. Count on Jupiter to take advantage of these new understandings.

GEMINI: MONEY FOR JULY 2023

If money doesn't flow in immediately, count on Jupiter's presence in the shadows to encourage secret negotiations that will lead to actual contributions. But not necessarily right away.

GEMINI: WORK FOR JULY 2023

Jupiter is supporting you and helping you prepare for a new cycle of expansion. You can count on the benevolence of the zodiacal giant to refine your strategies, and even obtain the means to finance the foundations of them. But don't reveal too much about your secret batteries .

CANCER – (June 20 – July 21)

CANCER: MOOD FOR JULY 2023

Jupiter exalts your dynamism, your desire to undertake, to be loved, to be surrounded, to be appreciated. Count on your charisma to achieve this, but temper your tendency to shine around the 17th when you are criticized for saying and especially doing too much.

CANCER: LOVE FOR JULY 2023

Jupiter favors projects that are important to you. Take advantage of this powerful ally to pull out all the stops and communicate your enthusiasm to others . But don't worry anyone by planning to overspend your budget.

In couple: you start at full speed and you involve your entourage with your continuation. An important project motivates you. Whether it's moving, changing your life, keep your feet on the ground.

Single: if you have a project in mind, you have all the freedom to realize it. You are supported if you do not throw money away .

CANCER: MONEY FOR JULY 2023

This is where you go overboard. Your projects are certainly appealing, but that doesn't mean you'll be allowed to spend lavishly to achieve them.

CANCER: WORK FOR JULY 2023

Jupiter is leading the way and assures you of the active support of a entourage that reinforces your confidence in yourself and in projects that motivate you . But do not blow the budget, at the risk of being called to reason.

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LEO – (July 22 – August 21)

LEO: MOOD FOR JULY 2023

You'll have a lot to look forward to in July when the lights turn to verses on the professional front. A little wind of euphoria will make you happy . But don't be overconfident around the 17th when your interventions are more harmful than useful.

LEO: LOVE FOR JULY 2023

Jupiter is favoring a significant improvement in this area. Not sure that you have a lot of time to devote to the other person who will have to wait until next month for you to find the desire to seduce and love.

In couple: a summer month dedicated to your business more than to your love. A promotion in sight, you mobilize yourself to bring this project to a successful conclusion discreetly but efficiently. Your partner should be patient .

Single: July may not be the time for you to make any romantic sparks fly. Busy refining your professional plans, you forget that it's summer. You'll have to wait until next month to renew your desire to meet new people.

LEO: MONEY FOR JULY 2023

If an improvement in your rewards is in the cards this month, don't exaggerate your merits and calm your tendency to think you've arrived when you're just on your way .

LEO: WORK FOR JULY 2023

Jupiter offers you some opportunities to take a step forward. Whether you land a new and more rewarding job or a promotion, you will spend a lot of time in July consolidating your foundations. Around the 17th, don't boast so as not to annoy your superior.

VIRGO – (Aug 22 – Sept 21)

VIRGO: MOOD FOR JULY 2023

Under Jupiter's rule, you will no longer vegetate, but rather spread your wings, dream and believe. A new enthusiasm drives you and you can't stand still. Don't let recurring and not necessarily positive thoughts short-circuit your dynamic momentum .

VIRGO: LOVE FOR JULY 2023

Jupiter allows you to expand your horizons. You will no longer be afraid to dream and hope to realize your dreams. It's no more tasteless stories, you're evolving your conception of love and the bond. But do not let your mind interfere in this quest .

In couple: you aspire to give meaning to your union with the support of Jupiter. To get your duo out of the routine, you are well on your way.

Single: you don't want to get bogged down in banal stories , or in tasteless romances. Count on Jupiter to raise your standards, but also to encourage good meetings.

VIRGO: MONEY FOR JULY 2023

If Jupiter favors your flights of fancy, take advantage of it to solicit the support of those who follow your initiatives closely, remain clear in your requests and measured in your demands.

VIRGO: WORK FOR JULY 2023

Uranus has helped you to break with certain habits that were confining you to functions that ended up boring you, to get out of your comfort zone. Jupiter favors the realization of your ambitions , gives you the desire to climb the ladder, to expatriate yourself and to aim high and far.

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LIBRA – (Sept 22 – Oct 21)

LIBRA: MOOD FOR JULY 2023

Jupiter brings joy to your life and is favorable to your affairs of the heart and money. Count on a renewed confidence in life to approach daily life with dynamism, even enthusiasm . However, do not overdo it around the 17th when you are found to be too expansive or greedy.

LIBRA: LOVE FOR JULY 2023

Jupiter will bring about events that are likely to make you evolve and endow you with an undeniable magnetism. Take advantage of this to radiate and seduce, to rekindle the flame or to attract in your nets who you like. More than great romantic declarations, you aspire to express an ardent sensuality .

In couple: Jupiter titillates your senses, exalts your appetites and makes you want to enjoy life, to have a good time. The ideal moment to go on vacation and organize naughty naps with your partner.

Single: rely on your charisma to live adventures that do not necessarily last forever, but which have the advantage of satisfying your current greed, your thirst for pleasure.

LIBRA: MONEY FOR JULY 2023

If you need funds to finance your activity, to evolve in your field, do not hesitate to ask for the support of your banker, or even of partners, who want to team up with you. However, don't push the envelope too far.

LIBRA: WORK FOR JULY 2023

Jupiter favors your expansion. Whether it is through partnerships, beneficial associations or any other kind of external events, you will benefit from the flow of funds that can relay your requests. But don't ask for too much.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: MOOD FOR JULY 2023

You'll have a lot to look forward to in July when, whether in love or in business, the lights are on. You have no trouble connecting with people who appreciate you.

SCORPIO: LOVE FOR JULY 2023

Jupiter reinforces your desire to bond, to connect, to get closer to the other. If you need to distance yourself from your partner, or if the other person aspires to be less fused with you, count on the giant planet to favor commitments.

As a couple: after a period when your links had been distended, or the functioning of the relationship had been questioned, you aspire to get closer to your partner.

Single: after having experienced a few shocks that allowed you to redefine the way you wish to link up , count on Jupiter to revive your desire to unite , to perpetuate a recent encounter.

SCORPIO: MONEY FOR JULY 2023

If you need funds to achieve your ambitions, you can find them in an association that supports you. But don't ask for too much.

SCORPIO: WORK FOR JULY 2023

Ambitions are on the rise and the opportunity to sign a lucrative contract, seal a promising partnership and gain visibility . Don't jam up such a beautiful frequency by monopolizing the speaking time.

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SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: MOOD FOR JULY 2023

Jupiter will help you to recharge your batteries, to reconnect with a restorative energy if you have recently gone through a difficult period physically or morally. This is a good opportunity to get back on track quickly and use your newfound firepower to change things for the better and to make your way to the top.

SAGITTARIUS: LOVE FOR JULY 2023

Jupiter will enliven your daily life. If you feel like you are vegetating, keep an eye out for opportunities to get your head above water . The surprises are not of a sentimental nature in July when you will give priority to your business.

In couple: nothing new under the sun . Unless you make some changes in your daily life to improve the ordinary and satisfy your personal desires as much as those of your loved ones.

Single: not sure that in July you will do anything crazy in love . You are much more in tune with events that arise in your daily life and allow you to realize some of your ambitions.

SAGITTARIUS: MONEY FOR JULY 2023

If you aspire to improve the ordinary in this field, count on Jupiter to present interesting and more remunerative professional proposals.

SAGITTARIUS: WORK FOR JULY 2023

This is the area where you would do well in July to mobilize yourself. Jupiter offers you some opportunities to move forward, to grow in power and possibly to blossom on a daily basis in an activity that you like or that meets your financial expectations. However, don't ask for too much .

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: MOOD FOR JULY 2023

A little wind of enthusiasm makes you want to please, to love and to be loved, to show what you are capable of . This tendency allows you to attract the right people and to have a good time surrounded by them. This is a great way to boost your spirits and get a good workout.

CAPRICORN: LOVE FOR JULY 2023

Jupiter contributes to your bliss. Expect to enjoy increased seductive power. The opportunity to shine and seduce. A tendency to flirt, to dabble with love that worries whoever you like or wish to attract into your nets.

In couple: if Jupiter favors incandescent backlash , don't confuse your partner by multiplying proposals. They may find it difficult to keep up.

Single: you can count on your increased charisma to make a splash. A good period is beginning where beautiful meetings are not to be excluded . On the condition that do not spread yourself too thin .

CAPRICORN: MONEY FOR JULY 2023

If your achievements are not lacking in panache, your financial claims seem legitimate and you will win in July. Except if you go too far, if you are too greedy.

CAPRICORN: WORK FOR JULY 2023

Count on your creativity and your irresistible radiance to make sparks fly. Do not hesitate to exploit your potential to the fullest, to put yourself forward. Your initiatives and achievements are pleasing, but don't take advantage of them to demand more than you seem willing to give.

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: MOOD FOR JULY 2023

Under the influence of Jupiter, you spread your wings, you communicate your enthusiasm within the family that appreciates . Stay open to others around the 17th, as you ignore the cautionary advice you are given .

AQUARIUS: LOVE FOR JULY 2023

Jupiter will help your family to blossom and will make you want to start a family, to invest in a project that will improve your living conditions and environment. Nothing and no one will dampen your enthusiasm, except you if you do as you please and ignore what you are told.

As a couple: you have 'opportunities to hatch an exciting project that involves the whole family . A birth, the conception of a child, a property purchase. Listen to the advice you are given.

HOROSCOPES

JULY 2023

Single: Jupiter invites you to privilege your comfort and your personal blooming and family. This is an opportunity to invest, to move, to set up your own home. Keep the dialogue open, advice is good to take .

AQUARIUS: MONEY FOR JULY 2023

If you want to invest in a property, negotiate rather than impose your rules and scales that are not necessarily unanimously agreed upon.

AQUARIUS: WORK FOR JULY 2023

If you are involved in a personal project, you will not escape the constraints of daily life and the demands of a job that needs to be completed before you can think of taking a vacation. If you are tempted to start your own business or expand its influence, this is the time.

PISCES – (Feb 18 – March 18)

PISCES: LOVE FOR JULY 2023

Jupiter favors your exchanges with your close circle. You will make pleasant encounters, widen your usual circles . Do not spread yourself too thinly by communicating superficially.

In couple: count on Jupiter to communicate and maintain warm relationships with others . Charismatic and seductive, don't get lost in small talk that isn't totally sincere.

Single: Jupiter multiplies the opportunities to meet new people who hold your attention , but avoid talking for nothing.

PISCES: MONEY FOR JULY 2023

If you need money, ask your friends and family for help and they will be happy to help you. But don't pull too hard on the rope.

PISCES: WORK FOR JULY 2023

Count on Jupiter again to make a good impression on the world around you. You can convince your interlocutors to believe you and to follow you , because you present your projects under their best angle . Except on the 17th when you'd better put it on hold for a while.

HERB CORNER

Natural Approaches to Autoimmunity

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Maca is effective for lowering inflammation and helping with autoimmune disease, it helps balance the immune system up or down as needed. It contains amino acids, vitamins, and minerals necessary for supporting the immune system. **Sarsaparilla** purifies the blood; it contains constituents **sarsapogenin, smilagenin, sitosterol, stigmastasterol, saponins** and other plant sterols. These compounds bind to endotoxins in the gut and eliminates them, they are also useful for going after the spirochete that causes **Lyme's disease** and other autoimmune conditions.

If inflammation is a problem **Frankincense, Green Tea, Cats Claw, Turmeric, Ginseng, Licorice, Turmeric, and Ginger** contain proteolytic enzymes and other compounds that inhibit Cox-2 reducing pain and inflammation; and they are good for inhibiting the cytokines that cause inflammation.

Nettle contains formic acid, histamine, and acetylcholine. These are useful for pain and inflammation; and to help lower levels of inflammatory compound TNF-alpha decreasing inflammation in the synovial tissue of the joints.

Rosmarinic acid containing herbs like Rosemary, Spearmint, and Peppermint have anti-inflammatory effects found to reduce C-reactive proteins in the body making them beneficial for arthritic conditions.

Adaptogenic herbs can be used to help the body cope with the stressors that can cause the problem or might make the situation worse. **Adaptogenic herbs** increase energy, balance the immune system and nervous system, and support the immune system plus, they inhibit Cox -2 enhancing antiarthritic properties comparable to hydrocortisone. This would be herbs like **Reishi, Licorice, Nettle, Schizandra, or Eluthero**.

Incorporating herbs along with lifestyle modifications and diet can make a difference in your healing process.

HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



THIS MONTH'S THOUGHTS ABOUT THINGS

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MY EXCUSE: I had lotsa house repairs, replacements all at the same time requiring my attention since **January**, after spending \$2+k on water pump repair and pipe replacement. I'm thrilled I got thru it all as well as I did.

AFTERMATH

Since **February**, I had an entire 24x48 table filled with auto and homeowner insurance files, repair & replacement receipts, roofing and grant paperwork. I was glad to close out these files, get them off my desk. I've felt kind overwhelmed the past 4 months with it. I was relieved to shred pounds of old paperwork, organizing files and downsize the file cabinets.

After sussing out the auto insurance, I took my **Prius** in for oil change, new 12v battery, new tires, replaced one tire pressure sensor. I know enough about law of attraction that since I was attracting (due to my own resistant thought) mix ups in the insurance processes, I may be vibing in harmony with my 12v battery going out, since it was 5 years old.

Just me having that thought told me to not take it on a long drive I had planned until it was replaced. Just in time, they told me, and the new tires are so much quieter, so much less road noise. Now I'm ready to roll!

However big or however small, it's a great practice to celebrate your victories. If you can begin revisiting your successes - thus remind yourself of them on a daily basis - you're firing & wiring new circuits in your brain, while at the same time continuously laying down new neural pathways that allow you to become more & more familiar with repeating the act the next time. Done properly, you're practicing staying conscious & awake instead of unconscious & stressed. Dr. Joe Dispenza

I used to drive so much more. It's been 13 years since I spent half of each month traveling for conferences & expos. I did it for 20+ years. I don't miss it. There's something about lounging around in my own home with no one waiting for me to be anywhere else. It's like I never go on vacation because just getting to hang at home is a vacation to me after all these years.

I really love that I can work from home and especially that I can work overnight. When I began to get clear on what I wanted, I realized I wanted freedom, that was what I wanted dollars for.

I wanted to be able to enjoy being at home and to work productively from there during the hours I wanted to work. I wanted to be able to take a nap whenever I wanted. I wanted to be outside gardening on sunny days.

Little by little I stopped taking work that tied me to a clock. I learned that when I said NO to particular kinds of work, opportunities for other work and other income would appear to take its place.

It took years to get where I am but I'm Here Now and digging it to the max.

You too, you can take little steps in the Now to get you where you want to be 10, 20, 30 years down the road.

I used to think I'll probably live to 62 cuz my parents did. But I'm over 70 now and my mom's sister and my dad's brother are both a healthy and active 91.

My across the street neighbor is 90, very active I see him running around outside all the time in the yard, his new wife is a lively 80. I know so many in their 80s and 90s still going strong, so I'll plan for at least another 20. Why that's an entire other lifetime!

Enjoy our offering this month. Hari Om.

Andrea



I am blessed to have my life, meaning: I'm blessed to know that HOW I think affects what comes to me, and that I can CHOOSE to exercise my free will to discipline myself to stay FOCUSED on things I like so that more things I LIKE may come to me.

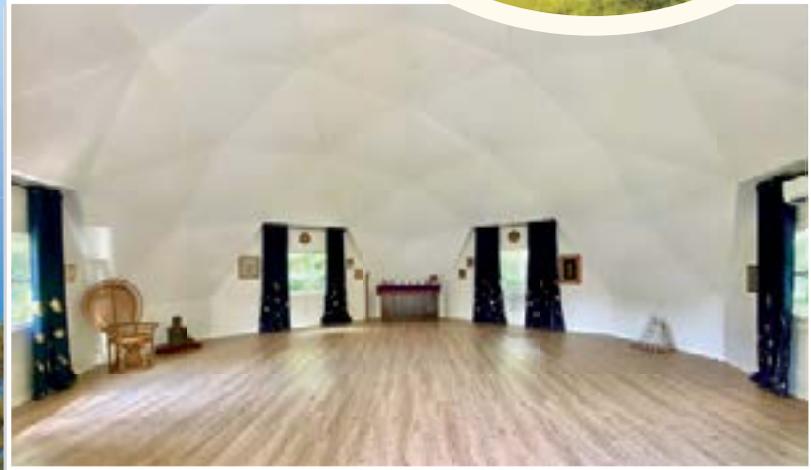


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