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**Sundays, August 4th - Sunday, August 25th**  
**9:30 and 11:00am**

## **TIME TO TAKE A VACATION (SUMMER SERIES)**

**Speaker: Rev. Valarie Parson**

Even though August in Florida is the perfect time to take a vacation, not everyone leaves our fair city. So, for those of us staying in town, we will gather each week and take a collective vacation from those attitudes and beliefs that keep us from expressing Divine Love, being Light and living Truth. One of Charles Fillmore's most famous sayings was, "All thought is formative; all thought has its effect in our lives." As we take a vacation from unsupportive thinking this month, we can and will change our lives!

### **August 4, 2019: Take a Vacation from Scarcity**

Many of us have lived long enough with the belief that there is not enough. Today is the day to eliminate scarcity thinking once and for all.

### **August 11, 2019: Take a Vacation from Anger**

A seemingly growing challenge our society faces today is anger. More than a problem in society, is it a problem in your life? We will take a fresh approach to anger. Rather than learning how to manage our anger, we will look at taking a life-time vacation from it through deeper spiritual understanding and by allowing that deeper spiritual understanding to help lessen, if not eliminate, the anger in others. Now that would be a vacation worth taking, wouldn't it?

### **August 18, 2019: Take a Vacation from Stress**

In today's demanding world, everyone feels stressed from time to time. We feel the stress of the job, of family, of the price of gas, of the world situation – the list could go on and on. While we cannot control the outer situation, we absolutely can do something about our inner world. We will look at some sure-fired spiritual tools to help us take a permanent vacation from stress.

### **August 25, 2019: Take a Vacation from Negativity**

In an utterly delightful way, we will bring our vacation month to a close by seeing before our very eyes the meaning of "change your thinking, change your life"

**Monday, August 5th - Monday, September 9,**  
**6:30pm – 8:30pm (5 Weeks – Skipping Labor Day!)**  
**METAPHYSICS I**

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## **ONGOING CLASSES**

**Sunday, August 4th 12:30-1:30pm**  
**EFT TAPPING CIRCLE**

**with Julie Jacky, Certified EFT Practitioner**

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

**Monday, August 12th 7:00pm**  
**SOUND HEALING**

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

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**The greatest  
optical illusion  
is separation**

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Andrea de Michaelis

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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 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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## HORIZONS MAGAZINE

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

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

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

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

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

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

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

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

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

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

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

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

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



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

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



**Andrea de Michaelis**  
Publisher

# THIS MONTH'S THOUGHTS ABOUT THINGS...

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

## HELLO AND WELCOME TO THE AUGUST 2019 EDITION OF HORIZONS MAGAZINE.

I love Facebook. It's my social life as well as keeping me up with what's on the minds of my friends and family. Having someone new in the **White House** gave us all a deeper insight into those we know. Sometimes I was surprised.

I joined FB in 2009. Several FB friends, who for the last 8 years wrote of love and light, began suddenly showing a racist and mean-spirited side, namecalling and joining the cry to "*send them back.*" We all have different facets to our selves, some may seem in conflict with others. Resolving that conflict is the work of integrating our personality with our soul.

### INTEGRATING MY PERSONALITY WITH MY SOUL

I love learning something new about myself, it shows me who I really am and it gives me the chance to ask, "*Why do I believe as I do and is this something I want to continue to think and believe?*"

One cool thing about getting older is I'm more inclined to contemplation. I like having issues from the past resurface so that I can heal them and move past them. Each year it gets easier because each year fewer things aggravate me.

**EACH YEAR IT'S EASIER TO LET GO OF STUFF SO THAT I'M NOT INCURRING NEW KARMA.** Momentum from past actions is settling down. An ongoing reward is an ever clearer conscience. There's absolutely nothing like it. That's freedom, that's power. We're all ready for more of that.

### IF IT'S IN MY FACE, IT CAN BE MY SAVING GRACE

I've learned that if it's in my FACE, it can be my SAVING grace. I've learned to focus priority on what's immediately before me that I have the means and ability to do something about. It's there for a reason. Everything in my life RIGHT NOW is in my FACE for a reason. And I have the means to CHANGE it all once I turn my attention to it.

### WANT TO LEARN SOME REAL MAGIC?

Despite anything going on anywhere in the world, you have the ability to attract what you need. If you are to pull yourself out of a bad situation, you must begin to spend less time thinking and talking about what's wrong. You are only stuck in that place because of your choice of focus. As hopeless as any situation feels, it's really only your thoughts and focus that you're dealing with. And you have the power to change those.

## HELPFUL THOUGHTS FOR A MORE HOPEFUL FUTURE

A more helpful thought might be: "*My life is getting better. Good things are on the way. Miracles happen all the time.*" Then look for evidence of it, everywhere. Take everything you encounter after that as part of the answer, and watch the magic unfold.

When you begin seeing everything with a hopeful and expectant eye, it can be very therapeutic. Being optimistic allows you to escape one reality and get to be present in a different one, a more hopeful one.

## REMEMBER, IT'S NOT HEARTLESS TO FOCUS ON THE GOOD THINGS AROUND YOU IN ORDER TO BE HAPPY DESPITE THE HORRORS OF THE WORLD

In a reading a friend was aggravated, she learned the new discussion group she just joined also included someone who's bullied her in the past. I recall her telling me about it when it happened and yes, it was unfair, but I reminded her she could be vibrationally in a whole other place right now. One that doesn't include **Ms. Meanie**, evidenced by the fact that **MM** wasn't at the last 2 meetings because of the flu so she hasn't seen her.

I reminded her that no matter what the cause of the prior distress, this gives her a chance to finally move past it and stop being triggered by the Meanie. I told her to give it no attention and if **MM** comes on the scene and starts her gossip/bullying antics again, don't even acknowledge it, don't even know it's happening. It's less important WHY someone does something like that than YOUR RESPONSE is. Don't give it breath, don't give it air time.

**BEST DATING ADVICE EVER**  
**If they like you, you'll know.**  
**If they don't, you'll be confused.**  
**Honestly, it's all you need to know.**

Not all partners are good at voicing their feelings. But if they don't -- OFTEN -- tell you how much they like you and how much they appreciate you, they may just be biding time with you while they keep their eye open for The One. They may have genuine affection for you and not want to lose you as a best friend or a lover, but just not see you as their forever love, their destination point.

There's nothing wrong with that, just know the difference and make sure you're satisfied with what you're in and not expecting more from someone who is giving all they have -- FOR YOU -- right now. And for criminy sakes, stop tying romance to dollars. If you stay together because you can't afford not to, either leave it or learn to love it AS IT IS so you can start loving your life again.



Enjoy our offering this month.  
Hari Om.

Andrea



# WANT TO GET MORE DONE? INSTEAD OF CHANGING YOUR MORNING ROUTINE, DO THIS

Mastin Kipp is founder of [www.TheDailyLove.com](http://www.TheDailyLove.com) (TDL), the Website, daily email and Twitter account that's merging pop culture with inspiration. He is the number one best-selling author of *Claim Your Power* and *Daily Love: growing Into Grace*. He has been featured on the Emmy Award show, *Super Soul Sunday*, and recognized as a "thought leader for the next generation" by Oprah Winfrey.

**What are you trying to achieve with your new morning routine? Priming. Controlled breathing. Waking up at 5 a.m. Waking up at 3 a.m. Green smoothies. Coconut oil in your coffee. Journaling. Gratitude.**

What do all these things have in common? They're all common recommendations for a morning routine. Depending on whom you ask, any or all of these steps could be the key to making you happier, healthier and more productive at work and home.

People try new morning routines for a variety of reasons. Maybe you're struggling to figure out your passions and feel like you're just floating through life. Or you do have a clear picture of your dreams, but you just don't have the physical energy, motivation or confidence to chase them.

Either way, something needs to change.

So you experiment. You try some or all of the above practices to improve your mornings. You drag yourself out of bed in the darkness to throw carrots and bananas into a blender, or write down three things you are grateful for. The hope is that if you can start your morning the right way -- with focus, determination and energy -- it will have a trickle-down effect on your feelings that lasts the entire day. But there's a problem with that reasoning.

## WHY A NEW MORNING ROUTINE MAY NOT BE ENOUGH

The issue with adding something new to your morning isn't the specific tactics you are choosing. Any of the above could have a positive impact on your life. The problem is these things are just that: tactics. A tactic is a method of achieving a goal. Athletes lift weights as a tactic to build muscle. Runners do sprints as a tactic to improve their endurance.

So here's my question: What is the goal or dream that your morning tactics are setting you up to achieve? My guess is that if you are looking for a morning routine or habit to become more productive, you're probably also struggling to answer this question.

Most people find that when they have a clear, specific goal that is deeply connected to their being, productivity and energy come naturally. How do you think guys like **Jack Dorsey** and **Gary Vaynerchuk** consistently put in 14- to 16-hour workdays? I'll give you a hint: It's not because they've discovered the perfect smoothie recipe!

Sure, these successful people have certain rituals and habits they've adopted over the years. They might even tweak them from time to time. But that's all surface-level stuff. The foundation for sustaining productivity, energy and happiness from morning till night is actually very simple: purpose.

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



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## ABRAHAM ON REACTING TO THE NEGATIVITY OF OTHERS:

This is a really common thing we hear: "Oh yeah, Abraham, I've really learned this, I've really been practicing it, but those people at work are so negative." And we say, "Then you haven't heard anything that we're saying because their negativity has to be irrelevant to you. Not ignored. You're not blind to it. It just doesn't make you wobble."

Because, if the question or the problem makes you wobble, you'll never find the solution. But, if you're not wobbling in the question, if you're not wobbling in the problem, if you accept it as all part of the process, then the solution comes easily. Did you hear that? That was REALLY good."

We know it just sounds crazy, but you really have to adopt the attitude that what the other person is doing in the relationship... is irrelevant... because if you make what they are doing relevant and it upsets your vibration so that you don't stay true to your own desire, then - if you're not holding a stable signal - you can't get from this person, or anyone else, what you want...

Most of you offer most of your vibration in response to what you are observing... well, there is nothing that you observe more than the other people in your life experience. It is so easy to make somebody else responsible for how you feel... because they are right there just rubbing it in all the time, aren't they?

And so, you will do yourself a big favor when you reach the place that you accept that nobody is doing anything to you... because nobody can offer a vibration for you... only you. And we know, they influence you, they are there, and they behave in ways that you would like them to be different, but you just cannot get around the fact that your vibration equals your resistance, and that is reason everything places out the way that it does.

And you know what else? We really appreciate on your behalf - you don't like it that much, we know - but we really like it when others mess with you... We really like it when there is a stubborn person in your life who will not behave the way you need them to in order for you to feel good... because only a person like that will free you from the madness of trying to get other people to change their ways so that you can feel better... because it fosters a weakness in you. everybody is running around looking for the perfect person who does not even exist.



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## 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

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

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

## Holistic Approach to Vertigo

**Vertigo is a common diagnosis for dizziness where you have the sensation that you or objects are spinning, or moving where your balance is disturbed.** It's not a disease but a symptom of an underlying health problem. Symptoms of **Vertigo** can be dizziness, faintness, lightheadedness, unsteadiness, disorientation, nausea, vomiting, involuntary eye movements, sweating, ringing in the ears, hearing loss, difficulty walking or double vision. **There are several types of vertigo; inner ear (vestibular)**, which is caused by fluid balance problems. **Subjective vertigo** defined as dizziness, faintness, lightheadedness and a feeling of disorientation as if you are moving. **Objective vertigo** feels as if your surroundings are moving. **Benign Paroxysmal Positional Vertigo** can occur when there is damage to the inner ear and particles within the ear become dislodged and come into contact with the inner ear. This can cause facial weakness, a decrease of cognitive functions. **Vertigo** can be caused by an injury to the head or neck that causes bleeding to the back of the brain, inflammation, an infection or fluid build-up in the inner ear, viral infections, side-effects of medications, decreased blood flow to the brain, kidney deficiency, liver imbalances, constant migraines, motion sickness or altitude sickness. If you experience **Vertigo** you may need a CT scan to rule out brain tumors. Taking a holistic approach to Vertigo will depend on the cause and the severity of the attacks. Natural remedies can help relieve dizziness and nausea associated with Vertigo helping to improve inner ear balance. Herbs can be of benefit especially if you begin early. They will work quickly if you don't feel results quickly please see your doctor. **If the Vertigo is caused by an infection of the middle ear try antibiotic, antiviral, antimicrobial or antibacterial herbs such as Echinacea, Garlic, Olive leaf or Osha.** Ginkgo can help improve inner ear problems because it increases circulation to the inner ear, which can reduce nerve damage to the ears. **Ginger contains volatile oils, phenol compounds, gingerols and shogals;** these constituents help promote circulation, improving blood supply to the inner ear, which can be the cause of the Vertigo. Some ways to take **Ginger** is candied, in soups, syrups, in stir fry or in teas. (**Cayenne** also has the ability to improve circulation.) **Butchers Broom contains ruscogenin, neoruscogenin, saponins, flavonoids and steroids;** these constituents are known to help circulation. According to **Phyllis Balch** the author of "Prescription for Nutritional Healing" **Butchers Brooms** vasodilator effects improve blood flow to the brain and the inner ear where the source of the Vertigo is. It also helps to ease the symptoms of dizziness, vomiting, stomach discomfort and mild tinnitus. **Basil** is rich in **beta-carotene, euglena, estragole and vitamin C** these constituents have **antibacterial, antimicrobial, and antiseptic properties** that can be beneficial in helping headaches and inner ear infections that go along with Vertigo. Remember; **Vertigo** itself is not harmful but if the symptoms persist please call your practitioner.



# MY TWO NEAR DEATH EXPERIENCES

New York Times best-selling author Gregg Braden is internationally renowned as a pioneer in bridging science, spirituality and the real world. Since 1986 Gregg has explored high mountain villages, remote monasteries and forgotten texts to merge their timeless secrets with the science of today.  
[www.greggbraden.com](http://www.greggbraden.com)



**This is something I rarely talk about in public. I wrote about this 20 years ago in one of my books, and I have not talked about this very much. I had two near-death experiences, both of them in the same year of my life, when I was five years old.**

One of them was with electricity, and I remember very consciously taking a wire, with scissors I scraped the insulation, so this bare copper wire, and I walked to an electrical outlet and I plugged both in the outlet and I was severely burned. Even today, I have scars. It's black. My face was burned. My eyelashes were gone. My eyebrows were burned. And it was in the middle of the day, like this, when it happened.

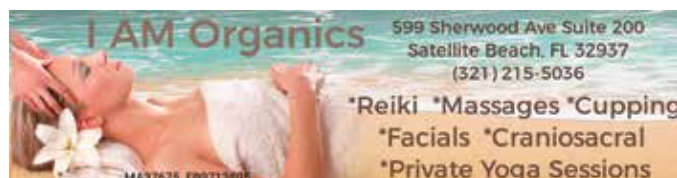
And I was placed in my bedroom while the doctor was coming to the house. My mother called the doctor, and they said, wait, wait here. And while I was waiting, broad daylight, I began to see things in my room that I did not see before the electrical experience.

So the shock literally shocked me into an awareness of another reality that I had not seen before. And for me, the experience was a very positive experience. It was the opportunity to, there were beings in my room that were healing my body. And one of them was behind me, even though there was a wall, there was a being where there should be a wall, and one of them is at my feet.

And when the doctor arrived at my room, the burns were already beginning to heal. So it was an experience for me: it told me that there is another way to feel, and when I feel this way, the world looks different, another way of seeing.

Okay, later in that month, I was in a swimming pool. My mother was with me. She had gone with friends and I was left alone, and I walked into the water in the shallow end, and I began just to walk and the water was deeper and deeper and deeper, and I went to the very bottom of the deep water. And I remember that it felt very peaceful.

I opened my mouth, I let out the air, and this peace and this calm came over me, and I could see the beings that were with me and they were telling me that I had to make a choice, that either I come back to this world or I go to another world, and it was my choice. It was my choice.



And I made a choice to be in this world, and then suddenly people were pulling me out of the water and they were pumping on my chest and that was when the pain began. The pain was when I came back to this world, but when I was in between, and I don't know how much time there was, there was no pain at all. It was very peaceful. It felt very good.

And it taught me what it feels like to let go, because when I was in the water, I completely let go. I let go of my breath. I let go of this world. And that was it. And it taught me that when it is time for me to go to another world, it taught me what that will feel like, that it is a peaceful, a calm feeling of letting go.

I don't have to cling to this world when the time comes for me to leave. So those two experiences, one taught me that there is another reality and what feeling I can make that shows me that reality.

The other experience in the water, it taught me what it feels like to let go, to absolutely let go, and to know that that is available to me, when I leave this world, not to be afraid.

I think it's different for different people, and different people, I believe that we have the experience that we need in that moment to help us, give us the tools that we will need from that point forward.

At an early time in my life, it was a very difficult life. My family had a difficult time. My father was an alcoholic. Our family was very dysfunctional. It was difficult for me. I'm the oldest.

I was five and I have a younger brother who is four years younger, so he was only one at the time, and the family dynamics were difficult for me, and I think it was a way for me to escape, I thought.

But what I discovered was it was a way for me to be more in this world, because I learned I could feel, I could have a feeling and the world looked different, I could have a feeling and it would be a calm, a peaceful feeling of letting go, just to let go.

We don't always think about this. This is very interesting. To be in this world, there is a tension that we hold that keeps us in this world all the time. It's subconscious. It's a tension. It says, oh, I'm here. When we're awake, when we're asleep, we hold that tension, but we don't even know it, until we have the opportunity to release it. And when we release that tension, that's what it feels like.

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



# THE CRYSTAL GARDEN

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

## HONORING MOTHER MARY: THE ASSUMPTION, DORMITION, AQUAMARINE

Like Enoch and Elijah, **Mother Mary**, the Mother of **Jesus the Christ**, was assumed into heaven by the power of **God**. Upon her natural death, **Mother Mary's** soul was received by **Christ** and she, too, had her body resurrected on the third day after her death. At that time her body was taken up into heaven.

Like her son, **Jesus the Christ**, her tomb was found empty on the third day. **The Assumption** is celebrated on **August 15**. According to Eastern and Orthodox Churches, which falls around the same time on the calendar, Mary's passing is considered the **Dormition of the Mother of God**. Dormition indicates that Mary died without suffering in a state of spiritual peace.

As a child, on the 15th of August each year, my mother would send me to the water's edge of the bay in front of our summer home to collect water from the **Atlantic Ocean** so the whole family could be blessed with the healing in the waters. The belief that the waters of the ocean are blessed on this date leads each of us to the sacred energy of healing and love in the waters of the sea.

To further align with this energy, this year and every year, take a piece of aquamarine in hand for contemplation and meditation. Open your consciousness to receive blessings and align with the sanctified vibration of the molecules in the water.

If you don't live anywhere near water, you are able to bless some water straight from your tap with intention, love, and focus. Gaze at your aquamarine, contemplate the life of the **Blessed Virgin Mary**, and breathe loving intentions into the water to activate 'holy water' for blessing you, your family, your business, and your home. Take advantage of this **Holy Day, August 15** that is celebrated by many.



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# SETH SPEAKS

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

## SETH ON WHAT YOU CALL DEATH:

"I am using your own terms here. By "dead," therefore, I mean completely unfocused in physical reality. Now your consciousness, quite simply, is not physically alive, physically oriented, for exactly the same amount of time as it is physically alive and oriented. This may sound confusing, but hopefully we shall make it clearer. There are pulsations of consciousness, though again you may not be aware of them."

"Consider this analogy. For one instant your consciousness is "alive," focused in physical reality. Now for the next instant it is focused somewhere else entirely, in a different system of reality. It is unalive, or "dead" to your way of thinking. The next instant it is "alive" again, focused in your reality, but you are not aware of the intervening instant of unaliveness. Your sense of continuity therefore is built up entirely on every other pulsation of consciousness. Is that clear to you?"

"There are overall rhythms, and within them an infinity of individual variations - almost like cosmic metabolism. In these



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terms, what you call death is simply the insertion of a longer duration of that pulsation of which you are not aware, a long pause in that other dimension, so to speak."

## SETH ON LIVING JOYFULLY:

"Listen to me!" Seth roared at us, "I thrust no responsibility upon you to carry my message to the world! I have, in those terms, a responsibility that I give you -- if you must start thinking in terms of responsibility -- the responsibility of being yourselves to the best of your capacity; and if you fulfill that responsibility, the things within your lives will be right, and your actions and your feelings in the world will speak for themselves. For in being yourself you bring forth the message of freedom and creativity!"

"The world will go its way. It may not be your way. It may not be my way. But, it may! The world will take these ideas as it will. I give them playfully, joyfully, and humbly, that they may fall as the seeds fall from a gigantic oak tree. I do not say that every man must pick up one of those seeds for himself and use it. I say merely, 'I am.' And, to you, I say, 'You are.'"

"And whenever these classes are not fun, do not come to them! And whenever you are doing something yourselves that is not fun, stop it!" "STOP IT?! Stop it? You mean, just like that -- just stop it? Anything -- anything that's not fun?! Just like that?! Just --stop it?!"

Seth nodded, smiling broadly. "Creativity and the joy of the gods does not involve responsibility -- in your terms, now," Seth said. "Being knows its own actions, and when you are yourself, you fulfill any responsibility that any god or man could lay upon you from the outside."



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# FROM THE HEART



weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).

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

## LOVE WITHOUT LABELS

**When one of my coaching clients complained to her doctor that she was depressed, he diagnosed her as having a personality disorder and referred her to a psychiatrist.** The psychiatrist told her she did not at all have a personality disorder; she was just depressed. She talked through her feelings and walked out of the session feeling liberated from the burden of a label.

The medical world is highly invested in labels. While it is certainly practical to be able to identify and categorize diseases, it becomes attractive for practitioners to jump to a trendy diagnosis. While lots of people suffer with ADHD, Bipolar, and Personality Disorder, lots of other people suffer under misapplied labels that box them into stifling identities. Naming things gives us power over them. It also gives them power over us.

A coaching client told me, “I am a sex addict.” “Who told you that?” I asked him. “My girlfriend,” he replied. As we discussed his relationship, it turned out that he simply wanted to have sex more than his girlfriend did. So she called him a sex addict. It’s easy to project our fear, pain, and judgments onto others. If they accept our projection, we both suffer.

When a friend of mine had a fight with his roommate, the roommate blurted out, “You are psychotic. I took a psychology course in college, so I know what I am talking about.” A few days later my friend did a favor for his roommate. “I was wrong about you being psychotic,” she said. “You just have a personality disorder.” When the roommate was angry at my friend, her weapon was to lay a harsh diagnosis on him. When she liked him again, she downgraded the diagnosis. Funny creatures, we humans.

I heard a lecture by a famous gynecologist. He humorously confessed, “Women who just had a baby would ask me, ‘How long until I can have sex with my husband again?’ If I liked the woman, I would tell her, ‘A few days.’ If I didn’t like her, I would tell her, ‘A few weeks.’ Funny creatures, we humans.

Medical doctors and psychotherapists must issue a diagnosis if they want to get paid by insurance companies. They have to assign each patient a disease, often associated with a number, to maintain their livelihood. Imagine what would happen to a medical doctor if he wrote in his insurance report: “Jane is a beautiful child of **God** who has just forgotten who she is. She has momentarily gotten caught up in the illusion of limitation. I suggested she meditate regularly and love herself more, and I expect she’ll awaken to her true self.” No check for that doctor.

A friend of mine is a talented chef who owns a well-known natural foods restaurant. Some of his patrons belong to a popular health maintenance organization. Doctors who work for that HMO are required to prescribe medication for every patient they see. While I’m sure many of the prescriptions are helpful, other patients end up taking drugs they don’t need. Some of those drugs, such as anti-depressants, are extremely addictive. Clients get hooked on them and have a hard time kicking them.

On the brighter side, this HMO now allows their physicians to write prescriptions for patients to upgrade their diet in lieu of taking prescription drugs. The HMO pays the chef to teach their patients natural foods cooking classes. Hallelujah, we are starting to wake up!

**Chinese medicine** is lighter on labeling diseases. The practice is more about recognizing where life force is blocked, and then opening up the blockage to allow energy to flow again. This highlights a fundamental difference between form and energy. Form is based on things and energy is based on flow. When you “thing” a disease, you give it a life of its own and bestow it with power. You also become a “thing.” But you are not a thing. You are not even a body. You are a spiritual being expressing in the world of form. Who you are is greater than any disease anyone could name. Never let a disease define you. The key to healing is to recognize that you are a perfect, free, unlimited spirit.

In the world we must use labels. But there is a world beyond labels. The **Bible** tells us to be in the world but not of it. When the **Pharisees** asked **Jesus**, “Are you the King of the Jews?” he answered, “My kingdom is not of this world.” Likewise, your kingdom is not of this world. Even while your body moves about the physical dimension, your spirit soars far beyond it. You can never, ever be defined by a label or diagnosis. Any name you can give a disease is far smaller than your true self. Remember who you are, and you have power over all disease.

The real you could never have a personality disorder because you are not a personality. The word “personality” comes from the **Greek** “persona,” meaning, “mask.” Your mask can appear ugly, ripped, or marred, but you cannot be so damaged. When you remove the mask, you have no flaws. Love knows no labels. Love just loves.



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## DEAR MICHELLE

My friend sent me a gift of a Dream Catcher for the birth of my first grandchild although I am confused about how to actually use it? I've seen them decorate people's living room.

## DEAREST,

Native American tribes have create sacred dream catchers for centuries. The Ojibwa tribe believed that the spider web is one of protection and created the Dream Catcher to place over the bed of babies and children to catch bad dreams and spirits.

Made by Mothers and Grandmothers of natural elements, dream catchers are made with a handmade willow hoop, woven with a spider-like web which is used as a net.



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As they pray over the dream catcher for protection, they add beads and feathers.

For you, I'd suggest that you say a prayer of protection over your gift, and then place it over the bed of your grandchild.

## DEAR WHITEDOVE,

Wouldn't the Earth be a better place if God directed our actions. Why does he allow such vileness here?

## DEAREST,

Through Free-Will and being able to choose our own path, we will find peace and balance. Most of all, it is a journey that each soul makes to regain perfection while in human form.

Mankind is a blessed race of God's children for his greatest attribute is that he is able to grow and evolve, able to become one with God at his own pace.

God's greatest gift to man as an individual soul is Free-Will, so that man may choose to become one with him through his hopes and desires. God intends humankind to be free, even if he uses his free will to defy God's laws.

*...continued on page 26...*



# HOW TO ESCAPE A MIDLIFE CRISIS BY REMEMBERING WHO YOU REALLY ARE

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

**The element of air reminds me of Spirit. It is such a powerful energy that is taken for granted until it's gone. The search for fulfillment can only be found within your spiritual nature. Your spirit within holds the key to master the art of living. It is the source of your health, happiness, and personal empowerment.**

You are born of Spirit and take on a physical life that is considered an illusion by many philosophies. The concept that your physical reality is an illusion can be confusing. When you view the world through your physical senses, looking only at the surface, it will always deceive you. For instance, the world appears flat, but it really is a sphere.

A wise person seeks to learn the truth about personal fulfillment. If you look to the illusionary world for joy, love, and peace, it will always elude you. Like trying to capture the essence of love and bottle it. Joy, love and peace are only found within the depth of your being. When you discover this you can choose to bring these qualities into your life. From the time we are born, we're taught to believe that joy, love and peace are found in having things and doing stuff rather than within ourselves.



This is the reason we don't give meaning to our spiritual nature until much later in life. Most people wait until life is "running out" before they seek to understand it. On the surface, life appears to be about survival of the fittest. But life is really about creating love with its freedom, responsibility and choice. Your true purpose in life is to always seek greater freedom while deepening your ability to love. When you do this you'll stretch your capacity to care for yourself and others. That is what leads to genuine personal growth and evolution. Overall, it becomes a journey of remembering the true nature; of your Soul and Spirit.

Mid-life crisis is about changing priorities from "doing" to begin to honor your state of "being." It is a time when doing and having isn't enough anymore. "Who am I", becomes the focus of mid-lifers. That question is what eventually opens the door to renew their spirituality.

The purpose of your life is to teach you who you really are. You are a Child of the Divine! Your real parents are **God-Goddess**. When your Soul decides it is time to wake you up to that truth and you cling to the illusion of who you think you are, you will experience a mid-life crisis.

That crisis can quickly turn into the dark night of the Soul. After much Soul searching, you come to realize, "I am not my stuff or my job." Chaos with its confusion rips through your self-image, leaving you naked and exposed to the truth of your being. The intensity of this crisis is a direct reflection of how much you've chosen to understand and become your true self.

Organized religions have thrived upon mid-lifers who seek deeper meaning in life. Religion attempts to fill the void, but it unfortunately it has failed to do that. Religion often defines a set of rules to measure whether you are "being" good enough in God's eyes; but it's a God made in the likeness of mankind, not the real source I prefer to call **God-Goddess**.

Spirituality is about your being loving, grateful, appreciative and at peace with yourself and your life choices. It is about understanding who you really are. Spirituality is your own unique and personal relationship with the Divine. Everyone has a relationship with the Divine. Whether it is dysfunctional or thriving is determined by how much you value and support your very own being-ness.

*...continued on page 29*



# ABRAHAM FUN



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

## SOULSONG #258 - AN EASY "A"

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

My emotions are the clue to my signal. The better I feel, the more I've been focusing on what I like and want and the more I'm attracting those very things.

The world does not contain enough pills, healers, makeovers, security systems, or armies to save me from the effects of a long-term feel-bad signal. Likewise, there aren't enough germs, toxins, computer viruses, thugs, or jealous exes to override the protection I receive from uplifting thoughts.

I now know the trick to this Homo sapiens 101 class. Each day, I explore the power of positive thinking. Each day, I discover more good.

## SOULSONG #257 - YOU CAN GET THERE FROM HERE

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

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

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

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



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

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$10 Members, \$20 others. Spiritualist Chapel of Melbourne meets at 1924 Melody Lane behind Melb Auditorium 321-419-6262

Thurs MELB/PALM BAY 7pm Wiccan Outer Court. Celebrate Sabbats. Workshops Available. Email [scribe@ironoak.org](mailto:scribe@ironoak.org) 321-258-2897

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# 5 STAGES OF SURRENDER

## Embracing the Beauty of "I Don't Know" Through Challenges

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

**Whether in the aftermath of loss or at the brink of personal despair, a readiness to surrender occurs through moments of "I don't know." It doesn't mean we walk around refusing to understand, shirking our responsibilities or pushing away the pearls of insight that come to us. To prepare for the five stages of surrender, please consider the wisdom of the following questions as a way of embracing the beauty of "I don't know."**

Why do I need to know what I don't know now?  
What if having a deeper knowing won't change how I feel?  
What if everything comes to mind at the exact moment it is meant to be known?  
Am I willing to trust more of what I don't know than the things I insist to be true?  
What would this moment be like if I allowed myself to be open with nothing more in need of being known, resolved, clarified?  
Whether you feel an openness and relaxation in response to each question or you get triggered emotionally, embracing the beauty of "I don't know" offers an initial step out of the prison cell of personal belief. Here are the 5 Stages of Surrender:

### STAGE 1 - END OF PERSONAL ABANDONMENT

While some of our deepest wounds come from feeling abandoned by others, it is surprising to see how often we abandon ourselves through the way we view life.

It's okay to feel wronged by people or traumatized by circumstances. This reveals anger as a faithful guardian reminding us how overwhelmed we are by the outcomes at hand.

Throughout the first stage of surrender, we respect the gravity of our feelings, acknowledge each thought, belief, or conclusion as having a right to exist, and welcome each experience—no matter how surreal, one-sided, or distasteful it seems.

This occurs by relinquishing any tendency of personal abandonment by focusing on whether we are helping or hurting our experience by the way we view it.

The more willing we are to show ourselves unwavering emotional support, the less likely we are to make the actions of others the reason for our pain.

### STAGE 2 – DISSOLVING ATTACHMENT

Surrender is a willingness to become unstuck. All too often, the barrier to such clarity, peace, and freedom is an attachment to things looking or acting in a specific way.

When we are attached to an outcome, understanding becomes argumentative, communication creates conflict, and benevolence turns to blame.

As attachments dissolve, we are able to wholeheartedly embrace the depths of our own experience, while honoring the truth of others, no matter how drastically it differs from ours.

As a way of dissolving our attachments to symbols—so we can meet reality as it is—we set aside the tendency to tell ourselves what things mean: We can dare to experience each moment without drawing conclusions.

### STAGE 3 – MOVING BEYOND LIMITING BELIEFS

As part of the five stages of surrender, the Golden Question asks: What if the worst things that ever happened to me were the greatest opportunities I have ever been given?

Each time it's considered, the Golden Question helps us face life without a need to confine it as an image, or wedge it into a frame of thought.

As we become more aligned with Source, what may have been true before doesn't have to be true now, since reality takes shape and form on a path of ever-growing expansion.

### STAGE 4 – THE GRACE OF DEVASTATION

In order to allow the grace of our most devastating hardships to bring us into communion with Source energy, instead of confirming our most limiting beliefs, we should ask:

Am I willing to be devastated in order to reveal the deepest truth within me?

While it's natural to desire something new, it's a far grittier undertaking to allow the old to be dismantled as a way of creating fresh space.

*...continued on page 29...*



# 10 SIGNS THE DEAD ARE COMMUNICATING WITH YOU HOW SPIRIT REACHES OUT TO US

James Van Praagh, internationally renowned #1 New York Times bestselling author shares insights and messages from the Spirit realm through his website and blog at <http://www.vanpraagh.com>

**When I connect with the spirit people, one of the most comforting messages they share is that they are still with us, and death is just an illusion! It may feel as if our loved ones are gone, but in fact they are continuing their soul journey—and are still available to comfort, assist and guide us.**

Often when I appear in public, people come up to me and share beautiful stories of how the dearly departed make their presence known. They want reassurance that those signs are really their loved ones reaching out to them. Of course, my answer is always “Yes, yes, yes!”

The dead try to connect with us every day. To receive guidance and comfort from them, we only have to be open and aware of the signs they send us. Here are 10 of the most common ways spirit contacts us:

## 1. DREAM VISITS

The dead often speak to us, clearly and vividly, in our dreams. There is nothing frightening about these visits—they are a wonderful way for the departed to spend time with you, providing guidance and support.

## 2. VISIONS

You might see a loved one or pet in the room, or in your mind's eye, when you are fully awake. They may look transparent, semi-transparent, whitish or in full color. A vision might come in the form of a loved one's face in the mirror, a window, or even briefly superimposed on another person's face!

## 3. SCENTS

Unexplained scents or the aroma of anything that you associate with the departed person—their favorite flower, perfume, even cigar or pipe smoke—is their subtle way of letting you know that they are near!

## 4. SOUNDS AND MUSIC

A sure sign from beyond is hearing your loved one's voice calling your name either “internally” inside of your head or “externally.” You might even hear a voice warning you of something. Music is a sign, too. Musical signs can come in the form of a meaningful song being played in your head or a song being played on the radio at an opportune time that is very meaningful to you.

## 5. “GOD-INCIDENCES”

Lucky and amazing coincidences are what I call “God-incidences,” meaning that the coincidences or synchronicities are really special blessings from God in answer to your prayers and/or your loved one's prayers for you. Your loved one may very well have helped in setting up the God-incidence for you.

## 6. SENSING A PRESENCE

Sensing a strong or heavy energy presence in the room or a breeze going by you can be a sign that a spirit is reaching out to you. Some people feel a sensation of love and peace, a sudden weight on the bed, or wake up at the exact time that a loved one has passed.

## 7. BUTTERFLIES, DRAGONFLIES AND BIRDS

Your loved one may have sent a winged messenger from the other side as a sign that they are always by your side.

## 8. RAINBOWS

Rainbows that appear after you have asked for a sign from your loved one, or on a significant date, are beautiful, light-filled signs from beyond.

## 9. NUMBERS

Look out for meaningful numbers that show up on license plates, sales receipts, food checks, etc. It may be your loved one's birth date, anniversary or date of passing showing up. When you see one, take comfort in that fact that your loved one is reaching out to say “hi.”

## 10. RECOGNITION

Seeing someone who looks like your loved one when you have been thinking about them and needed to see them is a sign that they are near.

These are some of the most common ways the dead connect with the living, but they have countless other ways of making their presence known. Open up your soul to receive these signals, and you will always feel your loved ones nearby!

[www.metaphysicianscircle.com](http://www.metaphysicianscircle.com)



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# 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)

**Lets get real about the ole "What we judge in others is a direct reflection of what exists within ourselves" routine.** To be sure, there is value in considering how we are projecting our own stuff onto others- that is a wise inquiry- but not every negative judgment we feel is sourced in our own stuff, or in our soulular memory of past life misbehaviors. Sometimes we are appalled by certain behaviors because we have evolved to the point where we can distinguish good from bad, healthy from unhealthy, benevolent from malevolent. Do you know who planted the anti-judgment mantra with the world? Gurus who wanted to deflect responsibility when they were not living up to their professed standards. You call them on their stuff and they turn the mirror right back on you. It all comes back to good ole common sense. Sometimes we are projecting, and sometimes we are seeing things exactly as they are. Enrealment, or EnBullshitment- pick your path...



# 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>

**Even dwelling upon the end result, imagining all the glorious consequences, and feeling the joy you anticipate in advance, still doesn't compare to the power you wield, the dragons you slay, the legions you command when YOU ACT AS IF your greatest dreams have already come true.**

Olé...

The Universe



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


## The mind can be treacherous... until we train it

It does not want to accept its weaknesses. We make up excuses. It can be very hard to accept ourselves as we are.

Meditation sharpens the mind. Save some time to practice inner things. Do something for 15 minutes every day. We can be in hell unless we program ourself out of it.

If we don't feed a program to the computer how will it work?  
If we don't do the same for our minds how will they work?  
Discipline means fill yourself with knowledge and practice.  
When we are silent, knowledge comes to us.

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## ASK WHITEDOVE

*...continued from page 15..*



In human form our decision making process is clouded with ego. The veil or curtain between this world and the heavens does not allow us to remember everything consciously.

Although when we return to the spirit world we have our life review which is an evaluation of the life we just experienced. Our deeds and actions are all reviewed to see what was learned and what we still need to improve upon. During the life review we re-examine our relationships with others. We can then see those we helped and those we hurt. In that way we can see how our free will has been imposed on others and in this way we humans learn to make better choices.

## DEAR WHITEDOVE,

Out of the blue a small deer walked up towards me in our back yard and I felt a spiritual presence. Here in **Florida**, you rarely see a deer. What is the significance of this? Here in Florida, you rarely see a deer.

## DEAREST,

in spirit we each have **Animal Totems** that represent a teaching or power; **Native Americans** call this **Animal Medicine**. Each animal has spiritual characteristics. These totems can influence our daily lives. As we have two Guardian Angels, we also have two Animal Totems that are with us at all times.

In times of need, crisis or emotional stress other Animal Totems can offer us guidance. They are connected to **Mother Earth**, the fairy realm and the earth angels. In our everyday life animals unfamiliar to us can cross our paths, when these unusual events occur we know that **Mother Earth** is talking to us and sending us a message.

For example, **Deer** is gentleness. It represents unconditional love. It teaches us to be kind to our brothers and sisters by setting the example of kindness and love.

This is a wonderful message for you





## WANT TO GET MORE DONE?

*...continued from page 8...*

A strong purpose is the tie that binds your inner experience to your external environment. Knowing your purpose and understanding how to stay in alignment with that purpose are the two most important concepts in your life. No exaggeration.

Your purpose is what lets you hop out of bed early, excited to start your day. Your purpose is what will carry you through times of doubt and loneliness. With a strong enough purpose, you'll overcome that ugly self-sabotage that your nervous system throws at you: fear. A purpose bigger than yourself lets you face that fear and push through it.

Now, I know what some of you may be thinking: ***But I just don't really know what my purpose is! I have three different things that could be my purpose!*** And you know what? That's totally fine! People take years, sometimes decades to discover their purpose. I said it was simple -- not easy.

If you want to find your purpose so that you can live a life full of energy, passion and service to others, the first step is to discover your blocks. In other words, you have to determine the recurring patterns and situations that are keeping you stuck.

And it's not enough to just recognize these situations. You've got to understand the reasoning behind them. If you're consistently procrastinating on starting your own business, you might be afraid of putting yourself out there as an entrepreneur. If you're trying to eat healthy but keep relapsing back to starchy, sugary snacks, you're probably turning to food as a source of comfort during stressful situations.

Once you discover these blocks -- and their underlying causes -- you can turn fear on its head and use your body's nervous system as a catapult to propel you toward your goals. And once you do that, you can choose almost any morning routine or ritual that supports your purpose.

The decision on how to start your day will be a simple, straightforward one, and you won't have to choke down coffee with oil -- unless you want to!



## MY TWO NEAR DEATH EXPERIENCES

*...continued from page 11*

Now, as an adult, I study ancient traditions, indigenous traditions and native wisdom, and what I learned is that, in many traditions, when people reach the age, old age, and it's time for them to die, they don't suffer. They call it conscious death. They simply let go. And in Egypt, the Egyptian traditions, on the temple walls, they actually talk about the ceremony of letting go, so conscious death, letting go.

So I learned that feeling for myself when I was very young, and so I don't fear that time in my life. I'm not ready for it. I believe I will be here a very long time, and I told my mom, my mother, after those experiences, I told my mother, I will be in this world for 200 years. And she said, why 200 years?

And I said, because I want to see the change that's happening in the world. Well, this was in the 1950s, and my mom says, what change? I said, the big change that will happen in the world.

Now, we know, I have been with Tibetan monks, Tibetan nuns, that are 120 years old and they're very healthy and very strong, and I expect they will continue to live as well.

The best science now tells us that every organ in our body has the ability to heal itself, every organ, even the organs we were told could not (so brain tissue, spinal cord tissue, heart tissue, pancreatic tissue) -- all now are documented with the ability to heal themselves if they are given the right environment, and that environment is directly connected to thoughts, feelings and emotions, how we feel about this world.

And if we are frightened, if we live in fear, that is a form of stress, and the stress is what steals the life from our bodies. If we have that stress, if we've learned to heal the stress, then our bodies are able to heal and reproduce, the cells reproduce and heal themselves all the time.

So, I have always told my mom, now my mom's health, she is declining. Her memory has disappeared. And I visited my mom the day before I came on this trip, I went to see my mother, and at first she doesn't recognize me. And then I said, Mom, it's Gregg. And she says, oh, you're going to live 200 years, and she remembers that. She still remembers that after all this time.



## ABRAHAM-HICKS

*...continued from page 9...*

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 ON USING THE NOW:

**Guest:** I know you say a lot not to spend much time trying to think about things in your past that you know, were, painful, or you know what I mean, that you feel like--

**Abraham:** Can't change them! Can't fix them! All you can do is use them to mess up now.

**Guest:** So I have tried to do a lot more of just focusing, you know, on just what is in the present and trying to deal with that--

**Abraham:** When you think about now as compared to the past and the future, now's pretty puny. All that experience from the past to draw on gives you a wealth of delicious memory. Now is very limited in comparison with all that has been and all that will be.

So when people say you should focus in the now, what we mean when we say the now is your point of power, we mean, in your now you can focus past, present, or future, but use your now powerfully to choose from past, present, or future something that feels good when you focus upon it.

We think that it is far easier and more beneficial to allow yourself the broad perusal of all of that past experience, looking for things that felt good, than it is to say, "I'm going to tenaciously focus in the now where all there is before me is just what is right here."

Sometimes it's pouring down rain. Sometimes you're in outrageous traffic. Sometimes your toe aches or your foot hurts or you've got indigestion. So to say, "I'm going to focus in my now, and make my world perfect by focusing in my now, that's limiting! Instead say, "I'm going to find a way to feel good and I've got the whole Universe -- past, present, and future -- to focus within.

If you had the ability to focus upon it all, it would be chaotic. That's why, as you begin to choose things to focus upon, as you get projects that you're interested in or as you remember touchstones that feel good from the past and you practice them so that you've activated the vibration of them, they can serve you really, really well.

As **Jerry & Esther** were building the treehouse, Esther used that treehouse thousands of times over a period of several years as a jumping-off place into a really positive feeling, because she just could not think about the treehouse without being happy. It gave Esther an easy reference point for feeling good, and she milked it.

The other day -- a new favorite memory from the treehouse: **Esther** is on the very top floor of the treehouse, looking out across the trees, and **Jerry** is walking around the property, and Esther is looking to see if she can see him, and she'd catch a glimpse of him there and then a glimpse of him there.

And then she saw him walking, and **L.C. (Lovable Cat)** was following along behind him. Esther is watching them get closer and closer. When they got close enough that they could hear her, **Esther** said, "Hi," and Jerry looked up, surprised that Esther had been watching, and then he said, "L.C., go see Esther!"

And **Little Cat** went directly up the tree -- not up the steps (there are nice steps all the way up the tree) -- she went up the tree and leaped, flying through the air, into the treehouse! This is a memory that Esther will use endlessly as a bridge to get into a better-feeling place. If you don't have a bunch of

your own, get them from movies, get them from friends, make them up, but fill your pockets full of good-feeling memories and speak them often to others and exaggerate the [good-feeling]

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## 5 STAGES OF SURRENDER

*...continued from page 19*

Each and every time the grace of devastation enters our reality, we have an equal opportunity to either cement the falsehood of limiting beliefs or to allow limiting beliefs to melt away by walking through the fire of our most epic disaster.

### STAGE 5 – EMBRACING ADVERSITY

When everything is here to help you, despite how callous, unbearable, and insufferable life seems, the most unwavering faith to our deepest truth always leads us home, no matter how displaced we may be for any amount of time.

With the soul's perspective, nothing is required to feel or be in any other way than how it unfolds.

Once the ego is dissolved by the unavoidable winds of change, a renewed space welcomes into our reality fresh experiences and greater perspective.

To step forward into the forefront of the soul's journey, it can be accessed by considering the following question:

How can I view adversity in a way that is more loving, supportive, and wise?

From this space, the inner phoenix of our true angelic potential can triumphantly ascend from its ashes.

As we end the plight of personal abandonment and allow the grip of attachment to dissolve, we dare to meet each moment beyond the framework of limiting beliefs, no matter how much devastation or adversity we are meant to face.

Whether we are feeling more relief, inner peace, and harmony than ever before, or still making our way through the integration of each stage, it is our willingness to surrender to life on its precise terms and conditions that manifests the beauty, power, and perfection of our highest potential.

## HOW TO ESCAPE A MIDLIFE CRISIS



*...continued from page 16*

You cannot not choose whether you have a relationship with the Divine, because it is who you are. However, you can choose to make it matter or make it meaningless. The price you pay by making it meaningless is you'll always be on the 'hamster wheel' searching outside of yourself for love, happiness, and peace of mind. You'll never find it there.

A wise person looks within to perceive the truth. They meditate to search within themselves for greater understanding. You can become wise. The key to avoid a mid-life crisis is to remember the truth of who you really are. You are much more than your ego's fears with its negativity and pain. You are more than what you have or do. You are a child of the Divine. Meditation and prayer can open you to remember the truth of who you are.

You're loved by God-Goddess, regardless of what you've done in the past. Divine love is unconditional, there is nothing you can do to get more of it, and nothing you can do to lose any of the Divine love given to you. It's always available, but you need to reach for it. You are loved with all your hang-ups and flaws. There is nothing you need to do, YOU ARE ENOUGH! It is only Divine love that can fill the emptiness inside, filling you with joy and peace and help you to escape the crisis called mid-life.

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

# HOROSCOPES

## AUGUST 2019

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

**Aries – (March 20 – April 18)** This is your time for fun and play. Mars and Venus in Leo whisper through your days like a breath of fresh air. Mars and Venus together in any sign create a special glow, but it's extra special to have them in a compatible fire sign. Enjoy this 'free energy' now, Aries. The only thing you need to look out for is too much of a good thing. Your fire burns hot and fast and this sometimes leads to burn out. Get lots of sleep, and have an absolutely fab month.

**Taurus – (April 19 – May 19)** There is going to be plenty of confusion with Mercury in Leo from August 11 - 29, so do your best to let go of thinking things are going to work out like you planned. It's possible that after some adjustment and re-working, that you'll actually get far more than you anticipated. Let go of rigid expectations, and be open to the good and amazing things that the Universe has to offer you.

**Gemini – (May 20 – June 19)** August is a great month for new ideas and fresh inspirations, provided you can relax. This month has several planets in Leo, and although you love the glow, it can also wind up the volume on nervous tension. This is an excellent time for travel, Gemini. It's a perfect month to expand your world by taking short trips to meet new friends and re-connect with old ones.

**Cancer – (June 20 – July 21)** There are several favorable planetary aspects that favor you this month. Jupiter, now in Sagittarius, has you searching for balance in an unsteady world, Cancer. But this month the stars have aligned to deliver good cheer. On August 7th the Sun harmonizes Jupiter; this is a great day to focus on what you want to manifest for the remainder of this year. And, the very next day, Venus chimes in to smooth out uncertainty. Plus, Venus wins the day on the 26th as she trines Uranus. Keep the faith and enjoy the ride.

**Leo – (July 22 – August 21)** August is an OMG month for you, Leo. With the Sun, Venus, and Mars in your sign until the 20th you are Golden. What a treasure for your birthday month! The only possible problem is the confusion that comes when you have to shift gears early in the month. A little bit of patience combined with good ole Leo practicality will get you through this adjustment period. Keep your cool over the long, hot summer days.

**Virgo – (August 22 – September 21)** You'll feel brighter after August 11th when Mars enters your sign, Virgo. Not only Mars, but Venus, plus your ruling planet Mercury have been lurking in your solar 12th house, keeping you 'in the dark' so to speak. The 12th house is a place of repose and one begins to feel lost after a while. The secret to success is: surrender to what you cannot change, yet don't give up.

**Libra – (Sept 22 – Oct 21)** Secrets are revealed in August. Someone has been holding their emotions inside, and now you finally get your answer. Events will transpire at lightening speed for the remainder of this year, so enjoy these summer (or winter) days and savor the sweetness that embraces your sign. The Aquarius full moon of August 15th highlights your 5th house of fun and romance. You can see clearly now.

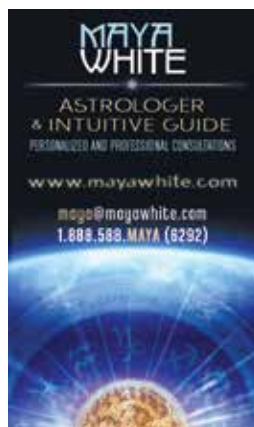
**Scorpio – (Oct 22 – Nov 20)** August can be a challenging month for you, but this time around there's much to celebrate. You've grown, and are now ready to step up to a new experience of power. And, like the Leo, you're strong enough to take the good with the bad. This does not make nagging doubts go away forever, but they don't have the hold over you that they used to. August is your fresh start month. Celebrate.

**Sagittarius – (November 21 – December 19)** August is perfect for you! Jupiter in your sign is sending some great vibes to the full moon mid-month, and even Chiron is made happy by this fire sign trine. The only possible problem comes from Neptune playing games with your mind. Keep the home fires burning, especially if your partner needs extra love this month. Remember, yours is a sign of exquisite good fortune.

**Capricorn – (December 20 – January 18)** August is your month to incorporate the inspiration that came with last month's full moon lunar eclipse in your sign. Now you get to embody, express, explain and enjoy. The moon in your sign August 12 delivers a reminder of exactly what it is that needs to happen now. Only this month, it's about the financial gains that come with your new level of power and self-expression.

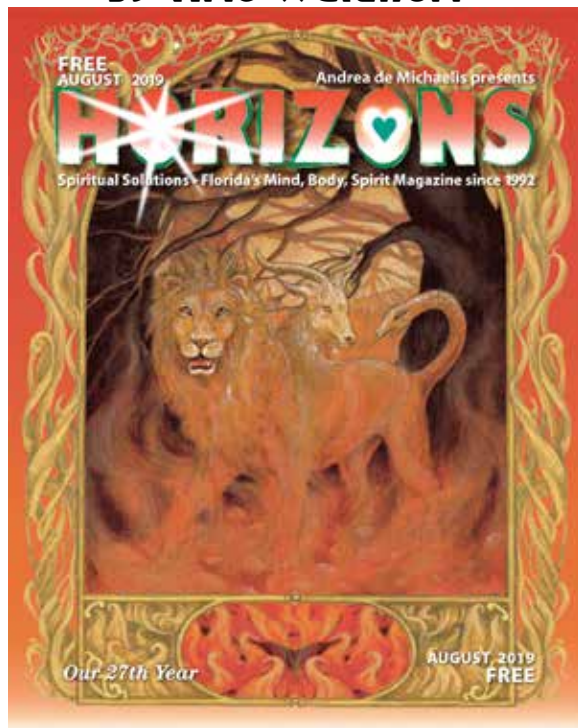
**Aquarius – (January 19 – February 17)** The full moon of August 15th is in your sign at 22 degrees, a Master Number. This number is so powerful that the truth of it has been hidden; it refers to being in harmony with the very force of creation. Twenty-two is about turning your dreams into reality, and astrology says that it's done through partnerships. Step up to this invitation, Aquarius. Tune in to your higher self, and get into alignment with your next steps.

**Pisces – (February 18 – March 19)** You may need to take some down time this month. Neptune and Jupiter are engaged in a long-term challenging square, which has been impacting you for three months now. This alone is a reason to want to step back. And this month, the Dark Moon Lilith is also shining her Light on your sign. Lilith shines a Light on your shadow, and she can make you feel like you're not enough. Acceptance comes through the Divine power of Love.



# COVER ART

## Chimera by Kris Waldherr



**This painting by Kris Waldherr comes from her Sacred World Oracle, a 44-card oracle deck that celebrates the beauty and diversity of the earth and its creatures.** It was painted in oils over watercolor and pencil on paper. In *The Sacred World Oracle*, the chimera suggests the opportunity to find union between seemingly disharmonious parts in your life—how can you seek creative compromise in your life? The chimera was described by Homer as part lion, part serpent, and part goat.

Today the word “chimera” is used to describe a fantastical hybrid creature. In Greek mythology Chimera was the daughter of Echidna, a giant serpent with the head of a beautiful nymph, and her loathsome hundred-headed mate, Typhon.

Zeus killed the evil Typhon but spared Echidna and her monstrous offspring, including Chimera, so they might test the mettle of future heroes. Alas, Chimera finally met her match in the hero Bellerophon, who was able to vanquish her with the assistance of Athena, goddess of wisdom.

**Kris Waldherr is an award-winning author-illustrator who is fascinated with mythology and women's history.** Her books for adults and children include *Bad Princess*, *Doomed Queens*, and *The Book of Goddesses*.

As a visual artist, Waldherr is the creator of the *Goddess Tarot*, which has a quarter of a million copies in print, and the *Sacred World Oracle*, a Coalition of Visionary Resources best product of the year.



Image copyright Robert Presutti

Her art has been exhibited in many galleries and museums including the Ruskin Library, the Mazza Museum of International Art from Picture Books, and the National Museum of Women in the Arts.

Her upcoming books include her debut novel *The Lost History of Dreams* (Atria Books), a Victorian-set reimagining of the myth of Orpheus and Eurydice. She works and lives in Brooklyn. Learn more at [KrisWaldherr.com](http://KrisWaldherr.com).

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