

**FREE**  
**AUGUST 2018**

Andrea de Michaelis presents

# HORIZONS

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*Our 26th Year*

**AUGUST 2018**  
**FREE**

*Kathleen Skaggs*  
2017



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

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

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

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

## **Rev. Albert J. Bowes**

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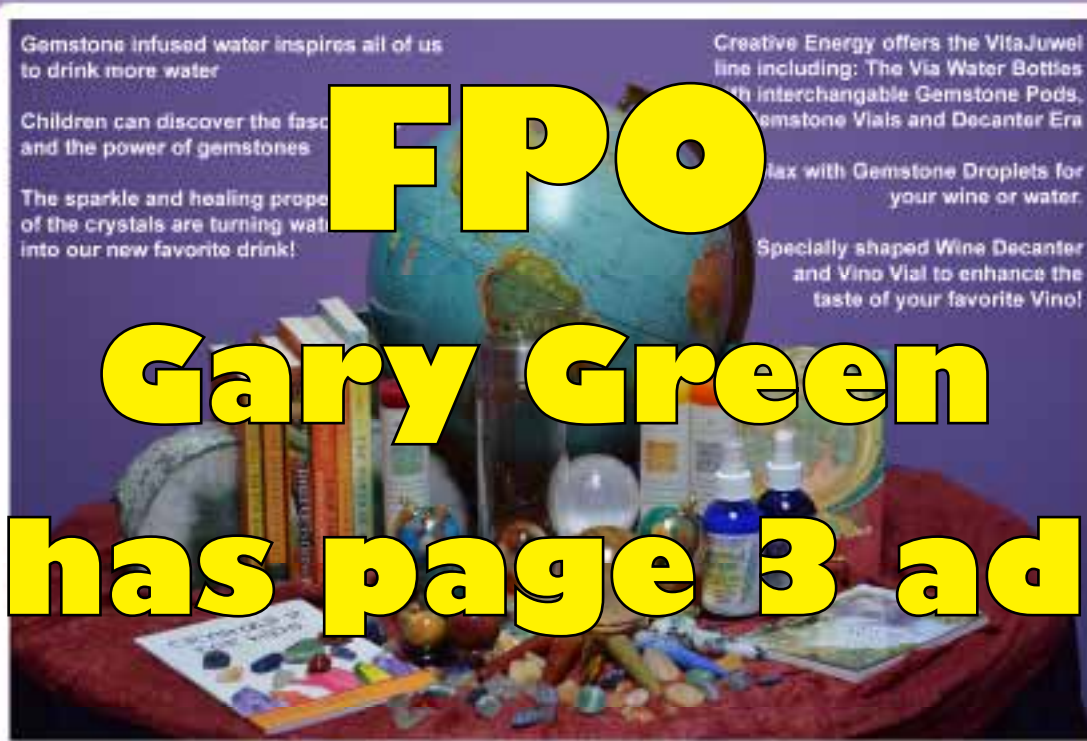
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This involves getting clear about the nature of the divine, your own nature, and how things work in the Universe (Unity Principles 1, 2, and 3). There will be time for song, spoken and silent prayer, discussion and sharing, as well as for practice praying for self and others.

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

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

## THE HIDDEN STEPS ON YOUR SPIRITUAL JOURNEY

**Thursday, August 16th 6:30pm**

Facilitated by Ken Thornton

What makes us tick? As above, so below. We will be exploring the structure of the ladder to God, the laws that determine how Creation works, and the ways this affects your spiritual journey.

Join us in using this affirmation as we enter the search process for our next minister:

"We see all those involved in the selection process for our next minister as being filled with the spirit of divine love and wisdom, guided and directed towards the employment of the right minister for the highest good of this ministry. And so it is. Thank you God."

## ONGOING EVENTS

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

**Noon Prayer Service Tuesdays and Thursdays**

**Tuesdays – Course In Miracles 7:00pm**

**Wednesdays – Melbourne LGBT AA 6:30pm**

Join us in a Journey of Spiritual Discovery [www.unityofmelbourne.com](http://www.unityofmelbourne.com)

**The greatest  
optical illusion is  
separation**

# HORIZONS

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Andrea de Michaelis

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

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



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

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

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

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# 12 Steps of Spiritual Freedom

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



**You are loved and guided more than you can imagine**



**Andrea de Michaelis**  
Publisher in 2016

## THIS MONTH'S THOUGHTS ABOUT THINGS...

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

### HELLO AND WELCOME TO THE AUGUST 2018 HORIZONS MAGAZINE. SUMMER IS HEATING UP SO I'M GOING TO JUMP RIGHT IN HERE.

Many of us don't get what we want because manifestation takes extreme focus and our attention is too easily scattered. We let ourselves be distracted from the main topic, distracted from what we want. Then we find ourselves halfway down a new rabbit hole before we realize we've been steered off topic.

Case in point, last month on Facebook as we were discussing "thoughts are things," someone asked me what were the mechanics of changing thought (from negative to positive.)

I outlined the step by step process I use. I used the situation with the detained immigrant children as one example. Half of the people then began commenting on the immigrant situ-

ation, changing the topic from "give me a helpful process please to transform my thoughts into productive fuel for the manifestation of my desires," to "how can this tragedy happen??"

It happens when we let ourselves be distracted from staying focused on the real issues at hand. The Russian election tampering is a good example as an archetype and metaphor for that. But that's not what this is about. This is about giving you the process for changing thought. Here's what I wrote, you'll find it very helpful to glance over a few times.

### THE PROCESS WORKS NO MATTER THE TOPIC, EVEN THE DETAINED IMMIGRANT CHILDREN

I was asked today about the MECHANICS of changing thought and then a few friends got emotional over the TOPIC and shifted the convo away from the process. That's exactly how we get derailed in the manifestation process. We let ourselves get distracted and derailed.

I'd posted on Facebook that one of my favorite quotes was "As hopeless as any situation feels it's really only your thoughts that you are dealing with and you have the power to change those" by Louise Hay.

FB friend Sharon asked, "What about the kids taken from their parents? How is that just a thought I am dealing with?"

If you're asking the same question, you misunderstand.

...continued on page 20...



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Independently, each of the following steps sends a signal to your body that a specific shift to peace and calm has been put into motion. Combined, the steps create an experience that takes us back to a natural inner harmony that existed in our bodies earlier in life, before we began to separate our heart-brain network through our conditioning.

## STEPS FOR QUICK COHERENCE®

### STEP 1: HEART FOCUS & STEADY BREATH

**HEART FOCUS.** Shift your focus into the area of your heart, and begin to breathe a little more slowly than usual, as if your breath is coming from your heart.

This step is a powerful technique unto itself and can be used when you're feeling overwhelmed by the day's events or when you simply desire to be more connected with yourself.

As you slow your breathing, you are sending a signal to your body in general, and your heart specifically, that you are in a place that is safe and it's okay to turn your attention inward.

### STEP 2: ACTIVATE A POSITIVE FEELING

Activate a Positive Feeling. Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. The easiest way to do this is to think of a beautiful place you have been or to think of a very close friend or loved one.

The key in this step is to first create the feeling, to the best of your ability, and then to embrace the feeling, again to the best of your ability.

Your ability to sustain the feeling is what maintains the optimal conversation between your heart and your brain.

As with any skill, you'll find, I think, that the more you practice creating coherence between your heart and your brain, the easier it becomes to do so and find that inner balance. And the more you consciously practice this 2-step meditation, the more natural the experience of achieving coherence begins to feel to you.

With the growing level of ease in achieving heart-brain coherence, you'll also discover your ability to sustain the connection between your heart and your brain for longer periods of time.

Finding inner peace and balance will be something you can begin to cultivate at will, allowing you to be more resilient when conditions in your life become more challenging and stressful. You can practice this technique anywhere and any time.



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**Q: I've heard from several sources that all the cells in the human body are replaced within about a year's time. One person I know has diabetes and her pancreas has not worked for decades. Another has a nerve injury that prevents her hand from working. How can we vibrationally create the perfect cells to regenerate the body part that is not functioning properly?**

A: Well, let's look at a physical body and all of its cells, many of them - trillions? It's hard to count. Imagine a very small community, and you've been watching them from a distance and you notice that they have some very destructive beliefs. And some wise person says to you "Well, don't worry about this village because, in time, all of these people who are now here practicing these not very beneficial beliefs will be dead. And they'll be replaced with a whole new village." And you say "Well, that does give me hope."

And then you say "Will they all die at the same time? And will they all be replaced at the same time?" And then someone wise says to you "No, some of them will go and more of them will come, and some of them will go, and more of them will come." And then you say, "Well then, it's going to take a while for these undesirable beliefs to be watered or filtered out, because the ones who are still there that still have the beliefs are going to teach them to the new ones who are coming on."

So, you get the gist of our story? It's sort of what happens with your body and your cellular communities. Once the cells in a particular area of your body begin behaving in the way that they do, they have the same power of influence that anyone does to anything that is near. The difference between the analogy of the people in the town - that it would be nice if they would all die at the same moment (for the purpose of this story) - and the cells in the body is that the cells in your body are all Pure Positive Energy cells. In other words, they are actively, instinctively working for their own personal survival, which is something that we've been trying to get all of you to do, at least in these hours that we've been discussing here today - we want you to more selfishly approach your own experience.

So the cells of your body - do you know that they are the first point of the summoning of the Life Force? Do you know that it is the cellular summoning of Source, or the cellular asking that is the reason that the doctors pronounce you alive or dead? In

Rev. Andy Conyer

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other words, it's that cellular summoning that is that difference. So the cells are summoning and Source is answering.

And if that were all that there was to this cellular community, these cells that know how to be well, if they somehow found themselves teetering on a little bit of imbalance, they would just make the correction automatically (they always do), and Source would answer the corrected request, and the cell would right itself within the body. And a body of very well cells is a very well body.

But, there is another factor that affects the way the cells are able to receive what they're asking for, and that's the influence of the mind or the vibrational patterning or the attitude or the mood of the human who is inhabiting the clump of cells. So now, what was your question again?

**Q: So, since this process is going on, and what I want to do is get younger, or I want to heal a part of my body, or I have a scar, and I know that all the cells are going to change out in that piece of skin a short period of time,**

*...continued on page 28...*



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## PROTECTING YOUR BONES FROM OSTEOPOROSIS

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

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

### SO WHAT CAN YOU DO TO HELP YOURSELF?

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

If you are thinking of using herbs consider **Oatstraw, Red Raspberry, Dandelion, Horsetail, Nettle, Alfalfa, Boneset or fennel**. These herbs are rich in **calcium, magnesium, boron, silica, Vitamin K, and zinc** helping to strengthen your joints, muscles, cartilage and bone density.

With menopausal women and men (Yeah! Men go through this too!) the increase of bone loss is associated with less estrogen being produced by the ovaries and by lower levels of testosterone being produced. Look for hormonal balancing herbs like **Wild Yam, Red Clover, Vitex, Sage, Black Cohosh and Saw Palmetto** these herbs supply the body with isoflavones, phyto-estrogen and phyto-testosterone compounds that help to create the hormones needed for both men and women to increase bone density and to slow down bone loss.

My favorite Calcium Rich Tea contains ¾ oz. Rosehips, ½ oz. Lemon Balm, ¼ Nettle, ½ oz. Lemongrass, ½ oz. Oatstraw, ¼ oz. Red Raspberry and 1/8 oz. Cinnamon. This tea has such a nice flavor even the kids will like it. Another tea blend rich in calcium and hormonal properties is ½ oz. Alfalfa, ½ oz. Red Clover, ¼ Sarsaparilla, ½ oz. Horsetail, ¼ oz. Wild Yam, ½ oz. Red Raspberry and ½ oz. Fennel. **Each of these teas is prepared by using one teaspoon of the herbal mixture to eight ounces of boiling water, steeping about 15 minutes, straining and drinking.**

Beyond herbs, don't forget your vitamin D; it can be gotten from a 20 minute walk in the sunshine 3-4 times a week without sunblock.





# SETH ON WHAT IS THE PURPOSE OF EXISTENCE? WHY WAS I BORN?

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](http://www.sethlearningcenter.org)

**You must be taught and trained to create responsibly. Yours is a training system for emerging consciousness. You are learning to be cocreators.**

You are learning to be gods as you now understand the term. You are learning responsibility- the responsibility of any individualized consciousness. You are learning to handle the energy that is yourself, for creative purposes.”

## FROM THE EARLY SESSIONS:

“The child must mature, and your system is a maturing ground, a very primary one.... A beginning school...”

“The human race is a stage though which various forms of consciousness travel. Before you can be allowed into systems of reality that are more extensive and open, you must first learn to handle energy and see, through physical materialization, the concrete result of thought and emotion.”

“In more advanced systems, thoughts, and emotions are automatically and immediately translated into action, into whatever approximation of matter there exists. Therefore, the lessons must be taught and learned well. The responsibility for creation must be clearly understood.”

**ACCORDING TO SETH**, the physical world can be thought of as an elementary school. We are all enrolled in a cosmic grade school and we are here to learn AND to enjoy our being. In the fertile soil of physical reality we are meant to grow and blossom.

Our day to day experience is our classroom, and we are learning the A.B.C.'s of how to use energy so that we can become conscious co-creators with the **Universal Spirit, Mind, God, All THAT IS**, or whatever term you prefer. On the one hand we are each unique manifestations of the Universal Spirit/All That Is, and on the other hand we are individual “infant” gods, or gods in training.

One of the most important lessons to be learned is that we create our own reality, according to our thoughts, emotions and beliefs. We each have access to unlimited energy and the inner knowledge of our “soul” or greater identity, and we are supposed to learn how to use our awesome power with skill and wisdom.

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# THE CRYSTAL GARDEN

Margaret Ann Lembo is owner of The Crystal Garden, the conscious living store and center of the Palm Beaches located in SE FL established in 1988. She is the author of The Essential Guide to Crystals, Minerals and Stones, Chakra Awakening, and many more. Her latest book: Animal Totems and the Gemstone Kingdom: Spiritual Connections of Crystal Vibrations and Animal Medicine and Deck: The Animal Allies and Gemstone Guardians Cards. Visit her online at MargaretAnnLembo.com

## Animal Totems and the Gemstone Kingdom Spiritual Connections of Crystal Vibrations and Animal Medicine BEE AND HONEY CALCITE




Animal medicine offers us a powerful signpost for self-knowledge and clarity on life's challenges. When a creature from nature appears to you repetitively or in some out-of-the-ordinary way, it is time to pay attention and find the message that nature is bringing you. There is much to learn from observing the characteristics and qualities of all beings—especially the animals. Through observation, you can derive symbolic meanings and teachings as they apply to you personally. Crystals, minerals, and stones hold the history of the earth and all that this planet has to offer you to evolve your soul and spirit in this incarnation. The color, formation, and manner in which the stone grows offer a teaching to know yourself and your life purpose. Matching the teachings of gemstones with the teachings of animals provides you with an even deeper understanding and a life filled with “aha” moments.



When Bee shows up in your life, it is time to cultivate concepts or projects through action. Do what needs to be done, and make things happen. It's time to be productive! Bee is a good ally when you want to be very organized, have clearly defined roles, and dedicated workers who are interested in the greater whole. Community is a keyword for Bee totem because of bee's ability to work with others to produce a sweet outcome. Call on Archangel Uriel to help you focus on guiding humanity toward stewardship of Mother Earth and keeping our bee population healthy and active.


Bee's vibrational matching gemstone, honey calcite, reminds you of your emotional connection to all that is. Use this stone to connect with nature spirits. If the energy of Bee has you working overtime, relax with this gemstone to restore balance and remember to enjoy the sweetness of life.



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# 3 SPIRITUAL LIFE LESSONS I'VE LEARNED



John Culbertson is a psychic, shamanic practitioner, metaphysical minister, spiritual counselor, author, and spiritual teacher of over twenty years. He offers private sessions and classes. You can learn more about him and his work at his website <http://mysticjohnculbertson.com>

**All of us in this world are constantly in a process of learning spiritually. We are all also in the process of trying to improve our lives.** Each of us can learn something from the other and we are all called, from time to time, to be teachers to one another. The problem is that sometimes our ego gets in the way of us allowing ourselves to hear new thoughts and ideas from other people. We sometimes think we know it all or that there is nothing else left to learn. This is a dangerous place to be for it shuts down the possibility of not only advancing spiritually and in our lives, but also from being capable of being able to teach others those very ideas we avoided allowing ourselves listen and learn in the first place.

Here are three spiritual lessons my guides (both spiritual and physical world) have shared with me over the years that I'd also like to share with you. Try to figure out which of them you've already learned and which would be in your best interest to work more on.

## LESSON 1: WE EITHER CONTROL OUR EMOTIONS OR THEY CONTROL US

Two young people each have a partner who breaks off their romantic relationship. One breaks down and cries, saying "I can't live without you!" The other shrugs and says "There are more fish in the sea!" Both have experienced the same event, but their reaction and emotional disposition determine where things now go and how they ultimately feel.

My students never like it when I say we can control our emotions. One of the first tasks in many Esoteric Organizations is in teaching the adepts to understand and grasp this concept. Once a person learns to master their emotions, they can effectively change their lives in a mere instance. Likewise, to not have that mastery is to allow other people and situations to eventually dictate your life.

This has personally been a very hard lesson for me to learn and I find myself still working on it, sometimes daily. I have such a strong emotional sensitivity to the world around me that my

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emotions are always firing. Learning to take a deep breath and ground and stabilize before reacting or acting has been a challenge.

**What has helped me? Having teenagers!** Many know that my wife and I have hosted 3 foreign exchange students. Having a teen in my life has forced me to stay centered and grounded - in an effort to keep them centered and grounded, too! Sometimes we need others around to help remind us, even if just with their presence, that we need to stay in and keep control of those deep and passionate emotions that flow through us.

**The other very practical thing which has helped has been meditation.** I can always tell when I'm due for a meditation session. I feel drained, exhausted, and irritated. I'm always amazed at how much meditation helps me to stay in control of my emotions as well as refreshes me mentally, emotionally, spiritually, and many times even physically.

*...continued on page 27...*

# FROM THE HEART



Alan Cohen is author of many popular books, including the forthcoming *The Tao Made Easy*. Join Alan in Hawaii this December for his life-changing seminar *Transformer Training* to develop your skills and/or career as a teacher, healer, or leader. For more info see [www.alancohen.com](http://www.alancohen.com).

## YOU'VE GOT TO BELIEVE ME

**Are you worrying about how something important to you will turn out? I know the answer. You've got to believe me.** I dreamed that a friend of mine had just gone through a painful breakup with her boyfriend. She felt devastated because she had thought for sure this fellow was the man of her dreams and they would be together for life. Now she was heartbroken and discouraged, and feared to face her future.

In the dream, I was telephoning my friend from two years forward in the future. From that vantage point, I knew what had happened since her breakup. Her future was already history to me. During that time she had met a wonderful man, they had married, and she was very happy. The breakup was of no consequence now; in fact, it put her in a position to meet this fine fellow.

On the telephone, I told her, *"Please listen to me. I know this sounds crazy, but I am seeing your life from two years ahead of where you are now. I know what will happen because, from where I am standing, it has already happened. Within the next two years you will meet an awesome man and be happily married. You've got to believe me."*

I awoke from the dream feeling deep bliss and fulfillment. There are many levels and kinds of dreams; this one was an inspirational vision from a higher power. Beyond the message for my friend, I had received a universal lesson. **God** could call any of us up and say, *"Please listen to me. I am standing in your future, and I can tell you with perfect assurance that the thing you are worrying about now is utterly meaningless. Everything is going to turn out all right, and you will have everything you want. You've got to believe me . . ."*

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One day when I had just begun to present seminars, I was driving to a program and I began to feel nervous. What if my presentation flopped? What if people did not like me? What if my anxiety undermined my skill? And on and on. Then another voice popped into my head with a profound statement that helps me even now. It noted, ***"You always get nervous before a program, and the program always turns out great. So why bother worrying?"*** Instantly I relaxed and let go of my fear. The program was a success, and since that time I have approached my presentations with a sense of knowing that all is well and everything will turn out fine.

At one seminar, a young Jewish woman tearfully told of a painful relationship conflict she was struggling with. She was in love with a Muslim man, but her father forbade her to see him. This created a deep quandary for her, since she could not reconcile her love for this man with her desire to honor her father's wishes and keep harmony in her family. She went on to wrestle with this issue for a long time, and returned to another seminar a year later, still distraught.

Then, several months later, she mailed me a copy of a letter she had written to her father. The letter was a masterful communication filled with honesty, clarity, and compassion. She told her father that she loved him very much and appreciated all that he was to her, but she had to follow her heart and be with the man she loved. As I read the letter, I realized that this woman had finally claimed her power and made a loving stand for her truth.

A year later I received a beautiful photo of her wedding, and a few years later I received another photo of their newborn child. Meanwhile, her father came around to support her. This woman's joyous resolution represents thousands of journeys I have been privy to in my seminars. I see so many people stuck, confused, or fearful about what will come next. Eventually they somehow handle their issues, and the universe gives them a hand with the details. I have seen this process so often in so many lives, including my own, that when I offer counseling, I can assure my clients that somehow things will work out. Their job is to get out of the way and let it be.

And not only do things somehow work out, but the process of getting to that point ultimately empowers them more than if the challenging event had not occurred. So every piece of the jigsaw puzzle fits.

**A Course in Miracles** tells us, "A happy outcome to all things is sure." That's a big chunk of truth to bite off if you are accustomed to fearing that if you do not control every detail of your life - and perhaps the lives of others - things will fall apart. But when you let go and trust the process, things usually fall together. The Course also tells us that it takes great learning to realize that all events, encounters, and experiences are helpful.

So here I am, two years into your future, telling you that that thing you are worried about will turn out fine, and every step in the journey will be an integral one. You've got to believe me.



# ASK WHITEDOVE



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

## DEAR WHITEDOVE,

My husband is almost at retirement age, he was let go when another company bought out the corporation that he worked for. Now he has lost his drive and doesn't want to get back into the workforce. The problem is, we can't make it on my salary alone. We've made some cryptocurrency investments but nothing has paid off yet and we have two kids in college. How should I handle this?

## Dearest,

I see that your husband has lost his confidence. As his wife and helpmate, you need to help bolster his self-worth. I'm not saying falsely stroke his ego: just remind him of all his accomplishments. With some confidence, I see that he will be able to find work.

With that said, don't limit yourself with an old belief system. Times are changing. A nine to five job is an old paradigm that humans have bought into.

Money can come to you in the most interesting of ways and cryptocurrencies is a great start. "Spirit" said that this new kind of digital currency is the wave of the future. Cryptocurrency was made "for the people, by the people" to help us all move away from the greed of the corporate banking system and level the playing field so that the common man can invest and create financial freedom.

With your jobs and the cryptocurrency, use visualization techniques along with the law of attraction and give thanks. I see funds coming to you from many different directions. You'll be comfortable, debt-free and more than your needs will be met. God is Great, do the spiritual work and have faith!

## HI MICHELLE,

I'm a big fan of the paranormal and I was wondering, why would a ghost decide to stay on this side and not go into the light?

...continued on page 29...

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**REGISTRATION:** In advance before June 30th - \$130 per person, families \$180. At the door \$140 per person or \$200 for families.

**WHEN:** 4 pm Aug 31st until 2 pm Sept 2nd

**WHERE:** Yogashakti Mission 3895 Hield Road, Palm Bay FL 32907. (321) 725-4024

**MEALS:** Delicious and wholesome home-cooked vegetarian meals will be served each day.

**WHAT TO BRING:** Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook.

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# 6 GUIDELINES GO BIGGER, RUN FASTER, LIVE LONGER

Mike Dooley is a former PriceWaterhouseCoopers international tax consultant, turned entrepreneur, who's founded a philosophical Adventurers Club on the internet that's now home to over 500,000 members from over 182 countries. His inspirational books emphasizing spiritual accountability have been published in 25 languages and he was one of the featured teachers in the international phenomenon, The Secret. Today Mike is best known for his free Notes from the Universe e-mailings and his New York Times bestsellers Infinite Possibilities: The Art of Living Your Dreams and Leveraging the Universe: 7 Steps to Engaging Life's Magic. Mike lives what he teaches, traveling internationally speaking on life, dreams, happiness. Find out more at tut.com.

**My book, Life on Earth: Understanding Who We Are, How We Got Here, and What May Lie Ahead, is a collection of my questions and my answers, chosen to help you joyfully rock your life. These questions and answers have given me the traction to live deliberately and create abundantly, loved and in love, with lots of friends, traveling the world, living a life that has exceeded my wildest dreams.**

Thoughts become things.

Not sometimes but all the time. Not just your positive thoughts, but the other ones too. It's an immutable law as rigid, as predictable, and every bit as dependable as gravity. In fact, no one can ever turn it off.

But this isn't bad news! It's awesome news because they're your thoughts, and every minute of every day you get to choose exactly what you're going to think.

And with this principle, you can bring virtually anything you can imagine into your life, and it's not just limited to material things.

You can imagine more love, more joy, and more laughter.

For example, what makes people fabulously rich? The answer exists. Do they all have high IQs or EQs? That's a BIG N.O.—just look at the people with mountains of money! Rarely are they the “sharpest tools in the shed.”

They all believed that it could happen to them.

They all dreamed and imagined either avalanches of cash crashing into their lives or of something else happening, unrelated to cash, yet that would consequently, intentionally or unintentionally, create avalanches of cash.

*...continued on page 21...*



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*Max the crystal skull is known internationally and is considered to be one of the rarest artifacts ever found. Estimated to be at least 10,000 years old, used by Mayan priests in Guatemala for healing and prayer, Max is perfectly attuned to **Christ Consciousness** and transmits this state to people who meditate with him. Many who have been in the presence of crystal skulls have had a range of experiences including receiving instantaneous healing, information, visions of other worlds and the experience of higher states of consciousness and expanded intuitive abilities. To this day, Max is used as a tool for awakening consciousness and accelerating healing and growth on all levels.*

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# ABRAHAM FUN



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

## Soulson #219

### I WANT A FABULOUS LIFE

**It is not in my best interest to be against anything.**

**Anything.** My thoughts are magnetic. Anything I think about, pro or con, increases the likelihood of that very circumstance or something similar turning up in my experience.

OK. Got it already. But how do I shake off that twinge of guilt/foreboding ("Oh, no, I'm being negative again!") when I notice my focus is on unwanted things. I make peace with my negativity, using it as a powerful springboard to specify what I do want.

"Dang it, traffic's terrible" becomes "I want an easy commute today." "I feel sick" becomes "I want to feel healthy and energetic." "I hate this crummy neighborhood" becomes "I want to live in an area that's peaceful and beautiful." "The holidays again, and I'm strapped for money" becomes "I want extra holiday cash."

"I want" or "I desire" or "Wouldn't it be nice if..." sentences are powerful statements of intention. The Universe responds immediately: "I'll get right on it, boss!" I want to have fun practicing this today!

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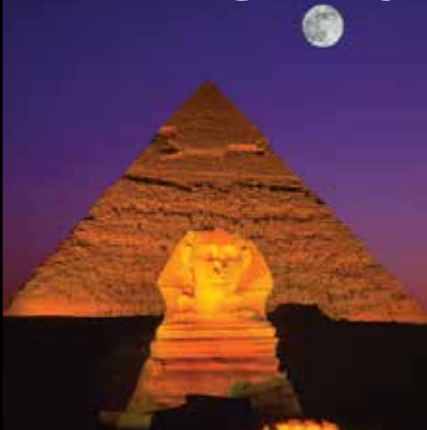
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Mondays and Thursdays SEBASTIAN 7pm, \$11 Intuitively guided Journey Meditations with Psychic Medium Marchelle at Into The Mystic.1614 US Hwy 1, Sebastian. 772-480-4344

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

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

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

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

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

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

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)

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

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# NOTES from the Universe

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

**If you were to ask me, I'd probably say that the number one cause of loneliness in time and space is not a lack of friends, but a lack of keeping busy.** I'd even go so far as to say that nine out of ten times the solution to every crisis, challenge, or problem - in relationships, careers, or otherwise - is to get busy. Because when you get busy, you allow me to slide whatever you most need - be it material, spiritual, or a new friend; answers, ideas, or comfort - right under your big ol' nose.

Tallyho,  
**The Universe**



# SPIRITUAL GRAFFITI

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

**"The path of the spiritual warrior is not soft and sweet. It is not artificially blissful and pretend-forgiving. It is not fearful of divisiveness. It is not afraid of its own shadow.**

It is not afraid of losing popularity when it speaks its truth. It will not beat around the bush where directness is essential. It has no regard for vested interests that cause suffering. It is benevolent and it is fiery and it is cuttingly honest in its efforts to liberate itself and humanity from the egoic ties that bind.

Shunning strong opinions in the name of spirituality is anti-spiritual. Spirituality that is only floaty-soft is a recipe for disaster, allowing all manner of manipulation to run amok. Real spirituality is a quest for truth, in all its forms.

Sometimes we find the truth on the meditation cushion, and sometimes we find it in the heart of conflict. May all spiritual warriors rise into fullness. This planet is lost without them."



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## This month's thoughts about things...

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

*... from page 7*

I was talking about the MECHANICS of changing thought. Don't confuse the TOPIC with the PROCESS. **Don't let EMOTION of the TOPIC prevent you from remembering the PROCESS. The process of relieving a situation by removing your attention from it, by replacing the thoughts of it with thoughts of something else, something happier and more optimistic.**

Important to note, the process of relieving a situation by removing your attention from it relieves it by removing it from YOUR experience. How does that help? It takes you out of vibrational resonance with it, so you no longer fuel that flame. When your attention moves AWAY from the hopeless situation, you will stop being attuned to it and stop attracting things like it.

*Remember, the question wasn't "how do I help these kids?" The question was "how can I change what I view as a hopeless situation if it's only my thoughts I am dealing with and I have the power to change those?"*

Using the immigrant children situation as an example, first understand, it does not matter WHAT the topic is. **If seeing or hearing about a topic causes you distress, the way to lessen your distress is to get off that topic. Get OFF that topic and purposely get ON a topic that makes you feel happy. Otherwise it can affect all areas of your life because it's all related. Everything.**

So the answer is easy until you say "how is it just a thought when kids are being taken from their parents?" Because everyone then shifts their attention from "the process" to "the topic."

**YOU ASKED HOW TO CHANGE IT. THIS IS THE PROCESS TO CHANGE IT.**

**The thing that is causing you pain is thinking about the topic. Is it unjust? Yes. Is it horrible? Yes. But IF it is NOT your battle to fight and there is nothing you can do about it, get off the topic if it makes you feel bad. If you feel bad, you're not doing anyone any good.**

**If it doesn't feel right to you to get OFF that topic and think happy, fluffy thoughts so you can bring happy, fluffier people and circumstances into your experience, then DO something about it.** Pray for guidance about where your time might be better placed, where you can do good right where you are, starting now, today.

A galpal said, "We HAVE to deal with our hearts and our emotions as human divine beings ... otherwise it's just a mind game ... What would Jesus do? turn his back on his children ? um I don't think so."

To that I say: **Sharon didn't ask WWJD, she asked how is it just a thought she is dealing with. She asked me what the mechanics of that was, what the technical process was. I told her what the process was.**

And yeh, I know that sounds fluffy if you don't know how it works. If you stay ON the topic that causes you distress, it's the same as being dialed into that station on the radio. You're got to be on that frequency to even hear about things like that bc if you're on 98.5 you can't hear what's on 88.3.

So you stay ON your aggravating topic, you read about it, you chat about it with friends, you're not only ON that station, when you're on 98.5, you're also attracting into your life people and circumstances that are also on 98.5.

When you start watching the news and getting aggravated, you're likely to have all sorts of other aggravating stuff begin happening because that's where you've vibing by paying attention to all that. That's the channel, the station you're dialed into.

But you can change it in an instant, by moving your focus to something happier. because then you begin attracting all sorts of other happy stuff to focus on.

Does this mean turn your back on the woes of the world? Ah, there's the dilemma, isn't it?

There's the work: balancing enough caring what goes on in the world with keeping your focus uplifted so you can have a happy, successful life.

**You're the only one who can decide where that balance lies. But the process to do it lies in merely removing your attention from distress.**

Gravity doesn't care if you have a moral dilemma with everything dropping to the ground when released. Gravity is just a natural force at work in the world, the same as it's a natural force attracting something when you place your attention on it.

"As hopeless as any situation feels it's really only your thoughts that you are dealing with and you have the power to change those."

Enjoy our offering this month.

Hari Om.



Andrea





## 6 GUIDELINES TO GO BIGGER, RUN FASTER, LIVE LONGER

*...continued from page 16...*

And once you believe something, you can't help it, it's the nature of "things," you automatically start thinking more and more thoughts along the lines of your beliefs, which ultimately means you start dreaming, imagining, speaking, and behaving along those lines.

And once you go there, what happens next?

Your thoughts will become the things and events of your life—it's the law.

To see this in its simplest form, what happens when someone throws a ball into the air? Right! Midway through its journey, it begins falling back down to earth.

Why?

Because it has to. It's the law. Now, let's make this a little more complicated, so that you really get how simple it is.

In order for that ball to begin falling back down to earth:

- Does it matter who threw it?
- Does it matter how old they think they are or how young they really are?
- Does it matter how good-looking and popular they are?
- Does it even matter whether or not they know about gravity and the principles of physics for that ball to come back down to earth?

No! Nothing matters once they throw that ball, because as it leaves their fingertips, the Universe and its principles take over.

And that's exactly what happens once you choose your thoughts. So, choose them . . . wisely.

What might you suggest they do to harness this power?

First be sure you, they, understand that anyone really only has three points of contact with life's magic or this principle:



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Their thoughts

Their words

Their actions

Not to make this complicated. Everything still boils down to thoughts becoming things.

But you speak your thoughts as well. Your words are nothing more than your thoughts charged with enough urgency that they roll off of your tongue.

Your actions are nothing more than your thoughts charged with so much intention that they've thrown you into motion.

Which tips us off as to how and where you can begin deliberately using this principle of thoughts becoming things to spark major life changes.

You only need to do what you can, with what you have, from where you are, and it will be enough to turn any tide in your favor.

How do you use your thoughts?

Defensively - Simply monitor yourself. Be an observer. Become aware of what you're thinking and, to the degree possible, do not allow yourself to continue focusing on things that do not serve you.

The more you think about something, the more you either draw it forth or perpetuate its existence in your life.

Your thoughts are not just thoughts. They're the building blocks of your tomorrows.

When you discover those that are unhelpful, to the best of your ability, change "the channel."

Again, don't worry that you worry.

Remember, you're inclined to succeed and your positive thoughts are far more powerful than your fearful and worrisome thoughts.

*...continued to page 26...*

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## 6 GUIDELINES TO GO BIGGER, RUN FASTER, LIVE LONGER

*...continued from page 21...*

Offensively- Visualize. And don't just wait for runaway trains of negative thinking to emerge before you try this out!

If you understand that your thoughts become the things and events of your life, how could you not spend just a little bit of time every single day deliberately thinking thoughts of the life of your wildest dreams as if you were already living it?

To this end, here are six guidelines that may help. They're not rules. This is all about thoughts becoming things.

### VISUALIZATION GUIDELINES

**1. Just do it once a day. That's it. One time a day, and then drop it. Get back to the here and now, appreciating who you already are and all you already have.**

Do not start doing it 27 times a day, thinking that it will be 27 times more effective than if you did it just once. If you visualize 27 times or even 7 times a day, there's a tendency to start comparing where you dream of going to where you are here and now.

And if you're spending so much time between the two worlds, you may become overwhelmed with the seemingly great distance you have to travel, become psyched out, demoralized, maybe even give up.

Don't risk it! Don't become overwhelmed. And don't start living in the future when your happiness does most certainly spring from the here and now.

Solution: one time a day, and you're done until tomorrow.

**2. Don't visualize longer than 5 or 10 minutes. That's the max, not the ideal. Three or four minutes a day would be awesome.**

The reason not to visualize longer than 5 or 10 minutes is because no matter who you are, if you try to visualize longer than 5 or 10 minutes, you are going to start daydreaming.

Don't go there. In fact, you might use a countdown timer so that you aren't wondering during the exercise how much time you have left.

Once you visualize for 3 or 4 minutes, you've made your mark. You've created the impression of what it is you want. Those

thoughts are now striving to become the things and events of your life.

**3. Imagine every possible detail. When you're visualizing, consider and include every conceivable detail.** See the sights, hear the sounds, smell the aromas, feel the textures, put in all of these details, and, for extra credit, put in some extraneous details.

All extra details make the image in your mind more real. When you're visualizing, clarity is power.

**4. Feel and imagine the joy. It's just one more detail, but it's such an important detail that it gets its own guideline, and it's the detail of emotion.**

Emotion acts like a power booster for all manifestations. It makes the whole process happen faster. Emotion is what you're really after, right?

The reason you want more money or more friends or improved health is always for the emotion of joy and happiness. So when you're visualizing, feel the joy, feel the happiness.

**5. Put yourself in the picture. This is critical but easy to overlook. See yourself in the picture. It needs to be YOU and YOUR LIFE that's being played out on the "movie screen" of your mind, not just pretty, detached scenery.**

You want to imply ownership. You don't want to just manifest fleeting glimpses of your dream life, you want them to be permanent.

**6. Always and only dwell upon the end result. When you're visualizing, always and only dwell upon the desired end result of your dream coming true, or beyond.**

Never worry about the "hows." How your dreams will come true is beyond your ability to know, yet this doesn't jeopardize that you can still know it will.

When you insist on hows, they become the "cursed hows," because you're putting all of your eggs in one basket, stressing yourself out, and eliminating from contention innumerable other paths that Divine Mind could have used to make your dream come true.

Take these first few steps. To be alive as a conscious creator, deliberately living in a paradise cloaked in the illusion of matter, where going bigger, running faster, and living longer depends entirely upon what you choose to think, say, and do.

Because, after all, thinking big but acting small, or being excited but playing it safe, are both the same as thinking small.

I offer these guidelines to reassure and confirm your own suspicions about life being totally awesome.

I'm simply spreading some really, really good news about Life on Earth.



### 3 SPIRITUAL LIFE LESSONS I'VE LEARNED

...continued from page 13

#### LESSON 2: EVERY FAILURE HELPS US

Many times when people fail, they give up. Most failure is designed to redirect us in a new direction. It's designed to help us move a new way or to try a new idea, but not to give up on the original goal. The most successful people in our world have failed multiple times, but each time they learned something, changed their plans, and kept moving forward.

The next time it appears you have failed, try not to get upset. Rather look rationally at what has occurred and why, spend some time redirecting yourself, and then move forward with your head held high.

I must admit, this has been another very difficult life lesson for me. I am one of the first people that want to give up when things seem to not be going the way I thought they would or should. I have probably missed several opportunities over the years simply because I looked at something which didn't appear to be working and said "screw it" and changed plans entirely.


These days I'm working very hard at not changing the entire plan, but rather, just redirecting my energy in a slightly different direction while keeping my focus still on the original idea or thought. Also, each time I am met with what appears to be a failure I take a deep breath and say a slight thank you to **God**. Thank you for letting me know that there is a different and better way than what I think I know.

#### LESSON 3: WHAT WE THINK, SAY, AND FEEL CREATES

Much of the **Law of Attraction** focuses on thoughts. Think better, and life gets better. We have to realize, however, that it's not just what you think that creates, but what you say and feel that creates too.

Your whole being is constantly projecting to the Universe. Creating better things means not just thinking differently, but acting/speaking differently and feeling differently too. If you think positive thoughts but are feeling angry, you'll only create situations in life that bring more anger. If you think positive thoughts but go around speaking ill of another, you're only going to create in life more situations where you'll want to speak ill.

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All three must be aligned to the highest good. If they aren't, you're wise to seek the counsel of someone that can let you vent, while helping to uplift and redirect your thoughts, feelings, and words.

As with the other lessons, this one has taken some time to sink in for me. I am much better at being aware of my thoughts, feelings, and words than I was five years ago. For me, I had to take extra time to consciously work on becoming aware of not only what I was saying and how, but what thoughts were going through my head and what emotions I was feeling.

There were times when I would say I wanted to do something, but deep inside I felt fear about actually doing it. This creates conflict in the Universal Mind. Likewise, to feel happy while or immediately after yelling at someone also creates conflict. As a result, when we say we want something but inside are afraid, we attract more situations into our lives that will bring out that fear. When we yell at someone - even if we tell people we don't like yelling, if we feel a sense of satisfaction after doing it - we will attract more situations into our lives where we feel we need to yell.

The point is, our words, thoughts, and feelings must be in alignment to truly create and get those things which we want in our life.

So these are three spiritual life lessons I have learned. Are there spiritual life lessons you have learned that you want to share with others?





# ABRAHAM-HICKS

*...continued from page 9*

**vibrationally, I want to be able to instruct the cells - not instruct the cells, but gosh, vibrationally, I want to allow the healing to take place.**

A: Better words - you caught yourself in a very wise way. Hear the difference between taking it upon myself in a sort of action journey way to instruct the cells, and taking the emotional journey, which means just find something to feel good about, and get out of the way and allow the cells to receive what they've been asking for. And that really is the key to healing.

The key to healing is starting with the premise that is accurate, that Wellbeing is the basic nature of the body, and then doing whatever it takes to keep yourself from interrupting or keeping that from happening. And then the next step in that progression is understanding that if you are interrupting or inhibiting the Wellbeing, you're feeling negative emotion at the same time, and negative emotion is the indicator that you're doing that. So do your best to feel as good as you can feel emotionally and you take care of everything.

**Q: But can that be directed at a specific part of the body?**

A: Yes, but you don't need to be the one who does it. Your directing it to a specific part of the body usually causes you to focus upon what's wrong, so your efforts are counterproductive.

So, very often a healer will see someone in need of some repair, and their attitude is "Well, I will shine my healing light upon that," which is understandable why they would think that. But it compounds the problem because the problem is not for lack of asking; that's already been taking place.



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It's lack of letting the answer in. And just giving more answer, as in funneling healing Energy toward a problem, doesn't help any. It usually causes a greater contradiction in the Energy.

When you apply more Pure Positive Source Energy to an area where resistance is already in existence, more discomfort happens. That's why often people will say "Is it normal for all hell to break loose in my life when I begin doing meditation?" And we say yes, because when you begin meditating, the Energy starts flowing, which makes any resistance you have going on show up more, especially at first.

So a healer who is really helpful is one who helps soothe his client into a place of allowing the answering to what the cells have been asking for. The very best healing words (if you are wanting to find a phrase that would be beneficial to everyone whether they could really hear it and believe it and understand it or not) would be:

***"Wellbeing should be yours and your cells know exactly how to ask and what to do. And if you could completely get out of the way and trust, you would become well again because the cells know what they need, and they are asking from their direct Source of life. And if you're not in the way of that, that cell is going to find its recovery. And if that cell does, the other cells can. And if enough of them do, you're going to feel really good."*** Yes, that's powerful.

Q: That's excellent.

**A: So, the trick is, how do I do that when I hurt? How do I do that when somebody's given me a label that frightens me? And we say you have to separate the two journeys - you can have the illness and feel hopeful or you can have the illness and be afraid. You just have to soothe yourself.** Words like faith and trust are really irritating, we know, but there is a vibration within those words faith and trust. The vibration that is really at the heart of those words is a non-resistant place of expecting Wellbeing even before I have any reason to, given the evidence that I have. And so what people usually say is "Give me reason to have hope, and I'll have hope," or "Give me reason to have faith, and I'll have faith."

And so, that's the reason that so many methodologies, so many different medicines, and so many different processes have come about, because people (with illnesses) are almost frantic for hope. And anybody who can give it to them is a powerful healer. If you can find a way to convey hope and trust and faith, then you have helped them with their emotional journey. And when you do that, the natural resources will take care of everything else.

And everything else is a dog and pony show. Everything else is just jumping through hoops for some other reason that has nothing to do with what really happens. So, the surgery? Just an afterthought. The medicine? Maybe it gives you reason to believe. All of that stuff is just serendipitous, but not at the heart of the remedy.

*...continued on page 31*



## DEAR WHITEDOVE

*...continued from page 15...*

### DEAREST,

For a majority of Earthbound Souls that I've witnessed, they have been murdered, taken their life as a suicide, or perished in war; all would be considered circumstances of a life taken prematurely. For example, murders; many ghosts are waiting for some type of justice. They want the truth of their story told, some want to clear their name, mostly they want to help their family have some type of closure. When the soul feels a sense of relief, they then respond to the loving light that they see and will go to the other side.

Suicides, that's where we get a great number of wayward souls. A lot of suicides won't crossover out of fear from the religious teachings of their upbringing. They literally turn away from the light of Heaven.

Then there are those souls who are clearly confused at the moment of death, believe it or not men and women who have served in the military and have died in a tragic event, many have just forgotten their way home. After seeing and experiencing the ruthlessness of war, some gave up on God. Even though their Angels were trying to escort them over, many are just not ready to crossover into the light of Heaven. They will stay and evaluate their wartime commands and actions; they visit their comrades of war and try to comfort their family.

Those are just some more common scenarios as to why a soul stays earthbound or becomes a ghost. It's interesting to know, that even at the time of death God still honors our freewill in this lifetime and also in the Spirit World. Just know this, eventually all wayward souls return to Heaven - it may take a while, but it's a blink of an eye, when we are given eternity to work on our souls growth.



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## DEAR WHITEDOVE,

I've noticed that more people are openly talking about improving their intuition. There seems to be a movement underway. Are you seeing an improvement?

### DEAREST,

Yes, many souls are waking up and this is a time for people to say "God, turn my intuition up, and turn that volume up loud!!" Because that's truly your spiritual GPS, Intuition is Gods Guidance System, your gut feeling, or whatever you want to label it. Let your intuition be your guide. It will take you right where you need to be, gracefully and as painlessly as possible.

It's that simple. The simplicity of it - - unconditional love transcends all things. When we are tuned into God's unconditional vibration then you're going to make better choices and life improves!

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# HOROSCOPES

## AUGUST 2018

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

**Aries - (March 20 - April 18)** As if there were not enough confusion, Mercury stations retrograde on July 26th, adding another veil to your Mars retrograde saga. The good part is that the Sun in Leo promises bright and sunny days as you conduct your personal excavation. This month sets the stage for a personal rebirth; the secret to smooth sailing is simple joy. Reclaim your essence with a focus on innocence and unconditional love.

**Taurus - (April 19 - May 19)** August can be a challenging month for your sign because the Sun in Leo forces you to bump up against deeply engrained patterns. So, when in doubt - take the 'soft' way out. With FIVE planets retrograde at the beginning of the month, it's difficult to gain positive traction for a monumental launch. Stay in your place of clarity but in order to really move ahead now, you're going to have to slow down.

**Gemini - (May 20 - June 20)** This month delivers a confusing new moon Solar Eclipse in your communication sector. Plus, Mercury retrograde until August 19th adds even more spectacle. It's all a bit harder for you because Mercury is your ruling planet. Exercise is a great way to deal with nervous tension and stress. And, you may find yourself writing a long letter (or email) to clear the air. Offer a long term plan.

**Cancer - (June 21 - July 21)** Finances rise to your top of mind awareness this month. With a powerful new moon eclipse in Leo on the 11th, you will have to stand up and insist on being treated fairly. Consider getting legal advice if you get uncomfortable with negotiations. You may feel that something is being hidden from you, but actually, it's just the opposite. Everything is laid out in the open, but you still have to claim your share.

**Leo - (July 22 - August 22)** This year's eclipse season surely has your name written in the stars, Leo. The new moon Solar Eclipse of August 11th is in your sign. Solar Eclipses trigger events in your outer life such as a move or change of job. They also urge you to step forward as a teacher. This is a monumental month for you, Leo; one that you'll remember. You've been a great student; now it's time to blossom as a mentor and shining role model.

**Virgo - (August 23 - September 21)** Tune into your intuition this month, Virgo. There will be events and situations developing behind the scenes that impact you. Hopefully you've been diligent about your health and exercise routine. Now it's time to get your vital energies working as well as your body. You'll greatly benefit from energy clearing and hands on healing sessions now; preferably before Mercury stations direct on August 19th.

**Libra - (September 22 - October 22)** Now is truly a time when two heads are better than one. Fortunately, you're blessed with a natural networking vibe. You've worked long and hard for the harvest that is coming your way. You may have to be patient for just a bit longer because the new moon Leo Solar Eclipse of August 11th impacts your long range goals. Allow for some flexibility in your plans, and you'll come out a winner.

**Scorpio - (October 23 - November 21)** August is sometimes a difficult month for Scorpios. All that sun and fire melts your icy wall, leaving your vulnerable. Plus, Leo rules your natural tenth house so you can't hide a damn thing. The good news is that you're about to give birth to a new social identity. Hold yourself accountable because the stars have brought you to a point of irrevocable change. Celebrate, Scorpio; it's about time!

**Sagittarius - (November 22- December 20)** The new moon Solar Eclipse of August 11th delivers a crisis in consciousness for your sign, Sag. It's really about your beliefs, and coming to terms with the idea that what has been 'ok' for a long time now doesn't cut it anymore. Sagittarius is represented by an archer aiming his arrows high into the sky. Don't lose heart; rather, aim even higher. You must claim your pot of gold at the end of the rainbow.

**Capricorn - (December 21 - January 18)** Maintain your momentum, Capricorn. The new moon Solar Eclipse of August 11th activates your emotional power center, and it's critical that you don't give your power away under these circumstances. This comes down to really knowing who you are, and what you want. Sit down with a trusted friend, or take some time alone to get clear. Your future looks amazing, but first you must own the present.

**Aquarius - (January 19 - February 17)**

Both personal and professional relationships are highlighted now. You may feel that someone has put their needs above yours, but understand that there is a Divine reason behind these actions. Focus on maintaining a steady energy flow and avoid extremes. Questions abound, but don't waste even one day of this beautiful season. Answers come after Mars stations direct on August 27th.

**Pisces - (February 18 - March 19)** August is a seriously retrograde month and it's important that you do not repeat mistakes you have already made once upon a time. You may even be tested, Pisces. A laissez-faire attitude sometimes works wonders, but this is not one of them. Sorry, but you have to be proactive when temptation comes knocking at your door.







## ABRAHAM-HICKS

*...continued from page 28*

So, what did we just say? We said here you are in a place that you don't want to be - you're sick; your body hurts. And out of that contrasting experience is born a louder and clearer desire than has ever been emanated by you before. It went out sharp and clear, and Source heard it and answered it. And so, help was on the way immediately.

And then a surgeon said "Let's do this, it will help," and those words soothed you into allowing the remedy that you were seeking. Or someone said "Here's an herb," and your belief in them caused you to allow, and so you did.

In other words, alignment - we don't care how you get it - any way you can get it is just fine. We're not trying to guide you away from surgery or away from herbs or away from medicines, or away from methodology or away from sound machines, or away from anything. We're not trying to guide you away from action. We're just guiding you to tending to your emotional journey first, and the action will come so much easier.

### ABRAHAM ON THE EYE OF THE BEHOLDER:

"If someone is arguing with you, or finding fault with you, and not liking what they see, say to them, and mean it lovingly and kindly, but mean it sincerely, "You're seeing something in me, that must be active in you, and I think this is more about you, than it is about me".

So if someone is having a bad day, and they are angry at you, it's about their bad day, much more than it is about you.  
It's always about the beholder.

Everything is about the beholder. So what you want to do is become more aware of what you're seeing in others. That's the thing you want to be aware of.

Don't worry about what other people are seeing in you.

Don't worry about the love they're giving you, or the love they're not giving you.

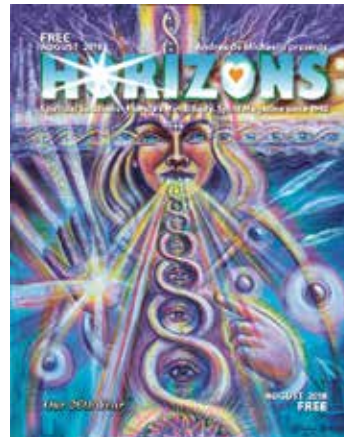
Let your awareness be about what you're putting out.

Let your awareness be about how much you're loving.

We wouldn't be running around saying: 'who loves me or who doesn't love me?', we'd be saying: 'who do I love, what is it about you, that I love?'"

## COVER ART

### MOTHER BREATH OF LIFE Katherine Skaggs



*Mother Breath of Life,  
Activate my heart and soul,  
Awaken me and make me whole.*

*Mother Breath of Life* calls you into your deepest heart and soul spaces through your breath. She invites you to breathe deeply into your body and your life, to activate the fullness of your true being. Thru the breath you connect your essence to your being awake in your body. Thru your breath you give life to your ideas, thoughts, desires, your words, your actions. Thru your breath you animate your world.

It is time to stop and to go within through your breath. It is time to be in the stillness of the in and out of all life. It is time to let go of doing and be in your present awareness of being. This is where your timeless soul awareness lives, and gives birth to the next moment, to the next adventure.

This image was used in the artist's **Wake Up! Altar Cards**. The cards bring beauty and intention to your life, they create sacred altar space to invoke divine energies and assist you in manifesting your heart's desires. Focus on the art, read the words aloud and speak your prayers in positive, affirmative statements. Affirm it is so and allow Spirit to bless you over and again. This card was created as a literal doorway or portal to the energy of this archetypal being. It is alive and full of vibration and energy. You have been drawn to it for a reason. Sit and connect with it. Call it to your consciousness to assist you in living more powerfully in your world.

Katherine is also the artist of the Mythical Goddess Tarot, the Pocket-full of Goddesses: a Blessing Oracle, and both the art and inspiration of the Pocket Blessing Cards... including thousands of soul portraits and channeled paintings of goddesses and divine beings of light. Katherine travels around the world to study with shamans in the jungles of the Amazon basin, the mountains of the Andes and Mexico. Katherine's shamanic and spiritual adventures inspire and direct her art to awaken and illuminate the soul's path of love and wisdom.



Katherine Skaggs lives in the foothills of the Rocky Mountains in Northern Colorado, offering classes, workshops, soul portraits and original art, shamanic healing and spiritual counseling from her studio, as well as virtually and throughout the United States.

To view more of her art  
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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.

Louise Hay

When we think that the  
world has unlimited  
resources, our world  
becomes unlimited.  
Ma Yoga Shakti

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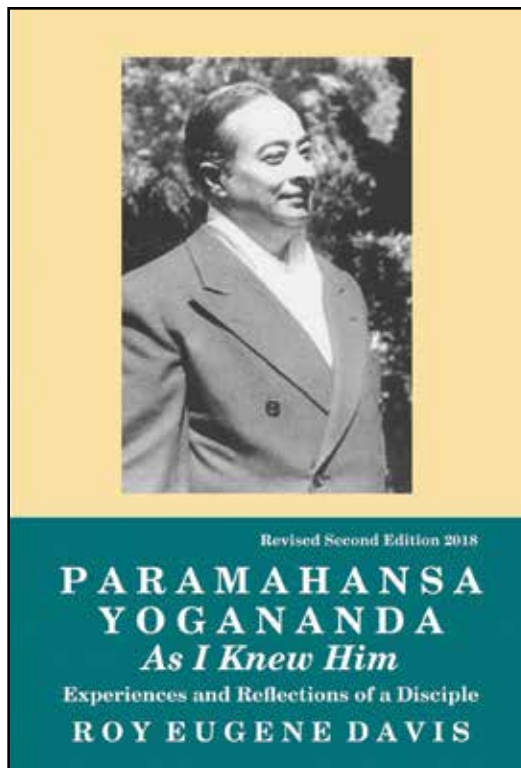
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Roy Eugene Davis was ordained by Paramahansa Yogananda in 1951. He has taught these spiritual growth processes in the Kriya Yoga tradition for more than 65 years in North and South America, Europe, Japan, West Africa, and India. His books are distributed in several languages in many countries.



*An Enlivening Power is Nurturing the Universe  
and We Can Learn to Cooperate With It*