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HORIZONS

July 2024

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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar dr.tomsannar@gmail.com

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

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

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

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

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

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

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

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

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

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

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

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

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

The greatest optical illusion is separation

HORIZONS

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

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



Horizons thanks everyone willing to take the risk

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

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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."*

Welcome to the **July 2024 Horizons Magazine**. Wow, **Summer** is sure here. I've been doing yard work in the mornings when it's coolest. A walk at dawn, a little time in the yard afterward, I've been making it look presentable to the street. We've got a lot of morning walkers and bicyclists. I wanted to give them something nice to look at as they pass.

Sometimes I over-estimate how much energy I'm going to have for a project. I overdo and feel fatigued and a little achey. My natural reaction used to be to crash in the recliner until it passed. *Pssst... it never passes LOL.*

Then I discovered no matter how drained I felt, if I mowed the lawn or cleaned the floors anyway, I wouldn't feel any WORSE at the end of it.

But I didn't always WANT to get into it and had to MUSTER up the DESIRE to use my WILLPOWER to get the stuffs done.

My incentive to GET UP & DO is usually wanting to cross items off my **To Do List** -- fellow workaholics know the drill -- hurry up and get it all done so I can take a break which never comes LOL

But at least I'm becoming increasingly aware of it and stopped kicking myself for being such a lazy bum.

I'VE DECIDED TO CHANGE UP MY DIET

I have no health problems but get lab work done a couple times a year. In February my A1c and triglycerides were a little high which I thought was weird because I'm not a big carcass or fried food eater. I learned it's because of my HIGH CARBS, my tendency to be a little dehydrated and not get enough sleep. GUILTY.

I keep a daily food diary and I went back to the 3 months before the lab tests and saw EXACTLY why my levels were so high.

The last year I've been lazy, keeping cooking to a minimum by eating sandwiches and bagels daily. Altho I seldom do sugar or sweets or packaged snacks like chips or cookies, I know my daily BREAD+ PASTA/ NOODLES turns right into sugar.

My doc said to stop eating high cholesterol foods like eggs and shrimp. When she said that, I knew I needed to educate myself further on the topic. I knew the cholesterol in her examples, eggs and shrimp, were not causes of high cholesterol in lab results.

I also eat poultry, cheese and Earth Balance butter substitution, but no red meat, no 4 legged animals, nothing fried ever. But I knew it was saturated fat WHEN EATEN WITH starchy carbs that causes high lab results.

Until I was 50, I thought red meat & butter & fried stuff were the culprits.

I DECIDED TO FURTHER EDUCATE MYSELF

I began reading **LIES MY DOCTOR TOLD ME** by **Dr. Ken D. Berry** and **WHEAT BELLY** by **William Davis**. Each are eye opening reads and give the science of the digestion and nutrition process.

I learned my favorite starchy carbs are the culprits in raising my A1c and triglycerides. It's the wheat and sugar in my beloved bread and pasta keeping levels high and extra weight on, but I didn't know the science of it until now.

I don't care for fatty foods, but I learned they're not the culprit as much as bread and pasta is. Good to know, but wah!

I HAFTA TRICK MYSELF INTO NEW BEHAVIORS

It's hard for me to tell myself I'm going to STOP particular habits, but if I instead give myself a BREAK, that lets me ease into new behaviors. So I took a break from bread and cut my portion sizes WAY down for rice, potatoes, noodles. I MAKE MYSELF DRINK MORE WATER and make myself sleep more.

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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.

SET TIME ASIDE TO JUST BE AND LET YOUR DAYDREAMS FLOW

When you were little, do you remember day-dreaming? And what were the elements of it - what were the elements that allowed it? Nobody was after you - in fact, usually nobody even knew where you were. Are you doing that for your kids, or do you know where they are every minute?

Nobody knew where you were and you felt free in the moment. Free of what? Free of responsibility, free of serving others, free of getting something done - you felt like you felt when you were born here to experience and to expand and to experience joy.

So, how are you going to carve some of that time out for yourself? If we were standing in your physical shoes we'd be looking for it, even if it required getting up a little earlier before anyone knows where you are, before anyone is making demands on your time, before you feel that responsibility that you should be doing something else. You just be, you just be. What would that feel like to just be?

To just be with no urge to prove worthiness or responsibility or sacrifice to anyone. To just be, just be, because if you'll carve out a little bit of time

like that for yourself every day, you'll discover how **Source** feels about you. And you might wonder, "Oh, I don't know why you love me so much - I can feel it, but I really don't deserve your love because I'm lazy right now; I'm not accomplishing anything right now, I'm just being. Are you sure you still love me, **Source?**" And then they're gone. You can't feel them anymore because you have reasoned them right out of your experience.

But if you will just be, just be a little bit, just be, just be - it's a really good place to start

DAYDREAMS AND YOUR VORTEX

GUEST: I wanted to talk to you about fulfillment. A lot of the times you talk about happiness and joy in the moment, and a lot of your talk just now was...

ABRAHAM: Now, before you go there - we are going to hear you fully - but we're just going to stick a couple of things in. Fulfillment really is that state of non-resistance that we talk about, that state of non-resistance which is the emotion that you just started to express.

And if there is a steady state of non-resistance, then everything will fill in around that; it will feel full. It will fulfill you. But accomplishing that feeling is what is required for an ongoing state of fulfillment. Now we'll hear you more, because we know you mean some other things.

GUEST: Yeah, but that's a really cool way to change the word. When I think about it, I think about accomplishment, like the thing that I have, you know, I have big, big dreams that I was given by **Source**.

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NON - RELIGIOUS SPIRITUALITY

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

Henri Bergson (1859–1941) was one of the most influential French philosophers of the late 19th century-early 20th century. Bergson was awarded the 1927 Nobel Prize in Literature. In

his book, *Creative Evolution*, Bergson wrote,

“Fortunately, some are born with spiritual immune systems that sooner or later give rejection to the illusory worldview grafted upon them from birth through social conditioning. They begin sensing that something is amiss and start looking for answers. Inner knowledge and anomalous outer experiences show them a side of reality others are oblivious to, and so begins their journey of awakening. Each step of the journey is made by following the heart instead of following the crowd and by choosing knowledge over the veils of ignorance.”

SOME USEFUL POINTS TO CONSIDER

1. Because each of us is fundamentally part of one ultimate reality and all its implications for our existence and human experience, there is within us an intoler-

ance for religious, social, and cultural conditioning that violates what we most deeply know is real and true.

2. No matter how hard we try to ignore, manage, compensate or anesthetize the cognitive dissonance and disharmony we feel inside, this inner conflict and suffering becomes a catalyst for questioning and seeking answers.

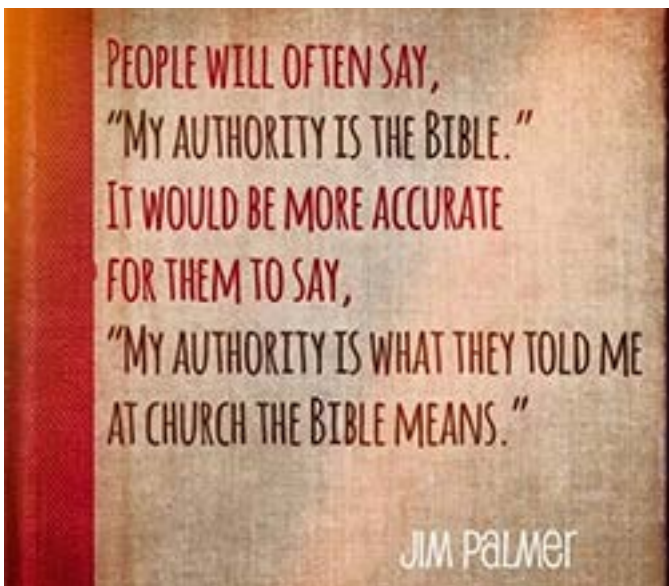
3. Rather than being told what to think, believe and feel, we begin to evaluate our religious, social and cultural conditioning against the truth we know inside ourselves and what we find as real in our own personal and direct experience.

4. Our path forward is forged upon a new relationship with ourselves and we discover a friendship with our heart in which we are no longer capable of betraying the deepest realities and truths it reveals to us.

"We have all probably heard the idea that "God blesses people through the furnace of the refiner's fire." The idea is that God uses trials to test the reality of our faith in a similar way to the process of purifying precious metals. This notion often gets twisted by toxic religion.

First off, there is not a **God** in the sky that sends trials. This idea of **God** is the equivalent of something straight out of Greek Mythology.

God does not send trials, difficulties, hardships, pain, suffering, and trauma into our lives to "refine our faith" or "mature us." **God** does not "allow" hardship and suffering into our lives because he knows it will ultimately purify our devotion.



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SOUL SONGS • ABRAHAM FUN

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

WHAT ABOUT GRIEF?

There is no death, other than that of the physical body. We are each eternal beings - parcels of Source energy - and we'll live forever, returning time and again to physical expression for the joy, adventure, and creative opportunities offered here.

When a loved one dies, I can rest assured they're in a happy state - the same place that they went each time they slept. But now, they don't wake up in their physical bodies. They're ready for another phase of experience.

No physical death is truly accidental or untimely. My loved one, from their broadest perspective, opted for this change. And most likely, their immediate response to waking up dead was laughter.

I can connect with my dear one by sitting quietly and thinking of them in a happy, peaceful way.

They are ever accessible, except when I'm in a state of grief, fear, or other negative emotion.

Negative emotion is a vastly different vibration from their now joyful vibration, and we cannot rendezvous when I'm feeling bad.

Physical death is nothing to fear - it's a natural and eternal process. But it's nothing to desire, either.

I'm here for the wondrous ride that physical experience offers me, and it's time to get on with the fun.

And my loved one is, at this very moment, cheering me on.

FEELING SCRAMBLED

If, on occasion, I feel as mentally and emotionally scrambled as the eggs on a plate, I can take heart that there is an explanation. It goes something like this:

- 1) When I have a desire, Source energy sends the desire my way.
- 2) That sending process increases its speed and intensity with the number of desires I've launched. The longer I live, the more rapidly good things are flowing to me.
- 3) If I'm not allowing my good to reach me - if I'm in a state of focusing on negatives and regularly lamenting any part of my life - I may experience this stepped-up sending of desires in an unpleasant way. I may feel scrambled, bewildered, broadsided.
- 4) I can use any such scrambling as motivation to let go of anger, resentment, fear, insecurity, and an "Ain't life a witch" mentality. I can renew efforts to accept, forgive-and-forget, think positive, and be thankful. It is through this process that I become open to my desires and allow them to come to me unimpeded.

Now I know. Now I understand.

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO JULY 2024

We're only a few weeks past the Summer Solstice now, and the days will begin to grow shorter. As some parts of the U.S. and world are experiencing record setting heat, the shortening length of daylight will be far from our minds.

Welcome to **July and the Dog Days of Summer!** The **Dog Days of Summer** describes the most oppressive period of summer, but where did the term come from? And what does it have to do with dogs?

One reason is because the hottest days of summer are associated with the star **Sirius**. **Sirius** was known as the "**Dog Star**" because it was the brightest star in the constellation **Canis Major**. For up to 35 days before and 35 days after our sun conjuncts the star **Sirius**, close to **July 4th**, it is hidden by the sun's glare.

The ancient **Egyptians** refused to bury their dead during the 70 days **Sirius** was hidden from view because it was believed **Sirius** was the doorway to the afterlife, and the doorway was thought to be closed during this yearly period. The ancient **Egyptians** also noticed that the rising of the star **Sirius** would occur a short time before the annual flooding of the **Nile**. The rising of **Sirius** therefore kicked off the farming season in ancient **Egypt**.



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July 4: Independence Day, United States

July 5: New Moon in Cancer

July 7: Muharram - The first month of the Islamic calendar.

July 7: Rath Yatra - Hindu festival associated with Lord Jagannath (avatar of Lord Vishnu)

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

July 14 to July 19: Islamic: The Hajj - annual pilgrimage that all Muslims must make to the holy city of Mecca in Saudi Arabia at least once

July 21: Full Buck Moon in Capricorn
Why do our full moons have a name and why are there so many names in the same month? **The Farmer's Almanac** will generally list moon names based on Native American sources. Other cultures that are known for naming moons include **China, Northern Europe, New Guinea, South Africa** and **Neo Pagan Traditions**. Some of the many names for the full moon in **July** include **The Mead Moon, The Hungry Ghost Moon, The Summer Moon** and **The Thunder Moon**. The moon names reflect the changing of the seasons.

July 22: Sun enters Leo

July 23: Birthday of Haile Selassie, Rastafarian

HAPPY JULY AND BLESSED BE!

HERB CORNER

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

MULLEIN

Mullein has been used for centuries in many cultures around the world. Today many of its medicinal uses are the same as the uses of our ancestors. As a part of the snapdragon family Mullein can be found all over the U.S.

When infused in oil **Mullein** has been used to ease pain and helps fight respiratory conditions that can lead to ear infections. An **Israeli** study found that when compared to anesthetic pharmaceuticals for the ears drops made with **Mullein, St John's Wort** and **Calendula** work equally as effective as medications.

Other lab studies have been done showing its constituents have antiviral, antiseptic antibacterial, anti-inflammatory, antispasmodic, analgesic, demulcent and expectorant properties.

Mullein's expectorant property helps improve circulation to the lungs. This can help relieve chest congestion, it also helps make mucus secretions thinner and easier to cough up and out of the lungs making it easier to breathe.

Mullein's actions are made possible from the constituent's **hesperidin, saponins, mucopolysaccharides, flavonoids, acubins and volatile oils**. An article written in **PubMed** stated "extracts of **Mullein** leaf have also been shown in laboratory studies to possess anti-tumor, antiviral, antifungal and antibacterial properties" finding it safe and without any adverse side effects other than skin irritation for some.

Traditionally **Mullein** has been used for the respiratory system as a tea, syrup or tincture. At one time its roots or dried leaves were smoked by **Native Americans** to relieve respiratory ailments.

Its antiviral, antibacterial, antiseptic and antispasmodic properties help opening the airways, reducing wet or dry coughs, reduce swollen glands, tonsillitis, bronchitis, sore throat, asthma, allergies and congestion.

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CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

Photo by Karin Wolf



PENETRATOR CRYSTALS

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

The Florida heat has been impressive thus far as we move forward into July. I have been spending some garden time in the morning so I can hand water my plants and fill the birdbath for all the hot and thirsty wild creatures that pass through the garden, but later in the day I retreat into the cool sanctuary of my home for meditation. It's a good time to dive deep into the well of our unconscious to discover the hidden strength we will need in the times to come.

Some of my favorite crystal tools for accessing the things not seen that lie within us are a special quartz crystal formation known as **penetrator crystals**. These crystals contain one or more crystals that grow up inside the original crystal. Sometimes there are multiple **penetrator crystals** in the main crystal. These crystals are fascinating and relatively rare, but it can be great fun to seek one out if you have access to a good rock shop. When you find the right one, you will know it.

These magical crystals are often used by metaphysical practitioners to help open hearts and minds. Deep within us are memories long forgotten, talents and gifts waiting to blossom into use and latent power ready to emerge into awareness. Accessing these aspects of our being can be a challenge, especially if we are focused on the demands of our day to day lives and distracted by the continuous flow of information streaming all around us. A **penetrator crystal** can help us break on through the barriers we carry in our minds that can keep us from opening to the deeper truths that allow us to grow in more fruitful directions.

These crystals are best used in meditation. Gaze into the center of the crystal where the penetrator has grown up inside and breathe slowly and deeply as your mind relaxes and thoughts and distractions ease away. Then feel yourself open to the clear light of the **penetrator crystal** moving ever closer to the core of your

being - your divine essence. Allow yourself to fully experience this aspect of yourself. Become aware of the fire of your spirit and let it guide you ever deeper as you perceive the new potential emerging from within. When you are ready, come back to the world. Remember the connection you felt with your inner self during your meditation. It can be helpful to keep pen and paper near so you can write down what you have learned. The more you practice this meditation with your **penetrator crystal**, the easier it will be to understand and access your inner strength.

Many blessings to you all.



**Lemurian quartz sphere with penetrator
Serra do Cabrol, Brazil**



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: I am curious if you believe in palm reading or tea leaf readings. My friend and I went and had them done at a convention. The readings were accurate, but how is that possible?
Sincerely Bewildered in Georgia

DEAR BEWILDERED: Yes, there are many divination tools. If done correctly and with integrity, tools such as the lines on one's hand or a deck of cards can be very helpful. True Psychics gain their knowledge from the **Great Spirit**; however many do use tools of interpretation to assist them. Psychics can use an array of different divination objects to help them understand the information coming through; tarot decks, runes, water, mirrors, coffee grounds and tea leaves just to name a few.

I know a woman who reads "bones" the ancient way, she has a person pick out several small animal bones and toss them down, she then reads the messages the bones have given her; of course it isn't the bones that are actually leaving messages, it is **Spirit**. Really anything can be read because what the psychic is truly doing is picking up the energy around the person.

These tools are used as windows to help them decipher what spirit is trying to say. I know many very gifted psychics that utilize divination tools not because it is necessary, but it is their preference. Others like me, we just use our telepathic and clairvoyant connection and give the information as we see and hear it from **The Source**. Because the information that you received was accurate, then the palm reader that you went to was legit, just know that individual psychics usually have unique work styles.

...continued on page 32 ...

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31 WAYS TO KNOW IF YOU ARE CREATIVE

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)

Creative people are a curious breed. They not only march to the beat of a different drummer, sometimes they fly, crawl, hop, skip, run, wiggle, teleport, and hitchhike. Assuming you are in a curious mood (one of the attributes of a creative person), I invite you – just for fun – to take a look at the following list and see if any of the items on it describe you in some way.

PS: If there are items on this list that do not describe you, give them a shot! See what happens.

1. You come up with great ideas in the shower and car
2. You like to stay up late... or get up early... or both
3. You're comfortable with ambiguity and chaos
4. While your ducks are not in a row, they're happy most of the time
5. You're not worried about failing
6. You've invited at least one friend into your personal think tank
7. You test out your ideas on just about anyone who will listen
8. You know what you don't know, but can't always explain it
9. You like making connections between things that don't go together
10. You're open to feedback and also don't care what anybody thinks
11. Some of your friends think you're out of your mind
12. You find yourself laughing in the middle of the day for no reason
13. People get inspired around you
14. You've been known to wear two different socks
15. You feel like you're on the brink of a breakthrough a lot of the time
16. Sometimes you figure things out by talking, not thinking
17. You write notes in the margins of books
18. You like to conduct little experiments
19. You have a game plan, but it keeps changing
20. You love to immerse yourself in various projects
21. You find ways to work in the cracks
22. You wish there were more hours in the day
23. Your passion to make a difference exceeds your doubt
24. You find yourself getting clues about your ideas in odd places
25. You often feel like you're having a spiritual experience
26. You are far more organized than anyone thinks
27. You know you need a collaborator, but are picky about who
28. You have a bold vision of what success looks like
29. Your project has little to do with what your college major was
30. You're looking for someone to head up marketing and sales
31. You can think of another ten items that should be on this list

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

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VENDORS/READERS

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



SETH SPEAKS

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

EARLY MANKIND AND THE DREAMWORLD

In your terms of time, however, we will speak of a beginning, and in that beginning it was early man's dreams that allowed him to cope with physical reality. The dream world was his original learning ground. In times of drought he would dream of the location of water. In times of famine he would dream of the location of food. That is, his dreaming allowed him to clairvoyantly view the body of land. He would not waste time in the trial-and-error procedures that you now take for granted. In dreams his consciousness operated as a wave.

In those early times all species shared their dreams in a way that is now quite unconscious for your kind, so that in dreams man inquired of the animals also - long before he learned to follow the animal tracks, for example. Where is there food or water? What is the lay of the land? Man explored the planet because his dreams told him that the land was there.

People were not nearly as isolated as it now appears, for in their dreams early men communicated their various locations, the symbols of their cultures and understanding, the nature of their arts. All of the inventions that you often think now happened quite by chance - the discovery of anything from the first tool to the importance of fire, or the coming of the Iron Age or whatever - all of that inventiveness was the result of the inspiration and communication of the dream world. Man dreamed his world and then created it, and the units of consciousness first dreamed man and all of the other species that you know.

There is a point here that I want to emphasize before we go too far, and it is this: The dream world is not an aimless, nonlogical, unintellectual field of activity. It is only that your own perspective closes out much of its vast reality, for the dreaming intellect can put your computers to shame. I am not, therefore, putting the intellectual capacities in the background - but I am saying that they emerge as you know them because of the dreaming self's uninterrupted use of the full power of the united intellect and intuitions.

The intellectual abilities as you know them (pause) cannot compare to those greater capacities that are a part of your own inner reality.

THE EXISTENCE OF OTHER (PROBABLE) SELVES

What I am about to explain *is* difficult. Purposely, it is not as yet in any of the books, simply because certain beliefs must be dispensed with before these ideas can be at all accepted.

It is not that I am holding back so much as that, in your terms, what follows is dependent upon an understanding of concepts presented earlier. People who are still worrying about one soul, gods, and devils, must be helped to relate to great realities from their own framework, and gently led away from it if possible. Probabilities have been mentioned in such a way that alternate realities are presented, showing such people that choices are available.

The deeper explanations, however, demand a further expansion of ideas of consciousness, and a certain re-orientation. It is extremely important that you bear in mind the importance of free will, and the presence of your own identity as you think of it. With that preamble, let me continue then.

It is not so much a matter of **Rubert's** vocabulary, incidentally, since even a specialized scientific one would only present these ideas in its own distorted fashion. It is more a problem of basic language itself, as you are acquainted with it. Words do not exist, for example, for some of the ideas I hope to convey. We will, at any rate, begin.

All probable worlds exist now. All probable variations on the most minute aspect in any reality exist now. You weave in and out of probabilities constantly picking and choosing as you go along. The cells within your body do the same thing.

I told you once that there were pulses of activity in which you blinked off and on - this applying even to atomic and subatomic particles. "You" assign as real-present here and now-only that activity that is your signal. "You" are not aware of the others. When people think in terms of one self, they of course identify with one body. You know that the cellular structure of it changes constantly. The body is at any given moment, however, a mass conglomeration of energy formed from that rich bank of probable activity. The body is not stable in the terms usually thought of. On deeper biological levels the cells *straddle* probabilities, and trigger responses.

Consciousness rides upon and within the pulses mentioned earlier, and forms its own organizations of iden-

...continued on page 32...



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

Traumatic and extreme childhoods have a tendency to catapult us into very polarized terrain. We are either this, or we are that, but we are never the shades of grey in between.

This is very apparent in the relationship between the “inferiority complex” and the “superiority complex.”

All too often, people bounce back and forth between these two experiences of self. Locked into a self-denigrating inner world, they over-compensate by jumping to the pretense of elitism.

I went through some of this as a child. In one moment, self-diminished, in another moment, a faux superhero and know-it-all ready to take on the world. This mechanism served me for a time, but it eventually wore out its welcome.

After all, there is a point of sacred balance: a healthy ego that recognizes its significance without imagining itself “all that.”

To reach this place demanded that I do years of therapeutic work filling in the middle, to build my sense of self until it was strong enough to admit my imperfections and honor my value.

This is the work of our lives. To stop swinging between unreal self-identifications, and to embrace every part of us. Not perfect. Not horrible. Human.



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>

Life is not what you see, but what you've projected.

It's not what you've been told, but what you've decided.

It's not what you've experienced, but how you've remembered it.

It's not what you've forged, but what you've allowed.

And it's not who's appeared, but who you've summoned.

And this should serve you well, beloved, until you find what you already have.

Yeah,

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LEADING EACH OTHER

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

When my children were little, we got them a puppy. They named him Bowtie. He was a mixed breed, a mutt if you will. He was a wonderful little dog and loved to play with the kids until he, and my children, were exhausted. Growing up, he had some behavior problems, like dogs sometimes do. I don't remember if it was the vet or some other dog person, but someone suggested we get him a kitten.

It seemed like a very strange suggestion, but we did, introducing **Samson**, a black kitten, into our pet mix. **Samson** and **Bowtie** became instant best friends and his behavior problems greatly improved.

Many years later, as **Bowtie** was advancing in age, he lost the sight in his eyes. He had difficulty finding his way around the house and regularly walked right into a wall or piece of furniture.

But his best friend quickly realized that he could help. Whenever **Bowtie** would get up and start walking around, **Samson** would quickly go over to him and brush up against his face. And then the most amazing thing would happen. **Samson** would lead **Bowtie** to either his food bowl or the back door for him to go outside and take care of his

business. With **Samson's** help, he never bumped into anything. **Bowtie** was able, in his blindness, to track his friend who loved him so dearly.

Maybe that is what we are doing when we surround ourselves with those who love us, and we love so dearly. Without even knowing it and in ways we may not fully understand, just through the power of love, we are leading each other home.





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

THOUGHT POWER

In the last decades we have heard much about the power of our thoughts, neuro pathways, and neuroplasticity. We have realized that we can achieve what we put our mind to do as **Napoleon Hill** in 1937 stated in his book **Think and Grow Rich**. **Dr Bernie Siegel** in his 1986 book **Love, Medicine and Miracles** outlines how some of his terminally ill patients went into spontaneous remission through their thoughts. Neuroscientist **Candace Pert** in her 1997 book **Molecules of Emotions** outlines how our thoughts are transmitted to each cell. So we are aware how our mind and emotions can change our life and even our physical being.

When we study yoga we learn it is not standing on our head we wish to achieve but complete control over our mind waves. This is a very difficult achievement. It takes constant vigilance and discipline. We need not only be inspired, but also have a firm belief in the process.

I personally found the **1901 booklet by Annie Besant Thought Power: Its Control and Culture** to be the most convincing. I am hoping that the next few paragraphs which are taken from the book by **Annie Besant "Thought Power"** will inspire and put into motion of using our thought power.

"While light travels at the rate of 1,86,000 miles per second, thoughts virtually travel in no time. Thought is finer than ether, the medium of electricity. The mind is like a wireless machine.

A saint with peace, poise, harmony, and spiritual waves sends out into the world thoughts of harmony and peace. They travel with lightning speed in all directions and enter the minds of persons and produce in them also similar thoughts of harmony and peace.

Whereas a worldly man whose mind is full of jealousy, revenge and hatred sends out discordant thoughts which enter the minds of thousands and stir in them similar thoughts of hatred and discord."

THOUGHTS ARE LIVING THINGS

A thought is as much solid as a piece of stone. We may cease to be, but our thoughts can never die. Every change in thought is accompanied by a vibration of its matter (mental).

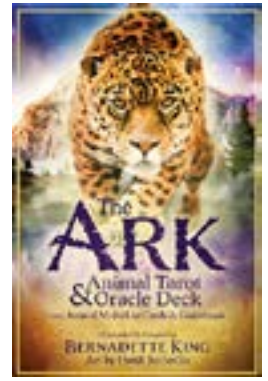
He who has pure thoughts speaks very powerfully and produces a deep impression on the minds of the listeners. He influences thousands of persons through his pure thoughts. A pure thought is sharper than the edge of a razor. Entertain always pure, sublime thoughts. Thought culture is an exact science.

...continued on page 30...

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



WHAT IS MY SPIRIT ANIMAL



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

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

ZODIAC & BIRTH ANIMAL TOTEMS WESTERN ZODIAC ANIMALS

ARIES ZODIAC SIGN

ARIES BIRTHDAY: MARCH 21 – APRIL 19

This sign's zodiac animal is a Ram, which is a fire sign ruled by Mars. People born under the zodiac sign of the Ram are said to embrace courage, activity, adventure, joyfulness and passion. True to the Ram's spirit they may also be aggressive or confrontational.

[Visit my sister site to learn more about the Aries Sign: Traits, Personality, & Characteristics.](#)

TAURUS ZODIAC SIGN

TAURUS BIRTHDAY: APRIL 20–MAY 20

This sign's zodiac animal is the Bull. Bull is an Earth element ruled by Venus, so there's a lot of heart in this animal symbol. Those born under the sign of the Bull are terminal romantics, patient to a fault and tenacious. However, Bull has a stubborn side and may find himself clumsy in delicate situations (i.e. Bull in a china shop).

[Visit my sister site to learn more about the Taurus Sign: Traits, Personality, & Characteristics.](#)

GEMINI ZODIAC SIGN

GEMINI BIRTHDAY: MAY 21 – JUNE 20

Gemini is symbolized by The Twins. While not a zodiac animal in representation, some teachers associate Gemini with the vibrant, transformational Phoenix. Phoenix people are conversational, charming, clever and very smart. The element of Air and planet Mercury rule this zodiac sign.

[Visit my sister site to learn more about the Gemini Sign: Traits, Personality, & Characteristics.](#)

CANCER ZODIAC SIGN

CANCER BIRTHDAY: JUNE 21–JULY 22

This sign's zodiac animal is the Crab. Crabs are ruled by the Element of water and the Moon, making them very emotional and deeply intuitive. It's hard to hide much from Crab, whose personality also has a lot of creativity, dedication and kindness to offer.

[Visit my sister site to learn more about the Cancer Sign: Traits, Personality, & Characteristics.](#)

LEO ZODIAC SIGN

LEO BIRTHDAY: JULY 23 – AUGUST 22

This sign's zodiac animal is the Lion. Leo's element is fire and the ruling planet the Sun. Lion loves to be center stage, having great pride. Even so there is a soft side to this pussycat. Leos will always remain loyal to those they truly love.

[Visit my sister site to learn more about the Leo Sign: Traits, Personality, & Characteristics.](#)

VIRGO ZODIAC SIGN

VIRGO BIRTHDAY: AUGUST 23 – SEPT 22

Though Virgos are not represented by a zodiac "animal", it's important to remember that Virgo's symbol is the "Virgin" and humans are animals too! Virgos have keen minds and spend their lives trying to achieve perfection in every facet of life. Virgo is very practical, being ruled by the element of Earth and the Planet Mercury.

[Visit my sister site to learn more about the Virgo Sign: Traits, Personality, & Characteristics.](#)



WHAT IS MY SPIRIT ANIMAL

... from page 20

LIBRA ZODIAC SIGN **LIBRA BIRTHDAY: SEPT 23 – OCTOBER 22**

Libras are not represented by a zodiac animal. Their symbol is the Scales. Libra is ruled by the element of Air and the Planet Venus. This zodiac sign is known for their sensitivity and creativity. Libras cannot withstand conflict of any kind and will go to epic lengths to keep the peace. In romantic relationships, it's difficult to get a Libra to commit. However, once they do, you'll likely have a trustworthy, lifetime partner.

[Visit my sister site to learn more about the Libra Sign: Traits, Personality, & Characteristics.](#)

SCORPIO ZODIAC SIGN **SCORPIO BIRTHDAY: OCT 23 – NOVEMBER 21**

This sign's zodiac animal is the Scorpion. Scorpios have quite a sting, typically coming out when this person is hurt or, worse, betrayed. This birth sign is suspicious by nature, skittering around when something seems "off". However, people that the Scorpion brings into his or her circle find a true friend, full of vibrancy and life. Scorpios are the psychics of the zodiac.

[Visit my sister site to learn more about the Scorpio Sign: Traits, Personality, & Characteristics.](#)

SAGITTARIUS ZODIAC SIGN **SAGITTARIUS BIRTHDAY: NOV 22 – DEC 21**

Sagittarius, The Archer, has the upper body of a man and the lower body of a horse or centaur. This is a creature of raw sexuality and independence. They love adventure. No change, big or small, burdens the Horse. They gallop down life's road searching for insights into ancient truths.

[Visit my sister site to learn more about the Sagittarius Sign: Traits, Personality, & Characteristics.](#)

CAPRICORN ZODIAC SIGN **CAPRICORN BIRTHDAY: DEC 22 -JANUARY 19**

Capricorn is represented by the sea goat - a mythological animal. Capricorn is an earth sign. This means those born under the sign of Capricorn are steady, stable and as hardworking as they come. Generally speaking Capricorns are also among the most honest folks around. Like the zodiac sign of Aquarius, Capricorns can be one of two 'types' of people. Just as Aquarius is an air sign but has the waters of life flowing from her jug, the earth-bound goat has a fish tail. This brings the water element into play for both of these signs. So Capricorns can be more influenced by their water element (hence extremely sensitive) or more by the earth element (far more practical and a bit a-emotional).

[Visit my sister site to learn more about the Capricorn Sign: Traits, Personality, & Characteristics.](#)

AQUARIUS ZODIAC SIGN **AQUARIUS BIRTHDAY: JANUARY 20 – FEB 18**

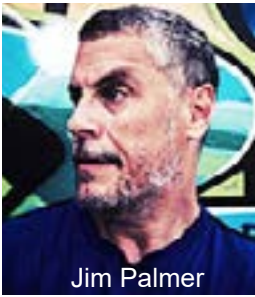
Aquarius is the Water Bearer. By extension, animals that dwell in fresh water environments make potential symbols for this sign. Why fresh water? Because Aquarius pours out life-giving waters. The Aquarian is humorous, quick witted, unique and creative. They prefer independence, wanting true freedom, which is actually important for their overall well-being.

[Visit my sister site to learn more about the Aquarius Sign: Traits, Personality, & Characteristics.](#)

PISCES ZODIAC SIGN **PISCES BIRTHDAY: FEBRUARY 19 – MARCH 20**

Pisces' zodiac animal is the Fish. Their element is water, and the planet is Neptune. Pisces is even tempered, diligent, and sentimental. Pisces endeavor to see the beauty in life no matter where they swim. They are caring and devoted to those they love. The Fish rarely leads the school, preferring a strong partner that helps them stay balanced. Pisces, like Scorpios, spend their whole lives seeking their own "happily ever after."

[Visit my sister site to learn more about the Pisces Sign: Traits, Personality, & Characteristics.](#)



Jim Palmer

NON--RELIGIOUS SPIRITUALITY

... from page 8

One of the most damaging religious notions is the glorification of suffering, and the view that **God** initiates, sends or allows pain and suffering into people's lives as a mechanism for spiritual growth.

Would a rational and good **God** ever ask you to kill your child as proof of faith or devotion?

No.

Would a rational and good **God** allow tragedy, loss and suffering in your life as part of a cosmic chess match with Satan?

No.

Would a rational and good **God** achieve the salvation of humankind through the brutal sacrifice of his own son?

No.

Would a rational and good **God** send an army of people into war to uphold his honor?

No.

Would a rational and good **God** strike dead a person who disrespected a ceremonial law?

No.

Would a rational and good **God** send people into your life to harm, mistreat or abuse you in order to teach you a lesson.

No.

This is always going to be the problem with the Bible if you force the framework of theism upon it or insist that the writers intended it to be read like a history book.

It is certainly the case that difficulties and hardships can be a catalyst for awakening and transformation, but there is not a sky-**God** who initiates or allows calamity upon people to carry out a divine purpose.

Let's be honest here. Trials, difficulties, hardships and suffering are not inherently transforming. They can just as easily be the catalyst for bitterness, hatred, and destruction. How a person responds to life's trials is the determining factor. In any event, there is no sky-**God** sending or allowing hardships and suffering to strengthen or purify one's religious devotion.

[From Notes from \(Over\) the Edge
Get Notes here -> https://shorturl.at/Zy1UN](https://shorturl.at/Zy1UN)

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BY GABRIELLA TORRES

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HERB CORNER

... from page 11...

Mullein contains **saponins** this constituent helps make coughs more productive through its expectorating properties.

It also contains **mucilaginous** properties, which help coat and soothe irritated membranes of the respiratory system helping to calm coughs.

For **laryngitis** **Mullein** helps cool the irritations of the vocal cords. When considering long term treatment of a respiratory problem, **Mullein** is a good choice because it strengthens tones and rebuilds tissue that has become damaged over the years.

On the skin, the oil of **Mullein's** astringent actions helps heal wounds and its emollient actions soothe the skin making its oil useful for rashes, eczema and psoriasis.

It also has **anodyne** properties making it good for bruises, muscle spasms, burns and pain. If you have **facial neuralgia** you might want to try a compress made of **Mullein**; just be careful because some people find the leaves to be irritating to the skin.

RECIPE:

A tea of **Mullein** can be used for cystitis, stomach pain, or diarrhea or a gargle can be used for a sore throat.

To make a tea with **Mullein** use 1 teaspoon-1 tablespoon of **Mullein** in 8 ounces of boiling water.

Allow it to steep for 10-15 minutes.

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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



ABRAHAM HICKS

... from page 7...

Esther Hicks

ABRAHAM: All right, so let's talk about that - **Step 1** is your mechanism for accomplishment because **Step 1** causes you to reason, to compare, to experience, to have exposure to life, to decide. So **Step 1** really is an accomplishment state, the beginning of accomplishment. That's where you actually do the creation, that's where you find each and every ingredient and put it there. But to really allow, to really be fulfilled, now you have to accomplish letting it be.

We're going to give you a statement that we've offered for a long, long time that's going to be so much more meaningful in this moment: Whether it's an empire that you are accomplishing, or a relationship that you're accomplishing, a big pile of money that you're accomplishing, a building of magnificent structures, with anything that you are accomplishing, all of it, 99.999999% (just shy of a tiny little infinitesimal, indiscernible percentage) is accomplished before the first movement of the stones or the boards or the bricks or the nails or the workers - before any of that begins to take form, most of it is accomplished, because it's a vibrational accomplishment that you can't fail at.

But as humans, it's good - you want this manifestation to come out here on the **Leading Edge** where it can be realized by all. You want to see it and hear it and smell it and taste it and touch it. And oh, when you stand in the midst of something that you've accomplished, it is divine.

But we want it to feel divine and delicious all the way along its evolutionary track. We want you to really get it that the joy really is in the journey, and if you could begin now (and we think you can) by accepting the accomplishment of the building of the **Vortex**, the accomplishment, the mastery of you being willing to expose yourself to life to make choices, then the real mastery comes in being able to line up with the choices that you've made.

And the key is...**Esther's** been playing with this for a few weeks now...so *a daydream comes, and oh, it's so delicious, and she can't quite hold it because it's*

too ethereal even still - there's stuff in it that she can find and stuff that she's still not ready to receive, but there's enough of it that it's beginning to take form. And over and over again she'll be there for 5 or 10 or 15 or 20 seconds blissed out over the idea of it, and then she tries to be practical - she starts hiring people to make it happen, and then she feels herself losing it right away, or, or, or.

She tries to fill it in in some way (thank you so much for this question) but her accomplishment is in the dream, not in the gathering of the people who will make it happen - **Law of Attraction** accomplishes that.

Do you see what we're getting at? If you can accept that your accomplishment is the sifting and the sorting and the deciding and then your accomplishing is in the finding the thing that feels good and following the path of least resistance, and then your accomplishment is following the train of the thoughts, and yes, following the impulse, and yes, hiring the people, but you don't want to be so practical that you get out ahead of yourself - *wait until the gestation is so evolved that it has to be born; it's just ready to be born* - you can't keep it in there any longer, it has to be born and it'll come out where you can then enjoy the pleasure of this phase of it.

Does that sort of make sense to you? What piece did you get that matters the most? *It's the accomplishment of the creation of the Vortex - that's what we want you specifically to focus on for a little while. We want the accomplishment of the Vortex even though you can't see the details of what those ingredients are going to be.* It would be like having a well-stocked kitchen and no cookbook.

GUEST: Well, the daydream of it is the easiest part to manifest - the joy of talking about it in the air and not bringing it into the physical is super easy. And you can move it around, you can fly all over the place, and you can make it anything you want.

ABRAHAM: Well, then you've got this - you just said in very real terms what we want everyone to know. When it's easy, as you say it is, as you mean that it is, then you've got this. **Jerry** wrote a paper years ago entitled **Keep Your Ideas to Yourself Until They Are Fully Developed**, and it was addressing this very fact, although he didn't know it. He did not know us when he wrote that paper, he had not evolved in his understanding of vibration and resistance and that sort of thing, but he'd just seen so many people start to dream and

...continued on page 29 ...



ABRAHAM HICKS

... from page 28...

Esther Hicks

talk about it, and then practical, well-meaning people around them would talk to them in practical terms and kill their dream.

And it's not just the practical, well-meaning people around you, it's you, your practical, well-meaning self, because you still really believe that you have to make it happen. And usually the reason that you believe that you have to make it happen is because you're trying to prove worthiness to someone or something, you're wanting to stand out in some way. Where, if you are satisfied with that dreaming state, it was like (and **Es-ther's** like this, too) *you were willing to experience the daydream for what it would accomplish, and we want you to accept that the daydream is the accomplishment. The daydream is the creation.*

If you can capture this, you'll be well along the way to understanding the mastery of creation. So, accept that the **Vortex** exists and that it's full of ingredients, and that these ingredients are **Pure Positive Energy**, that there is no resistance within them, that there is belief in them, that there is knowing in them, and that the cooperative components among them are happening, and so it is the basis of all creation for you. Just focus there for just a little bit.

And now put yourself in a place where you are so not worried about anything, so blissed out that these ingredients can be realized by you; some little piece of it. If you can hear that your daydreams, those delicious, good-feeling daydreams, are born out of this Vortex, and that every time you get one, it's a sign to you that you are non-resistant, that you are experiencing the mastery of creation...and here's the comparative word - that you have tapped into **the Energy that creates worlds**, that there is power in that...and here it is - you don't, in that moment, try to turn that power into some practical means for yourself, you don't try to direct it right away because it will direct you. *This is a calling that you will receive, this is what inspiration is.*

Humans don't like that because they want to lead for the reward, they want to lead for the comparison, they want to lead for the mark on the chart. But we want

you to understand you already led through your **Step 1**, you led through your synthesizing of life, you led by sifting and sorting. You did **Step 1**, you did all of the justifying that you ever needed to do in **Step 1**, and now it's time for you to chill and let your knowledge of your perfect worthiness take it from there.

GUEST: And is there ever a time where when you get that inspired action step in your...

ABRAHAM: Oh, then you want to act, of course. Then you'll want to act.

GUEST: Then you go act in...

ABRAHAM: Yes, indeed. What we've noticed with **Esther**, because she's the only one we've really been playing with in this way, in this steady, significant way, is that..

GUEST: Well, I'm open to the opportunity..

ABRAHAM: Well, we're giving you everything we've got. She's fighting, and that's not really the state of being that we want her to be in, but she's fighting the urge to be practical because she so wants to jump into action. In other words, a nice man holds up a sign that says hire me, so she wants to - but he might suck. (Fun) There's someone who says hire me, and so sometimes somebody tuned in felt pretty good, so they'll jump right into that, when there may be more things in the **Vortex**...do you see what we're getting at? So she's fighting the urge - she'll buy a car because the salesman wants to sell it - it felt like a good idea, the impulse was strong.

So, it isn't until you have allowed your **Vortex** to really evolve, and you've become familiar with what's there, that you can tell when it's really time to act and when it's not.

And how do you learn that? By acting and then seeing the results. But after a little while...you see, you all are resistant to the idea of good just coming to you because you already deserve it, but that's how it's supposed to work - good is supposed to come to you because you already deserve it.

But you've been comparing yourself to others and so you want to prove your worthiness, and with every effort you make to prove your worthiness, you block the good that would come if you weren't working so hard to prove your worthiness.

...continued to page 46...



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

... from page 19

Those who harbor thoughts of hatred, jealousy, revenge, and malice are very dangerous people. They cause unrest and ill-will amongst mankind. Their thoughts and feelings are like wireless messages broadcast in ether and are received by those whose minds respond to such vibrations."

Thought moves with tremendous velocity. Those who entertain sublime and pious thoughts help other."

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Every thought that we send out is a vibration which never perishes. It goes on vibrating every particle of the universe and if your thoughts are noble, holy, and forcible, they set in vibration every sympathetic mind.

Lustful thoughts, thoughts of hatred, jealousy and selfishness produce distorted images in the mind and cause clouding of understanding, perversion of intellect, loss of memory and confusion in the mind."

THE CELL-THEORY AND THOUGHTS

A cell is a mass of protoplasm with a nucleus. It is endowed with intelligence. Some cells secrete, while some cells excrete. Some cells act the part of a soldier. They defend the body from attacks of foreign poisonous matter and germs. They digest and throw them out. Some cells carry food materials to the tissues and organs.

The cells perform their work without your conscious volition. Their activities are controlled by the sympathetic nervous system. They are in direct communion with the mind in the brain.

Every impulse of the mind, every thought, is conveyed to the cells. They are greatly influenced by the varying conditions or states of the mind.

If there is confusion, depression and other negative emotions and thoughts in the mind, they are telegraphically transmitted through the nerves to every cell in the body. The soldier-cells become panic-stricken. They are weakened. They are not able to perform their function properly. They become inefficient."

PRIMAL THOUGHT AND MODERN SCIENCE

Thought is the greatest force on earth. Thought is the most powerful weapon in the armor of a Yogi.

Constructive thought transforms, renews and builds.

The far-reaching possibilities of this force were most accurately developed to perfection by the ancients and put to the highest possible use.

For, thought is the primal force at the origin of all creation; the genesis of the entire phenomenal creation is given as a single thought that arose in the Cosmic Mind."

THOUGHT—THE ARCHITECT OF DESTINY

If the mind dwells continually upon one train of thought, a groove is formed into which the thought-force runs automatically, and such a habit of thought survives death. Since it belongs to the ego, it is carried over to the subsequent earth-life as a thought-tendency and capacity.

Every thought, it must be remembered, has got its own mental image. The essence of the various mental images formed in one particular physical life is being worked out in the mental plane. It constitutes the basis for the next physical life. Just as a new physical body is formed in every birth, so also a new mind and a new Buddhi are formed in every birth."

Each thought is a link in an endless chain of cause and effect, each effect becoming a cause and each cause having been an effect; and each link in the endless chain is welded out of three components—desire, thought and activity. A desire stimulates a thought; a thought embodies itself as an act. Act constitutes the web of destiny."

... continued to page 31...



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

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NEGATIVE THOUGHTS POISON LIFE

Thoughts of worry and thoughts of fear are fearful forces within us. They poison the very sources of life and destroy our harmony, efficiency, vitality, and vigor. While the opposite thoughts of cheerfulness, joy, and courage, heal, soothe, instead of irritating, and immensely augment efficiency and multiply the mental powers. Be always cheerful. Smile. Laugh.”

SIMILAR THOUGHTS ATTRACT EACH OTHER

In the thought-world also, the great law “Like attracts like”, operates. People of similar thoughts are attracted towards each other.

That is the reason why the maxims run as follows: “Birds of the same feather flock together,” “A man is known by the company he keeps.” In the realm of thought, people of similar thoughts are attracted to one another. This universal law is continually operating whether we are conscious of it or not.

Carry any kind of thought you please and so long as you retain it, no matter how you roam over the land or sea, you will unceasingly attract to yourself, knowingly or inadvertently, exactly and only what corresponds to your own dominant quality of thought.

It is entirely in your own hands to determine the order of the thought you entertain and consequently the order of influence you attract and are not mere creatures of circumstances unless you choose to be.”

THOUGHT—A BOOMERANG

Be careful of thoughts. Whatever we send out of our mind, comes back to us. Every thought we think, is a boomerang. If we hate another, hate will come back to us. If we love others, love will come back to us.

An evil thought is thrice cursed. First, it harms the thinker by doing injury to the mental body. Secondly, it harms the person who is its object. Lastly, it harms all mankind by violating the whole mental atmosphere.

A mind filled with evil thoughts acts as a magnet to attract like thoughts from others and thus intensifies the original evil. Evil thoughts thrown into the mental atmosphere poison receptive minds. To dwell on an evil thought gradually deprives it of its repulsiveness and impels the thinker to perform an action which embodies it.”

SERVE WITH THOUGHT VIBRATIONS

No one can check the thought-vibrations from the saints. Their pure, strong thought-vibrations travel a very long distance, purifying the world and entering the minds of many. There is no doubt in this.

A powerful suggestion by a doctor that a disease can be cured makes the patient cure the disease and utilizes all the treatments the doctor gives to do so.

We say, “With hope everything is possible.” **Mind Force** will create. Every thought or emotion or word produces a strong vibration in every cell of the body and leaves a strong impression there.

Every change in thought makes a vibration in our mental body and this when transmitted to the physical body causes activity in the nervous matter of our brain. This activity in the nervous cells causes many electrical and chemical changes in them. It is thought activity which causes these changes.

Intense passion, hatred, long-standing bitter jealousy, corroding anxiety, fits of hot temper actually destroy the cells of the body and induce diseases of the heart, liver, kidneys, spleen and stomach.

Every cell in the body suffers or grows, receives a life impulse or a death impulse, from every thought that enters the mind, for we tend to grow into the image of that which we think about most. “

Just these few paragraphs from **Annie Besant’s** book **Thought Power** inspire us to be more aware of our thoughts. Even though we think that our thoughts only belong to us. We now know that every thought not only affects our personal health and well being but also our environment and the people around us.



MICHELLE WHITEDOVE

...continued from page 13...

DEAR WHITEDOVE: A friend of mine is Native American and told me to use **Bear Root** instead of **Sage** when I smudge my home, what do you recommend. And where do I find Bear Root? *Burning in Wyoming*

DEAR BURNING: **Bear Root** is a wonderful protective plant that I happen to burn on a daily basis in my home. **Bear Root** possesses a very strong connection to **Spirit** and will lighten and cleanse your homes energy and protect you very well. You can find it on the internet; make sure the source is selling the hard root and not a powder. I suggest burning a combination of White Sage, Cedar, and Bear Root; sometimes I even throw in some Sweet Grass for good measure.

DEAR WHITEDOVE: As I look around my small hometown and even through out the rest of the world I see things becoming worse and I worry. I've been looking for ways to help humanity but I have little money and I'm a stay home mom with very little free time. What can I do to help to make a difference?

Helpful in Xenia

DEAR HELPFUL: Yes the world is in crisis and we are in a time of great change but there is always hope because we still create our own reality. But it has to start with each individual person. Worrying is like praying for the negative to happen.

My suggestion is to give money to the poor and important causes, if you have no money then volunteer your time to charity, but if you have no time or money...then offer your prayers. Prayer is the single most powerful tool that we have. It's not just about asking **Spirit** for something, it's about concentrating our thoughts and words to help raise the vibration for yourself and those around you.

Then visualize the world as you want it to be, hold that vision. To you and anyone else that would ask me this question, I would say Prayer is free, so if you truly wish to make a difference then just Pray! Dwell in the positive because you are a co-creator of this reality.



SETH SPEAKS

...continued from page 16

tity. Each probability - probable only in relation to and from the standpoint of another probability - is inviolate, however, in that it is not destroyed. Once formed, the pattern will follow its own nature.

The organizations of consciousness "grow" even as cells grow into organs. Groups of probable selves, then, can and do form their own identity structure, which is quite aware of the probable selves involved. In your reality, experience is dependent upon time, but all experience is not so structured. There are, for example, parallel events that are followed as easily as you follow consecutive events.

The structure of probabilities deals with parallel experience on all levels. Your consciousness picks and chooses to accept as real the results of, and ramifications of, only certain overall purposes, desires, or intents. You follow these through a time structure. Your focus allows other just-as-legitimate experience to become invisible or unfelt.

In the same way that you latch upon one personal biological history, you latch upon but one mass *earth* history. Others go on about you all the time, and other probable selves of your own experience their "histories" parallel to yours. In *practical* terms of sense data, those worlds do not meet. In deeper terms they coincide. Any of the infinite number of events that could have happened to you, and **Robert** [do] happen. Your attention span simply does not include such activity.

Such endless creativity can seem so dazzling that the individual would appear lost within it, yet consciousness forms its own organizations and psychic interaction at all levels. Any consciousness automatically tries to express itself in all probable directions, and does so. In so doing it will experience **All That Is** through its own being, though interpreted, of course, through that familiar reality of its own. You grow probable selves as a flower grows petals. Each probable self, however, will follow through in its own reality - that is, it will experience to the fullest those dimensions inherent to it. You pick and choose one birth and one death, in your terms.

(*To **Robert***) You died as a young boy in an operation however, in this life as you think of it. You died again in the war, where you were a pilot - but those are not your official deaths, so you do not recognize them.

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HOROSCOPES JULY 2024



ARIES – (March 19 – April 18)

ARIES: ASTRAL CLIMATE FOR JULY 2024

Attention is primarily focused on your private life but is also directed towards defending your interests. You don't back down when showcasing your abilities or claiming what's rightfully yours. Count on your inner resources, a heightened understanding of the past, and behaviors that are now outdated to achieve what truly matters to you.

Mood

ARIES: MOOD FOR JULY 2024

Count on Jupiter to heighten your enthusiasm, reinforce your personal radiance, enchant your partners, and share your bright ideas. Don't hold back, as they help you become popular.

Love

ARIES: LOVE FOR JULY 2024

You're attentive to the well-being of your loved ones and draw lessons from the past. Rely on Jupiter to enhance your radiance and on Venus to boost your power of attraction. This sets the stage for a sunny month.

In a relationship: You strengthen bonds through improved, more creative, and constructive communication. Make use of your increasing charisma to reignite the flame and enjoy intimate moments with your partner.

Single: To harmonize with your surroundings or enhance your living environment, don't hesitate to break free from past conditioning that holds you back. Rely on your charm.

Money

ARIES: MONEY FOR JULY 2024

Leverage your influence over others to advocate for yourself and secure the funds needed to progress or land a significant raise.

Work

ARIES: WORK FOR JULY 2024

You tenaciously defend your interests, and Jupiter enhances your credibility through brilliant and effective communication. Likely encounters with influential individuals become valuable support. Don't hesitate to present yourself in the best light.



Leisure

ARIES: LEISURE FOR JULY 2024

There's no question of isolation; Jupiter bolsters your dynamism. You want to communicate, charm, and above all, share your thoughts with others.

Key dates

ARIES: KEY DATES FOR JULY 2024

On the 5th: You tap into your inner resources and utilize lessons from the past to make the right decisions and demonstrate remarkable effectiveness.

On the 8th: Unexpected income streams allow you to improve your living conditions. You capitalize on your uniqueness and originality.

On the 15th: Don't hesitate to stand out. While respecting boundaries, rely on your audacity to surprise, charm, and encourage others to let you act freely.

On the 21st: The astral atmosphere is perfect for rekindling the flame, seducing. Your heightened creativity transforms your interlocutors and partners into fervent admirers.

On the 22nd: Surprising doesn't mean shocking. Temper your enthusiasm by using just the right amount of firmness to successfully carry out a project dear to your heart.

Advice

ARIES: ADVICE FOR JULY 2024

You're improving your living conditions, structuring your foundations on significant understandings, and connecting with others.

HOROSCOPES JULY 2024



TAURUS – (April 19 – May 19)

TAURUS: ASTRAL CLIMATE FOR JULY 2024

You're trying to balance family life with a change in your professional direction. You're discussing with your circle a long-term project that concerns everyone. You're breaking free from old codes and reaching an ideal life that is beginning to take shape.

Mood

TAURUS: MOOD FOR JULY 2024

In the first half of the month, you're focused on the essentials and display a commitment that leaves little room for whimsy. Count on the second half to lighten the mood. You become more relaxed without giving up on defending your interests, but by using charm and humor to achieve your goals.

Love

TAURUS: LOVE FOR JULY 2024

While at the beginning of the month, you're focused on your career project and expressing your talents, expect a period much more conducive to your fulfillment later on you're in a festive mood.

In a relationship: Jupiter and Venus enhance your charisma, warming the atmosphere between you and your loved ones who are charmed.

Single: Jupiter stimulates your desire to love and be loved, as well as your ability to shine, creating a climate conducive to tender encounters and exchanges.

Money

TAURUS: MONEY FOR JULY 2024

You're determined to assert your talents and convince your superiors to trust you. You may be deploying a strategy conducted in the shadows, but it's purposeful and will bear fruit.

Work

TAURUS: WORK FOR JULY 2024

Rely on your potentials and talents to advocate for yourself to your demanding hierarchy, which recognizes your capabilities strengthened by the invigorating presence of Jupiter you deserve the recognition you demand.

Leisure

TAURUS: LEISURE FOR JULY 2024

Jupiter puts you in a good mood, radiating positivity and enticing everyone to have a good time with you.

Key dates

TAURUS: KEY DATES FOR JULY 2024

On the 3rd: You communicate about a project that captivates your circle, taking precautions not to impose anything on your loved ones whom you aim to convince. On the 11th: You leave a lasting impression and inspire your loved ones to follow you in implementing your projects using your charm.

On the 18th: Your originality and ability to overturn conventions allow for progress and express a desire for novelty.

On the 20th: It's time to mobilize to pave the way for your idea. Rely on unwavering determination to innovate.

On the 21st: The full moon invites you to broaden your horizons, assert your ambitions, and communicate. You invest in improving your living conditions.

Advice

TAURUS: ADVICE FOR JULY 2024

A summer month to bolster your credibility, advance your goals, and communicate. You won't go unnoticed. Take advantage of this conducive atmosphere to fulfill your desires.

GEMINI – (May 20 – June 19)

GEMINI: ASTRAL CLIMATE FOR JULY 2024

Avoid exerting too much pressure on those around you to adopt your point of view, as it may upset them. Count on facilitated communication to garner support, even to charm. Utilize your potentials and talents to align with an ideal or an important cause.

Mood

GEMINI: MOOD FOR JULY 2024

Determined to stand firm, you're aided by Jupiter, which boosts your energies and endows you with beautiful enthusiasm, reinforcing your personal radiance.

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HOROSCOPES JULY 2024



Love

GEMINI: LOVE FOR JULY 2024

You're focused on overcoming certain professional obstacles, but rely on Jupiter to significantly warm the atmosphere, especially with Venus's involvement, fostering intense exchanges.

In a relationship: Primarily focused on your professional responsibilities, you're nevertheless supported by Jupiter and Venus, who enhance your communication and inspire tender declarations.

Single: To improve your skills and put them at the service of your enterprise, the perfect alignment of Venus and Jupiter fosters a delightful encounter.

Money

GEMINI: MONEY FOR JULY 2024

For now, you're dealing with a tight situation, but rely on Jupiter to regain confidence, even audacity. Express your expectations with a chance of positive responses.

Work

GEMINI: WORK FOR JULY 2024

You're channeling your energy to strengthen your career plan and showcase your skills. You're convincing your superiors that you're someone they can rely on, no matter what obstacles arise.

Leisure

GEMINI: LEISURE FOR JULY 2024

Jupiter allows you to have a good time in pleasant company.

Key dates

GEMINI: KEY DATES FOR JULY 2024

On the 2nd: You argue to secure funding for a project that inspires you because you lack the means to achieve it; it's time to seek support.

On the 8th: You find a way to leave a lasting impression with your originality and proposals that make a difference.

On the 12th: You have charm and compelling arguments to influence your audience, but don't overdo it.

On the 15th: If you rely on your intuition and demonstrate clarity, there's nothing stopping you from advancing your agenda.

On the 26th: Nothing prevents you from confidently expressing your thoughts to convince whoever you wish to follow you.

Advice

GEMINI: ADVICE FOR JULY 2024

While you must keep a close eye on your work and respond seriously to demands, count on Jupiter's reinforcement, generating enthusiasm and confidence.

CANCER – (June 20 – July 21)

CANCER: ASTRAL CLIMATE FOR JULY 2024

Avoid overindulging financially and develop your potentials without expecting immediate rewards. Build structures and principles sturdy enough to achieve an ideal life, broaden your horizons, and evolve spiritually rather than materially.

Mood

CANCER: MOOD FOR JULY 2024

While you take your responsibilities seriously, you lighten the atmosphere. Your eloquence charms those around you.

Love

CANCER: LOVE FOR JULY 2024

Love is serious now. It's time to approach relationships with commitment. Expect to feel strong magnetism and heightened desires that warm the atmosphere.

In a relationship: You aspire to anchor your feelings and relationship in higher values, in line with your enlightened worldview.

Single: Your values and priorities have evolved over time. Now, a story must make sense to attract you. This requirement doesn't stop you from enjoying yourself.

Money

CANCER: MONEY FOR JULY 2024

You know how to convince your interlocutors to follow you by demonstrating the benefits they would gain from doing so.

Work

CANCER: WORK FOR JULY 2024

You intend to defend your ambitions firmly. Your charisma allows you to convey your messages effortlessly. Remember to acknowledge those who discreetly support your interests.

Leisure

CANCER: LEISURE FOR JULY 2024

You want to give meaning to your life. Nevertheless, remember to have a good time, especially in the lighter second half of the month.

HOROSCOPES JULY 2024



Key dates

CANCER: KEY DATES FOR JULY 2024

On the 5th, you aim to build on solid ground. Count on unparalleled determination to pave the way forward in the right direction.

On the 11th, charismatic and alluring, you attract whoever you please into the adventure. Rely on your personal ideals to stir hearts.

On the 12th, while your talents are undeniable, your appetites increase, and your expectations exceed reason. Expect tangible resistance.

On the 18th, you garner support for your daring projects that appeal to others, successfully rallying those you need to progress further.

On the 21st, count on support in the shadows to prepare for what you have in mind, which may not take shape until 2025.

Advice

CANCER: ADVICE FOR JULY 2024

This month, you must cross a threshold consciously.

LEO – (July 22 – August 21)

LEO: ASTRAL CLIMATE FOR JULY 2024

You're negotiating significant changes in your life, crossing a positive threshold. You're also taking a step back to negotiate structures undergoing transformation. Extend a hand towards others for your relational universe to evolve harmoniously.

Mood

LEO: MOOD FOR JULY 2024

You're sensing signals that time is passing. Rely on a certain emotional distance and restraint from instinctive reactions to make the right choices. Keep control of your existence to steer it in the right direction.

Love

LEO: LOVE FOR JULY 2024

Certain structures that seemed immutable are disappearing. Rely on a benevolent atmosphere to consider changes smoothly and rely on your determination to manage events constructively. By the end of the month, you'll be pleased to see that your future is promisingly unfolding.

In a relationship: You wish to remain in control of evolving situations; breaking ties with the past isn't always easy to digest. If you understand and go with the flow, happy new perspectives will reward your behavior.

Single: Take a step back to evaluate what is leaving and welcome without nostalgia what is arriving a new friendship, a project.

Money

LEO: MONEY FOR JULY 2024

If funds are dwindling or you're struggling to progress financially, be patient and use this period of restriction to reassess your priorities and change the future.

Work

LEO: WORK FOR JULY 2024

Saturn slightly limits your expansion possibilities, curbing your desires to extend your influence. Try to understand the reason behind it rather than resist an unavoidable reality. Accept some real or symbolic losses to project yourself more serenely into an inspiring future.

Leisure

LEO: LEISURE FOR JULY 2024

You spend time ruminating over the past, risking isolation from the rest of the world. Count on your surroundings to pull you out of your cave.

Key dates

LEO: KEY DATES FOR JULY 2024

On the 3rd: Control your emotions to evolve things without being shaken. If you encounter difficulties in your exchanges, let the other person express themselves.

On the 5th: The new moon invites you to turn a new page in your personal story; assert your authority to change the situation.

On the 8th: You score points and play on emotions to soften. You know which arguments to advance to support an ongoing project.

On the 11th: Quietly, you advance your pawns and evolve a stagnant situation. You use your charm to steer your destiny as you see fit.

On the 21st: The full moon encourages you to open dialogue. Count on personal radiance to materialize a project close to your heart.

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HOROSCOPES JULY 2024



Advice

LEO: ADVICE FOR JULY 2024

Jupiter offers you some opportunities to turn towards tomorrow. Don't let any chance slip by to project yourself towards a promising future and forget a little about what has held you back for too long.

VIRGO – (Aug 22 – Sept 21)

VIRGO: ASTRAL CLIMATE FOR JULY 2024

Your daily life is disorienting, requiring you to adapt to manage situations constructively. You have solid arguments to convince your partner to believe in your vision of the future. You have no trouble bringing them into your universe and sparking in them the desire to share your dreams.

Mood

VIRGO: MOOD FOR JULY 2024

You regain a combative energy and optimism that have been lacking lately. If you felt like hitting a wall in your exchanges, rely on your ideas and proposals to attract attention and connect with your interlocutors.

Love

VIRGO: LOVE FOR JULY 2024

If your exchanges with your partner are tense, if you struggle to communicate, focus on the prospect of a project to be done together to improve the atmosphere. Jupiter favors your social development, which can strengthen your self-esteem.

In a relationship: If you have difficulty communicating with your partner, propose a project that will bring you closer and break the ice.

Single: If you feel a bit lonely and have difficulty interacting with the outside world, rely on your friends and loved ones to help you out of this state. For example, organize a vacation together.

Money

VIRGO: MONEY FOR JULY 2024

Jupiter puts you in the spotlight to progress in your projects. You ask for more, but not too much, to avoid encountering difficulties in the future.

Work

VIRGO: WORK FOR JULY 2024

Propose a project to your colleagues or hierarchy to revive a pending business or association. Jupiter strengthens your career plan, offers opportunities to showcase yourself, and boosts your self-esteem.

Leisure

VIRGO: LEISURE FOR JULY 2024

You have numerous ideas to gather friends, family, and loved ones and encourage them to go on vacation with you. This unifying aspect helps you re-establish somewhat difficult dialogue lately.

Key dates

VIRGO: KEY DATES FOR JULY 2024

On the 2nd: A project at the center of discussions pleases everyone, an opportunity to come closer, to progress together.

On the 8th: It's time to change the course of things. Some surprising ambitions appeal to you, and you quietly prepare for your ascent.

On the 12th: Turbulence in your daily life may disturb you. Take emotional distance to manage them without being destabilized.

On the 15th: Accelerate the movement, affirm your ambitions, and convince those around you to let you proceed.

On the 21st: The full moon stimulates your creativity and favors the expression of your feelings. Declare yourself or reignite the flame.

Advice

VIRGO: ADVICE FOR JULY 2024

Take advantage of this summer month to reconnect and plan activities together. Don't hesitate to invite your friends, parents, children...

LIBRA – (Sept 22 – Oct 21)

LIBRA: ASTRAL CLIMATE FOR JULY 2024

You compare your prospects to the expectations of your loved ones to find common ground. You successfully manage your projects to integrate your loved ones without provoking reluctance. You mobilize to innovate and align your daily life with your ideals.

Mood

LIBRA: MOOD FOR JULY 2024

You're conscientious in tackling burdensome tasks that you see through to the end. Count on Jupiter and Venus to warm up the atmosphere, infuse some whimsy into the air, and brighten your daily life.

HOROSCOPES JULY 2024

Love

LIBRA: LOVE FOR JULY 2024

You're likely seeking to shine more in society this month, with the primary goal of softening the resistance you encounter in daily life. Rely on Jupiter to strengthen your confidence in life and on Venus to promote your dearest projects.

In a relationship: You can hope to grasp a project that pleases you, especially towards the end of the month. Whether it's conceiving a child, moving, or any other initiative, doors are opening.

Single: If your first half remains a bit laborious, prepare to enjoy Jupiter's favors, contributing to your happiness. A friendly or romantic encounter brings a smile to your face.

Money

LIBRA: MONEY FOR JULY 2024

If you feel a bit stuck financially at the beginning of the month, you can hope that Jupiter contributes to supporting your ambitions and requests.

Work

LIBRA: WORK FOR JULY 2024

You can't be accused of idleness; you have more and, most importantly, better things to do than going on vacation. You mobilize to innovate and overcome the obstacles that punctuate your journey, feeling free in your movements.

Leisure

LIBRA: LEISURE FOR JULY 2024

If you're feeling a bit bored in demanding daily life, don't despair. You'll regain your enthusiasm and reconnect with the taste for adventure and self-improvement.

Key dates

LIBRA: KEY DATES FOR JULY 2024

On the 3rd: You convey your messages gently and influence daily life; you strive to find the right arguments for others to follow you.

On the 8th: Discreet but effective strategies allow you to transmit contagious enthusiasm and open many doors.

On the 15th: You insist with those who can finance your projects. Be diplomatic; don't appear too aggressive.

On the 21st: Count on your social circle to broaden your perspectives and support your initiatives and projects. A beautiful day that brings a smile.



On the 22nd: Daily life evolves according to your wishes. You spare no effort to express your potentials and broaden your horizons, pushing your limits.

Advice

LIBRA: ADVICE FOR JULY 2024

If you approach the month fully mobilized by the work to be done before taking your leave, you'll then breathe freely and reconnect with more lightness. Until then, patience and perseverance are highly recommended.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: ASTRAL CLIMATE FOR JULY 2024

You risk displeasing your family by prioritizing your work and social life, but you broaden your horizons and make progress despite creativity hindered by circumstances. You also desire to spice up your relationships, manage them more freely, even boldly, to give a more inspiring touch to your loves.

Mood

SCORPIO: MOOD FOR JULY 2024

Saturn slightly darkens your mood and frustrates your desires, but count on Jupiter's support to provide you with some occasions for rejoicing. A small success in society, professional recognition, or good news capable of bringing a smile back to your face.

Love

SCORPIO: LOVE FOR JULY 2024

If you struggle to express your feelings and fully surrender to love, the July circumstances help you elevate discussions with your partner, even if it sometimes requires raising your voice. However, you easily shine in society.

In a relationship: Saturn cools the atmosphere between you and your partner. Rely on dialogue to give meaning to your relationship.

Single: You're going through a period of emotional desert. To reconnect with desire and the possibility of a love that meets your criteria, broaden your horizons and step out of your comfort zone.

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HOROSCOPES JULY 2024



Money

SCORPIO: MONEY FOR JULY 2024

If you're hoping to increase your salary, receive a bonus, get a return on investment, or inherit, Jupiter strengthens your income.

Work

SCORPIO: WORK FOR JULY 2024

Jupiter offers you opportunities for advancement in your activity. Present yourself in the best light to attract the attention of those observing you and facilitate your progress, even if you're not at the peak of your creativity.

Leisure

SCORPIO: LEISURE FOR JULY 2024

You're escaping some of the limitations weighing on your spirits. The taste for adventure returns, a desire for wide-open spaces that makes you want to set sail.

Key dates

SCORPIO: KEY DATES FOR JULY 2024

On the 5th: You struggle a bit to understand each other with your loved one, you tend to force the dialogue. But don't push too hard.

On the 11th: The connection is there. You feel in harmony with your loved one, don't hesitate to raise the discussions.

On the 12th: If your family life is experiencing turmoil, avoid flaunting in society by playing up your charm, remain discreet at home.

On the 20th: You play the driving force in your relationship, or even in an association, you can leave a lasting impression with your determination or charm.

On the 26th: Rely on your strategy and your desire to gain more power to take the lead.

Advice

SCORPIO: ADVICE FOR JULY 2024

July allows you to reconnect with a broader vision of the world and especially your own. Don't miss any opportunity to elevate yourself.

SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: ASTRAL CLIMATE FOR JULY

You need to clarify your exchanges with your surroundings; unspoken issues are polluting the atmosphere. You're doing your best to improve the family climate and benefiting from ideal conditions to evolve your home, to get closer to an ideal.

Mood

SAGITTARIUS: MOOD FOR JULY 2024

If you're currently feeling constrained by obligations and responsibilities in your private sphere, you'll find a method to lighten the mood. Count on Jupiter to bring back your smile and desire to have fun.

Love

SAGITTARIUS: LOVE FOR JULY 2024

Opt for a strategic approach to family problems to resolve or manage them effectively. You act efficiently to improve difficult situations. Jupiter favors dialogue and warms the atmosphere.

In a relationship: Although you feel some pressure in your family life, you overcome it by knowing what to say and what to do to get out of deadlocks.

Single: You successfully address certain aspects of your private and family life that hinder your fulfillment. Take advantage of Jupiter's influence, which promotes enriching encounters.

Money

SAGITTARIUS: MONEY FOR JULY 2024

Whether you're forced to support your loved ones or going through a gloomy period in your family, rely on your business acumen to bounce back, or even restart with a bang.

Work

SAGITTARIUS: WORK FOR JULY 2024

You're more concerned with managing demanding family life, but count on Jupiter to offer you the opportunity to receive a promotion or sign a new contract by the end of the month.

Leisure

SAGITTARIUS: LEISURE FOR JULY 2024

You feel overwhelmed by responsibilities. Count on your ingenuity to free yourself and enjoy good times in excellent company.

HOROSCOPES JULY 2024



Key dates

SAGITTARIUS: KEY DATES FOR JULY 2024

On the 3rd: Use gentle methods to improve your family relationships. Communicate clearly with your loved ones.

On the 8th: Boldly evolve your daily life with charm, expanding your horizons. There's a good chance others will want to follow you.

On the 15th: You may be tempted to force fate. Don't pressure those who aren't as quick and daring as you.

On the 20th: Work with determination and efficiency to achieve a family goal, an ideal to reach.

On the 22nd: By avoiding imposing your projects on your family, you set your life on the right track. Engage in dialogue to overcome any misunderstandings.

Advice

SAGITTARIUS: ADVICE FOR JULY 2024

July is liberating. You manage family problems more smoothly and efficiently. Don't miss any opportunity to escape for a moment. Go on vacation.

CAPRICORN – (Dec 21 – Jan 19) **CAPRICORN: ASTRAL CLIMATE FOR JULY 2024**

Potentials emerge, and you find ways to express them to your advantage. Through constructive dialogue, you overcome delays and blockages in your exchanges with close associates. You have no trouble making yourself understood and thrive in a harmonious atmosphere, tinged with a touch of whimsy that can spice up your love life.

Mood

CAPRICORN: MOOD FOR JULY 2024

You cultivate a responsible mindset and avoid dispersal. People can rely on you to base your intuitions on solid ground. You might be less inclined to party, but Jupiter warms up the atmosphere.

Love

CAPRICORN: LOVE FOR JULY 2024

If you've struggled to communicate with those around you, count on planetary support to facilitate smoother dialogue. Don't hesitate to take a step towards the other to steer your exchanges towards the essential.

In a relationship: You demand authenticity and truth from your partner, not wanting to be led into non-priority topics and seeking exchanges that make sense.

Single: A tendency to avoid anything that deviates from what you feel is essential isolates you from others. Fortunately, you're coming out of your shell to engage in constructive debates.

Money

CAPRICORN: MONEY FOR JULY 2024

It's not that you spend without restraint, but you're tempted to squander your money. While the idea of splurging might seem foreign to you, certain social and professional opportunities make you want to let loose.

Work

CAPRICORN: WORK FOR JULY 2024

Your need to structure your thoughts and get to the point reassures your partners, bolstering their confidence in you and your ability to handle everything seriously. Jupiter offers you favorable conditions for your professional expansion.

Leisure

CAPRICORN: LEISURE FOR JULY 2024

You're waiting for Jupiter's influence to reconnect with a taste for pleasure and frivolity that had deserted you since last March. A little shopping spree to organize.

Key dates

CAPRICORN: KEY DATES FOR JULY 2024

The 2nd: Take advantage of fluid and creative communication to take a step towards others and engage in constructive dialogue, sharing your aspirations and ideals.

The 5th: Don't hesitate to raise your voice to revive debates or overcome communication blocks. The new moon encourages it.

The 12th: Resist the temptation of reckless spending. If your desires are grand, your finances might not keep up. Control your impulses.

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HOROSCOPES JULY 2024



The 18th: Inject some fantasy into your love life. Don't forget to seek the other's opinion before acting.
The 23rd: While your talents may flourish, it doesn't give you license to spend recklessly. Learn to be content with what you have to avoid problems.

Advice

CAPRICORN: ADVICE FOR JULY 2024

While you inspire confidence in everyone, it's uncertain whether you display a jovial mood. Rely on your engaged, responsible communication to encourage everyone to team up with you.

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: ASTRAL CLIMATE FOR JULY 2024

In the midst of inner transformation, you struggle to make yourself understood by others, but you're doing your best to keep the dialogue open. You make successful efforts to manage daily tasks, intervene in your family effectively and constructively. You're eager for a change of environment, even life, and you redouble your efforts, audacity, and talent to achieve it.

Mood

AQUARIUS: MOOD FOR JULY 2024

While you're eager to fulfill your duties, the atmosphere changes drastically when Jupiter invites you to indulge. Whether in love or in your professional life, you garner admiration from all around.

Love

AQUARIUS: LOVE FOR JULY 2024

If you enter the month determined to manage things, improve your living conditions and those of your loved ones, count on Jupiter to warm up the atmosphere, to engage in warm dialogue with those you love, and endow you with irresistible charm.

In a relationship: You can expect to experience strong moments with your significant other and your children through exchanges that strengthen your bonds.

Single: If you're focused on managing things, double your efforts to settle in more comfortably, rely on Jupiter to enhance your radiance and allow you to forge promising connections.

Money

AQUARIUS: MONEY FOR JULY 2024

You're keeping an eye on your accounts and not throwing money out the window. A boost in recognition and appreciation allows you to envision the future more confidently.

Work

AQUARIUS: WORK FOR JULY 2024

You're optimizing your chances by respecting your budget, benefiting from a surge of creativity as Jupiter reinforces your potentials. This attracts attention to you and earns you the rightful reward for your talents and merits.

Leisure

AQUARIUS: LEISURE FOR JULY 2024

At the beginning of the month, you're more inclined to count your pennies than to spend them. Count on Jupiter to lighten the mood and suddenly make you want to have a good time in pleasant company.

Key dates

AQUARIUS: KEY DATES FOR JULY 2024

The 3rd: Show willingness to serve the interests of your family or community, especially concerning daily management.

The 8th: It's an opportunity for exciting exchanges, rekindling the flame, or achieving full success.

The 11th: You handle everyday affairs confidently while contributing to the common good. You're getting closer to your ideal daily life.

The 15th: Don't impose anything on your loved ones. Tensions arise and disrupt exchanges. Keep your calm in all circumstances.

The 21st: Take advantage of this day, marked by love and harmony, to reach out to others. A crush or a return of affection is possible.

Advice

AQUARIUS: ADVICE FOR JULY 2024

You approach the month conscientiously, aiming not to make waves, but it takes on a more summery vibe. Jupiter adds a touch of whimsy to the air. Let yourself be carried away.

HOROSCOPES JULY 2024



PISCES – (Feb 18 – March 18)

PISCES: ASTRAL CLIMATE FOR JULY 2024

Clarify your intentions and desires to avoid any misunderstandings and to strengthen your family bonds in the long term. You want to prove to your loved ones that they can rely on you and your solid emotional commitment that has withstood the test of time and turmoil. You feel in harmony with an ideal you've long sought, preserving it by avoiding putting too much pressure on those around you.

Mood

PISCES: MOOD FOR JULY 2024

Saturn demands that you focus on the essentials, but count on a break in the clouds to reconnect with a desire to have a good time that is finding expression.

Love

PISCES: LOVE FOR JULY 2024

Count on the astral alignment of July to warm up the atmosphere and finally reconnect with the dizzying feeling of love. While you remain focused on your evolution, your personal growth, this priority doesn't prevent you from seducing and pleasing. The desire grows to start a family or expand it, to flourish in a pleasant environment.

In a relationship: July promotes your emotional fulfillment. If you've shown a somewhat austere face to your partner lately, you rediscover the joy of loving and being loved.

Single: Bet on this summer month that enhances your magnetism and invites you to take a chance in love to break away from a self-imposed isolation that has kept you from feeling the desire or need to seduce.

Money

PISCES: MONEY FOR JULY 2024

While you may currently be more inclined to save than to spend, a more flexible astral climate allows you to loosen up a bit. Jupiter favors personal, family, and private projects.

Work

PISCES: WORK FOR JULY 2024

A creative energy drives you to break out of your shell, to reconnect with your potentials and talents that are finding expression. This allows you to bounce back, emerge from the shadows, and rediscover the pleasure of producing. If you aspire to start your own business, this might be the right time to launch yourself.

Leisure

PISCES: LEISURE FOR JULY 2024

The notion of pleasure regains its place and meaning in your vocabulary; you allow yourself some indulgence and recreational activities.

Key dates

PISCES: KEY DATES FOR JULY 2024

The 5th: Dynamic exchanges aimed at making your intentions to build on solid ground clear to your loved ones, based on the lessons learned.

The 11th: No time for trifling with love, but rather to invest in a relationship that stands the test of time and to do everything possible to make the bonds last.

The 18th: You need to spice up the relationship, express your touch of whimsy, whether in emotional or creative terms. Don't hesitate to let loose.

The 21st: You bring joy to your loved ones, warm up the family atmosphere, and contribute to everyone's happiness. The full moon invites you to make plans.

The 22nd: You're getting closer to an ideal daily life. Avoid sending messages to others that could disturb them regarding your intentions.

Advice

PISCES: ADVICE FOR JULY 2024

July allows you to take a step back from self-imposed pressure. While it remains essential to build your foundations on solid ground, there's nothing stopping you from combining the pleasant with the useful.



THIS MONTH'S THOUGHTS ABOUT THINGS

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

... from page 6

I TOOK A BREAK FROM BREAD AND MY SINSUSES & ACHEY JOINTS CLEARED UP

I'd like to go grain free altogether for awhile but old habits die hard. I did well with no bread for 10 days but still ate noodles & rice. I switched to rice noodles and brown rice instead of white, but it's still grains.

Dropping the bread cleared up my sinuses and joint aches in 3 days. On day 10 tho I broke into the dude's bread stash to make a sandwich. Within hours, my sinuses began filling altho it took a coupla days for the joints to feel achey again.

And still I crave bread because I'm used to it and it's convenient.

We know that just because something FEELS FAMILIAR doesn't mean it's good for us.

I eat lots of veggies & greens, too. I eat eggs, cheese and poultry, I just sometimes get tired of chopping vegs and cooking meals and crave a sandwich.

I USED TO FEEL GUILTY FOR NOT DOING BETTER

I used to feel guilty for not meeting a goal, for not doing better, so I no longer kick myself for taking baby steps or for "falling off the wagon" when I eat toast or a sandwich. I'm just in my own time doing what feels best and is a little better for me than what I used to eat, which was lotsa starchy carbs that all converted into sugar in my body, which I discovered is what gave me achey joints & sinus congestion.

Plus it kept extra lbs on, 11 of which I lost last month, so that's a cool side effect when I wasn't trying.

I'm just working toward getting the A1c and triglycerides down. I'm stoked I've made it to age 72 with no health problems or meds and I intend to keep it that way.

GLUTEN IS NOT THE SOLE CULPRIT EITHER

I also learned it's not simply gluten that causes high blood sugar, etc. Processed "gluten free" products and recipes also keep the weight on.

I know my bread and pasta eating turns into sugar. The days I go without bread, I can feel sinus and achey joints again improved.

I'm still eating noodles (I have a pantry full,) but much smaller portions. I want to break from them also, small steps.

I'm also eating some brown rice and some potato in ¼ cup servings. I am by no means starch-free but at least now I recognize how my starch choices add up in the sugar and inflammation equations.

IT'S NOT JUST DIABETICS WHO SHOULD WATCH THEIR BLOOD SUGAR LEVELS

I also learned that it's not just for diabetics, it's ideal for everyone to keep blood sugar levels within a steady range to maintain sustained energy. A1c IS LOWERED BY EXERCISE, exercise prompts your muscles to take up sugar from your bloodstream, it helps your blood sugar levels drop more quickly after you eat a meal.

A POST-MEAL WALK AS SHORT AS 2-5 MINUTES MAY HAVE A SIGNIFICANT IMPACT ON BLOOD SUGAR LEVELS

A post-meal walk as short as 2-5 minutes may have a significant impact on blood sugar levels. A 30-minute brisk walk within 30 minutes after a meal can lower your blood sugar 50 times more than being sedentary. I get my labs done next week, am excited to see the results.

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THIS MONTH'S THOUGHTS ABOUT THINGS

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THINGS USUALLY WORK OUT FOR ME

I find things usually work out for me. I used to think I was just lucky but now I know it's my expectation and belief that attracts opportunity, answers and resolution. That somehow, whatever needs to be worked out will work itself out and be do-able.

ARE ANGELS WATCHING OVER ME?

Life is good. I feel angels are definitely 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.

Daniel Whittaker writes and I absolutely agree: *"Squad up my people. There's a party happening right now but you're too busy getting distracted. Re-adjust and refocus as many times as necessary. LIFE IS FUCKN ELECTRIC BRO. Don't fall for the doomer sh*t. WALK AROUND LIKE GOD SENT YOU AND SMILE AT EVERYONE YOU SEE. Spread light and abundance. Build things and take chances. This is the best time in history."*

Louise Hay said "As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those."

You may not be able to control thoughts coming up but you can certainly control when to change your focus if those thoughts are not serving you. For me, it's a daily practice.

Enjoy our offering this month. Hari Om.



Andrea



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ABRAHAM HICKS

... from page 29...

Esther Hicks

Your effort slows things down, your sacrifice slows things down. So then you become maybe the best at the mediocre, maybe you become the best of the sacrificers or the best of the efforters or the best of the strugglers, but there's a whole other world of abundance that you're preventing yourself from experiencing because you're not yet willing to acknowledge the goodness of who you are and the love that Source has for you and the perfection of your Vortex. And you're not yet willing to allow yourself the readiness to receive from that Vortex.

ABRAHAM ON FEELING GRIEF

The appropriate amount of grief is none at all. The grief that you feel is not about the death of your son, it's about the lack of alignment between you and you. Now of course his death was the catalyst, and if that hadn't happened you wouldn't be experiencing this grief.

And people want to say, I feel terrible and I miss the person who is no longer here with me, and we say, you don't miss the person, you miss the way you felt when that person was physically here with you, it is the alignment that is missing, not the person.

Because the person is not missing. Death doesn't separate you from anyone, but vibration separates you from who you are, and when you're separated from who you are, now you're separated from your son, because your son is over there with who you REALLY are. So the reunion is in the closing of the gap.

The details of life often confuse you because there is so much unnecessary conversation about, How, Why, Who brought it about, Should we do something about it... all that stuff, that while that's of interest to the subject, it's not of interest in closing the gap. And closing the gap is all that matters.

The world is grieving utterly unnecessarily. Grief is separation from your alignment. You have the power to come back to your joy, and you have no control over the conditions. Unconditional love says, I cannot control the conditions but I align with love anyway because that's my true nature.

Conditional love is bondage and bondage and grief are identical vibrations.

Work on the alignment the best you can and new and logical steps will begin to appear to you.

ABRAHAM-HICKS ON ALLERGIES

I've totally experienced this to be true. When I'm in a good place nothing bothers me. If I've got a little resistance going my hay fever may act up, the carpal tunnel, a little arthritis all at the same time. Then I think I need to stop bread. YA GOTTA LAUGH. Editor

"Do you know what has happened to someone who has a sensitivity to food? They're insensitive to their emotion, until it got big enough in the form of an allergic reaction to get their attention. You don't have a sensitivity issue, you have an insensitivity issue, you haven't been aware that you weren't in the Vortex.

You'll discover that you're not allergic to food, you don't have hyper-sensitivity to food, you're allergic to being out of the Vortex. You're allergic to negative emotion, you're allergic to things that make you worry, you're allergic to things that make you feel overwhelmed, you're allergic to things that make you feel resentful. That's the operative word: resentful.

We just think it's a wonderful thing, where if something's got your attention and you're not in the Vortex and you don't know it, don't worry, it'll get bigger, and if you still don't know it, don't worry, it'll get bigger, until it gets big enough, that you say, 'this is uncomfortable, I think I need to do something about this'.

Just don't do the crazy thing and start to eliminate food from your experience. That is what makes you feel deprivation. That's not the answer to what you're looking for. You're looking for **Vibrational Alignment**, not omitting the culprit. This is a **Universe** based upon inclusion. You can't push unwanted things out of your experience. When you're outside the **Vortex**, anything and everything can cause an adverse reaction.

We see you scrambling around trying to figure out, 'it might be this food, it might be that, I wonder if it's the sucralose, I wonder if it's the sugar, or the carbs, I wonder if it's the wheat, I bet it's the gluten', and we say, it's not any of that, it's because you're not in the **Vortex**, and you've got other things that you're focused upon that is keeping you from being in the **Vortex**. Period. Period. Period!"

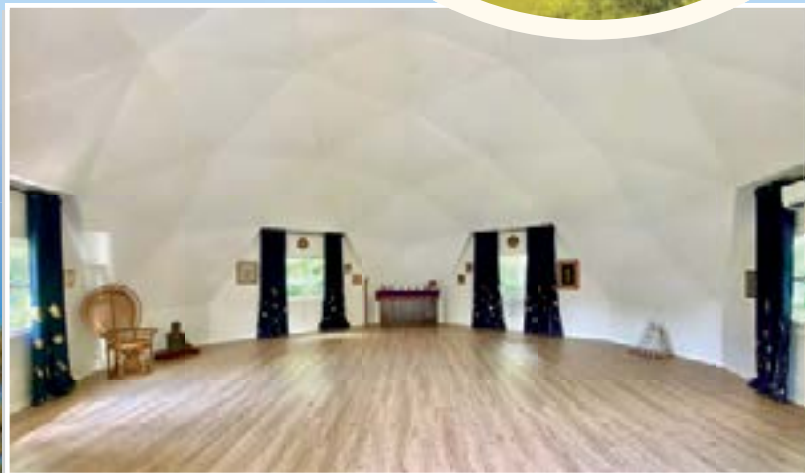


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