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and We Can Learn To Cooperate With It. Roy Eugene Davis*



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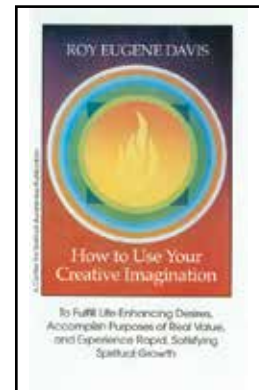
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Our founder, Roy Eugene Davis, a direct disciple of Paramahansa Yogananda, taught spiritual growth methods for sixty-eight years in North and South America, Japan, Africa, Europe, and India. His books are published in eleven countries.



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HORIZONS MAGAZINE

575 Escarole Street SE
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.com

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

- 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**

The greatest optical illusion is separation

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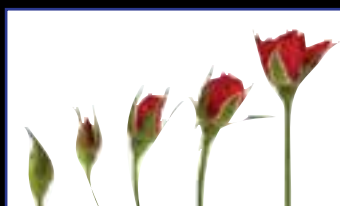
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Co-incidence has meaning. If you find yourself reading these words, there is a message for you.

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



Horizons thanks everyone willing to take the risk

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

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE AUGUST 2021 EDITION OF HORIZONS MAGAZINE. I

really love that I can work from home in the middle of the night. When I began to get clear on what I wanted, I realized I wanted freedom, that was what I wanted dollars for. I wanted to be able to enjoy being at home and to work productively from there during the hours I wanted to work. I wanted to be able to take a nap whenever I wanted. I wanted to be outside gardening on sunny days. Little by little I stopped taking work that tied me to a clock. I learned that when I said NO to particular kinds of work, opportunities for other work and other income would appear to take its place. It took years to get where I am but I'm Here Now and digging it to the max.

You too, you can take little steps in the Now to get you where you want to be 10, 20, 30 years down the road. I used to think I'll probably live to 62 cuz my parents did. But I'm 69 now, no health problems and my mom's sister and dad's brother are both a healthy and active 88. My across the street neighbor is 88, very active I see him running around outside all the time in the yard. I have friends in their 80s and 90s still going strong, so I'll plan for at least another 20.

Things are not always going to be the way they are now. If you're going thru tough times, they'll pass. If you're on a roll, you'll hit some bumps but they too will pass. *Stay hopeful, wherever find yourself, you can look around and find clues and opportunities.*

Make no mistake, Life is gonna do what Life is gonna do. *The good news is that as you approach any seemingly unscalable mountains of obstacles, they begin to get smaller until, by the time you get to them, you can easily step over them.* But you don't know that now, so it seems un-doable.

Believe me, MORE is DO-ABLE than you ever thought EVEN POSSIBLE. You'll see. Enjoy our offering.
Hari Om



Andrea

HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind.

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

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

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

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

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

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

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

ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Author of Ask & It Is Given, The Amazing Power of Deliberate Intent, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships and NY Times Best Seller, Money and the Law of Attraction, visit www.abraham-hicks.com.

QUESTION: Regardless of our thoughts and feelings - I know how important that is - are there any actions that, if we take them regularly, are harmful to our health? For example, trans fats, sugar, microwave food... Someone told me you once said something about carbonated beverages - I don't know if that's true.

ABRAHAM: Thought vibration is everything, and action is insignificant in comparison, but you cannot separate your action from your thought vibration about your action. In other words, if you believe that the action that you're offering is a good action, then your vibration is more in alignment than if you believe that your action is a bad action.

You could take two people and subject them to identical diets, with one believing that it is inappropriate and one believing that it is appropriate, and they would get two different results from the same exact diet, because it's not about what they're eating, *it's about how they feel about what they're eating*.

We're surprised any of you can find anything to eat, because somebody that you trust has told you something is wrong with everything. (Fun) "It has food dye in it, it has the wrong sort of chemicals in it, it has preservatives in it, it has fat in it, it has carbohydrate in it, it has poison in it."

And so, when you sit down, most of you are terrorized; your food terrorizes you. We see you in your restaurants, where instead of feeling easy and luxuriating and in love, you're looking at the menu in guilt and disgust. You find yourself feeling guilty before you even get it on your fork, and apologizing, pretending that you're only going to eat a little when you really plan to eat it all.

In other words, there may be no subject that is more upside down and all around than your relationship with food, and we want you to make peace with the food that you are eating. And if you will make peace with the food you are eating, the food you are eating will serve you well.



Janice Scott-Reeder, AA, BA, Druid

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But as long as you've demonized what you're eating, it will not. The worst thing in the world anybody can do is believe something is wrong or bad for them and do it anyway. That's where religion comes in - they say you are evil if you do that, and then your natural instincts cause you to do it anyway. And then you feel evil forevermore.

QUESTION: So, as long as we're feeling good, we can eat anything?

ABRAHAM: We'll put it this way: Practice feeling good and eat as you are. In other words, let your action be as it is and do your best to make peace with what you're doing. And then, as you make peace with what you're doing, you will gradually begin to gravitate toward the best foods that match your expectation.

If you're saying "*Could I drink Clorox bleach and thrive on it?*" we would say *probably not because you know too much about Clorox bleach*. Just don't try to be extreme about it. In other words, be easy about this, and when you get to feeling good, you can thrive. Your emotions are your indication of your alignment with Source.

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RE-WRITING THE RULES OF VIRTUAL REALITY

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

Rewriting the Rules of Virtual Reality: Part I

Imagine for a moment the dot of a pencil in the center of a page.

Now take that dot and drag it to create a line.

Congratulations, you've just created a dimension.

Next, I want you to take the whole line and drag it to create a square.

You can now proudly call yourself the creator of two dimensions.

Next, grab the entire square and pull it out of the page towards you to create a box. Congratulations are really in order this time. **You've just created three dimensions.**

Before we go on, pause for a moment to understand and embody how much power resides in being the creator of these three dimensions. You've just created the physical representation—the very blueprint—for our common understanding of this three-dimensional (3D) reality.

If this 3D reality you just created were a game, then this game has certain rules, and we call these rules Newtonian laws. In this game, the majority of the participants have agreed upon these rules because they define our physical experience of space and time. In the pursuit of pleasure and attaining things within the context of the game, space and time are important characteristics of these laws because they create the illusion of separation and distance between you, me, objects, places, and things.

Thus, to create change or attain “things” in this game, we rely on matter to change or attain matter...and that takes time and energy. What all of this implies is that in this 3D plane of demonstration, we have to do “something” in order to make “something” happen.

The question I want to pose to you then is this: what happens to the square when you add a fourth dimension? Would you not also have to add another layer of rules on top of the existing rules?

Once again, congratulations are in order. **As the creator of this 3D reality, you have just reached the edge of your current understanding—the edge of what you can currently imagine as possibility.** Now don't be too hard on yourself because in truth, since you have only experienced the 3D world through your senses, a 4th dimension could only exist outside of your current known model of reality. Thus, when you have only been living in a 3D world, it's hard to imagine a 4th dimension.

LET'S PAUSE AND SHIFT GEARS.

I now want you to imagine you're completely immersed in a virtual reality game. Before you place that imaginary headset on, it would serve you better to gain an understanding of what virtual reality is.

Virtual reality, otherwise known as VR, is a simulated experience that can be similar to what we commonly understand and experience as the “real” world. Its unique, hypnotic, and illusory power resides in stimulating one's physical being in an imaginary, sensorial world. *In other words, VR places us in a holographic world in which our senses are deceived, manipulated, or altered into having us believe the imaginary world in which we're engaged is the real world.*

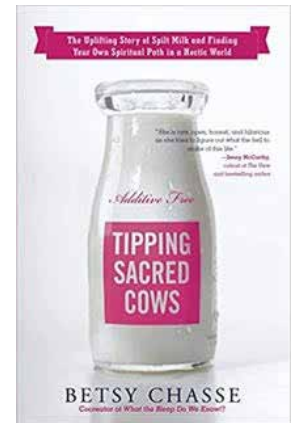
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TIPPING SACRED COWS

The Uplifting Story of Spilt Milk and Finding Your Own Spiritual Path in a Hectic World

Betsy Chasse. Writer, filmmaker, storyteller, changemaker and most importantly mom. You may have seen my film “What The Bleep Do We Know?!” or possibly one of my other films Song of The New Earth (Producer), Pregnant In America (Producer), Radical Dating (Producer/Director), The Empty Womb (Producer/Director), or read one of my books, Tipping Sacred Cows, Dancing In The Unknown, Stories of Becoming Myself, or my most recent Killing Buddha. **Get a FREE Digital copy of Tipping Sacred Cows by joining Betsy at www.betsychasse.net**



HOW TO GET COLDCOCKED BY AN EPIPHANY (or Waking Up Can Suck or Not Suck Depending on How You Handle Your Shit)

I saw the ground on which was built my understanding of the world and who I was in my little part of time and space. In that moment, I came to one profound realization: my pasture of perfection was full of shit, and it reeked. It was a wake-you-up kind of smell. My life imploded, and it stank. Cue life-altering epiphany, ready or not (most likely not, because who’s really ready to completely throw out everything you thought you knew and start from scratch?)

I’d heard about such things—great epiphanies that illuminate some kind of knowledge and understanding into a higher state of being, an evolution of the spirit and/or mind. My friends would often sit around the fire, spinning their tales about how, after fasting or meditating or pilgrimaging or a combo of the three (or helping at a homeless shelter or doing work with the sick or some other selfless activity or maybe even seeing someone else perform an act of kindness, shit, even reading about it in the paper,) a person felt compelled to evaluate their life.

Then, in the story, the person comes to some kind of spiritual jackpot and goes about the business of saving the world, or at least a section of it, while brimming with joy and spreading compassion like creamy peanut butter on a perfect PB&J.

My cow pie epiphany was so far removed from the miraculous one of landing smack-dab in the middle of a New Age phenomenon of quantum mysticism, complete with a walk on the red carpet, princess dress, and handsome prince (*I mean, how does a girl who has never even spelled the words quantum physics end up making a movie about how it’s the end all, be all of the meaning of life?*) that the mind boggles. When you soar that high, your epiphany is bound to be messy.

Probably because I was no June Cleaver and never mastered the art of the perfect PB&J; mine always have jelly dripping out the bottom, staining my kids’ shirts and making their hands all sticky, with my own shirt being quickly used as a napkin by my little problem solvers, because of course I forgot to give them one of those. In my life, I never seemed to have a napkin when I needed one, even though looking at me, you would probably think to yourself, how does she do it? I was an excellent faker.

I produced illusionary napkins at will, all smoke and mirrors. People will see what they want to see, especially if the magician is really good, and I was. Unfortunately, my superpower of producing an endless supply of immaterial napkins was less than awesome. At this moment, with this epiphany, catastrophic as it was going to be when the full implications spilled out into my life, I needed the real deal because it would take every napkin on the planet to clean up the mess.

My awesome epiphany was like this: imagine yourself waking up next to your sleeping husband and feeling this overwhelming urge to scream BURGLAR! Only, I was the burglar in this scenario, and I had stolen someone’s entire life—the house, the bed, the husband—everything. Then, ironically, I realized that I had stolen fake goods.

My epiphany came on like hives—a slow burn of discomfort between the carpool and cleaning up cat vomit. It culminated one morning when all of my beliefs, my understanding of my carefully built system of daily agreements about the way life is, tipped and fell domino-like, leaving me with the task of trying to stand them all up again.

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

DANDELION

Many people think of this plant as a very troublesome weed that invades their lawns or gardens. What you may not know is that this pesky weed has a long list of nutrients and many health benefits.

Native to Europe, Asia, and North America this plant has popped up everywhere and for thousands of years; it has been used in salads, made into wine, as a coffee substitute, as a tea, tincture or in capsules.

In Chinese medicine **Dandelion** was used for digestive problems, inflammation, and hormonal problems. In Europe it was used for diabetes, diarrhea, fever, and boils. Native Americans used **Dandelion** for upset stomach, kidney disease, swelling and skin problems.

Its chief constituents are **taraxacin**, **acrySTALLINE** and **inulin** that converts to fructose, which forms glycogen in the liver without calling for insulin. This results in a slower rise in blood sugar making **Dandelion** a good choice for people with **hypoglycemia** or **diabetes**.

Another constituent **gallic acid** has **antibacterial** and **antidiarrheal properties**. European Scientific Cooperative on Phytotherapy recommended **Dandelion** root for the repair of the liver and gallbladder functions. This may be due to the constituents **sesquiterpenes** and **triterpenes**, research has shown these bitter compounds aid the digestive system helping with the release of stomach acid and bile aiding the gallbladder and liver, they also help with **chronic indigestion**, the **breakdown of fats**, the **absorption of nutrients**, the **reduction of jaundice**, **gallstones**, and **gas**.

In the Circulatory system the essential fatty acids in **Dandelion** help produce **prostaglandins** that help reduce inflammation, prevent platelet aggregation, and lower BP. Some studies have found that the continu-

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HOW TO RECOGNIZE MAGICAL BEINGS - ENTS

*Magic is easy! Just change your perspective,
and poof, the whole world has been transformed...*

Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious Man with the Ladder."

As part of a continuing series on the care and feeding of Magical Beings, here's an excerpt on Ents:
What little we know of the Ancient Ones, the Ents

Chap I: Few were around to see the Earth in its youth but it is safe to say there were *Ents* quietly planting trees and making the Earth green even then. Known as the *Tree Shepherds* they are thought to be just the stuff of myths and tales told around the fire. Because they are the inventors of camouflage and blending in was their first defense, I have it on good authority that some individuals have managed to survive even in the modern age.

Chap II: *Ents* are one of *Mother Earth's* first born. They are only happy in deep woods or with their feet in muddy ground or streams. They are quiet folk, rarely disturbed, deeply grounded, concerned only with nurturing the living beings around them. It is said they know the original name of all the creatures which allows them to call them and converse even with things that most do not know are even alive and aware. The *Ents* know that even the ground they walk on is alive, sacred, full of the seeds of future plants and trees and teaming with underground life from the small to the almost invisible.

Chap III: In the *Eldar* days the *Ents* were spread far and wide in ancient forests that connected to each other in leafy highways. Now they are mostly solitary, quietly tending their little corner of paradise. If you find yourself in a particularly lush part of the woods, bright with greens and browns, dense with tall trees that bear great vines and air plants, with roots that rise up through the earth like massive fingers, know that an *Ents* is near.

Chap IV: It is said that the *Ents* have many more senses than the muggles. Their sense of smell is so refined they know when a tree is stressed from miles away, and they know the conversation of all the plant people which is usually done by scent.

An *Ent* can taste the freshness of the water in the air and under its feet. An *Ent* can feel the presence of an intruder in its sanctuary, the calm of the forest is immediately broken with the shrill cries of birds warning all that danger is coming. Many come who are foreign to the forest but are moved by its peace and beauty. Very quickly their heart beat slows and their walk becomes measured and they can't resist marveling at the ancient trees and lovingly touching their bark. These the *Ents* see as long lost relatives, abandoned for generations in forests of concrete and steel.

...continued on page 27

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WHAT DO I WANT?

What do I want right now? A healing, a friend, a partner, a career, an answer to a question, a solution to a problem? More money? (Well, duh.)


I relax and know: the very moment, the very nano-second I first experienced that desire, a supportive Universe began orchestrating circumstances so that I could receive that very thing.

All I need to do is become receptive, and I do that by staying as much as possible in a good-feeling emotional state throughout my day.

This may involve taking my mind off the fact that I do not yet have the thing I desire. It may involve my focusing on all aspects of my life that are as I want them. It may involve my fantasizing about what it will be like when my desire arrives. I also become receptive when I sit quietly in a neutral, meditative state, allowing my thoughts to subside for a while. When I'm peaceful and passive, I'm giving the Universe plenty of elbowroom to work its magic.

I spend a few silent minutes in an allowing and receptive mode and then I go forth with renewed optimism, knowing that good things are about to find me.

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Angels Oasis is owned by esteemed Psychic Mediums and Spiritual Counselors, **Morgana Starr & Daena Deva**. They have a combined 50 years of Spiritual work. Known as **New Thought Leaders**, they are helping to guide and shape lightworkers from around the globe. Angels Oasis is located in Historic Cocoa Village, Florida and is a beacon of light for the local spiritual community. Knowing they wanted to expand their reach, they launched **Awaken Institute**, their online Spiritual School. Awaken Institute allows awakening souls to develop their gifts safely, with guidance they can trust. You can learn more at **Awaken-Institute.com**. The first step is to take our Master Class and learn to become an **EMPOWERED** empath!


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SETH SPEAKS

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

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THE CAUSE FOR RIOTS

Seth thru Jane Roberts on some of the causes for riots, wars, and natural catastrophes. The larger context here is a disaster in Elmira - the great flood of June, 1972.

SETH: In a highly materialistic society, the loss of an expensive home and other material possessions is a matter of great practical and symbolic nature. Many individuals therefore sought out that experience.

Many also found themselves reacting with a heroism they did not realize they possessed. A sense of community unity was born, a deep feeling of companionship that had not existed earlier.

War has often served as an emotional stimulus, as an escape in terms of drama, excitement and belonging for those who have felt alone, powerless and isolated.

In its own way, a neighborhood fire serves the same purpose, among others, and so does a local or regional

disaster. The nature of your conscious mind demands change and dramatic meaning, a sense of power, and aspirations against which to judge individual direction.

A "perfect" society, idealistically speaking, would provide these qualities by encouraging each individual to use his potentials to the fullest, to revel in his challenges, and to be led on by his great natural excitement as he tries to extend powers of creative potency in his own unique way.

When such opportunities are denied then there are riots, wars, and natural catastrophes. A sense of power is any creature's right. I speak here again of power as the ability to act creatively and with some effectiveness.

A dog chained too long often becomes vicious. A man who believes his actions have no value seeks out situations in which he uses his power to act, yet often without worrying about whether the action will have a constructive or negative effect.

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Dear Michelle, Any tips on how to get through these trying times?

DEAREST, Everyone has intuition; they just don't choose to use it. But now is the time. Pray more and learn to meditate because this gives you discernment on a deeper level. This global turmoil is major change and humans are not comfortable with change. Be self-sufficient and independent, get as best prepared as you can, but don't live in fear; live in a more spiritually connected space so you're more aware. We can't depend on the news media, or many of the countries governments to give the people the real truth any

longer, we must learn to discern for ourselves. You see we've been in these systems, we've been programed to be part of manmade institutions which are broken now; banking, old financial methods, the media, politics, global governments, education, healthcare and even the military branches all need repair. They no longer serve the people, so this needs to be wiped away. This change has thrown the world into chaos. Everyone feels it on a soul level because truly we are all connected.

OUR SPIRITUAL GPS: THE "GUT" KNOWING!

The more that you listen to your intuition or gut, the more you develop your connection to Spirit. If there's ever a time for people to wake up spiritually, to get through these times of turmoil as painlessly and gracefully as possible ... it is now, and that's the only thing that's going to help on a soul level to give you serenity. This is beginning of the end of times *as we have known it. It's the end of the way things have been as we've known them.* We are in a great time of change, so we must each figure out new ways to move forward while living life with integrity.


Dear Whitedove, thankfully I've worked from home with my own business for years. In this post pandemic time I'm back to my normal routine, altho fearful about going out. Any suggestions for that?

DEAREST, this has been a very trying time for most. But as the Law of Attraction tells us: *What You Fear, You Draw Near.* We all chose to come here to Earth during this time of great change and now is the time to stop being fearful. Instead, live, love, laugh, because tomorrow is not promised. Sure you can be careful, you can be prepared, but live in the moment. The game of life is getting trickier and our freedoms are being challenged so you need to enjoy and exercise your freedom.

So I would like everybody to get your bucket list out and start doing all those things that you want to do, because if you don't do them now, when? Do you think it will get easier to travel? Now is not the time for wishful thinking. Do the things you want to while you know you can do them, because who knows what tomorrow brings? **Great Spirit** wants us all to live, love, laugh, and free our minds. Throw down, let go of our shame, or our guilt, or our worries, release all of that negative baggage. Open up our hearts, set our soul free. Nobody can take your soul from you unless you let them, and nobody can take your heart from you unless you let them.

...continued on page 27...

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THE 10 COMMANDMENTS FOR VISITING A NEW AGE SPIRITUAL RETREAT



Mitch Ditkoff is a human being, currently living in Woodstock, NY. Most recently, he has launched "The Year of Living Creatively" -- an online course for anyone committed to following their heart's desire and manifesting a creative expression of who they are and how they want to serve. Visit www.mitchditkoff.com

During the past 40 years a curious phenomenon has swept this nation. Inspired by the teachings of several Master souls from the East, an unusually large number of ashrams and retreats have made their appearance on the scene -- spiritual centers designed to provide seekers of the truth with a focused environment in which to practice their particular spiritual path.

Seduced by the Western notion of cause and effect, they somehow think that spiritual attainment is related to the way they act -- as if God were some kind of transcultural Santa Claus looking for good little boys and girls to bring his shiny red fire trucks to.

While most people who spend time in these places are extremely dedicated and sincere, there still remains a goodly number who, in their attempt to have "an experience," miss the point completely. Not surprisingly, the spirit of the law is all too often traded for the letter -- a letter that, no matter how many stamps are put on it, is continually returned for insufficient postage.

Surrender is replaced by submission; patience by hesitation; and humility by timidity. Alas, in the name of finding themselves, our God-seeking brothers and sisters have tended to lose the very thing that makes them truly human -- their individuality.

And so, with great respect to your personal God, your Guru, your Guru's Guru, and your favorite tax-deductible charity, I humbly offer you the following soul-saving tips should you decide to visit (or move into) the ashram or spiritual center of your choice. Take what you can, leave the rest, and remember -- it's not whether your shoes are on or off, but if your heart is open.

1. DO NOT CHANGE THE WAY YOU WALK:


Most visitors to a spiritual retreat think they have to change the way they walk if they are truly going to

have a meaningful experience. Somehow, they believe there is a direct correlation between the way they move their feet and the amount of "grace" or "blessings" about to enter their lives.

The "spiritual walk," is actually a not-too-distant cousin of the "museum walk," the curious way a person slows down and shuffles knowingly, yet humbly, past a Monet (or is it a Manet?), silently getting the essence of the Masterpiece even as they move noddily towards that incomprehensible cubist piece in the next room.

If you like, think of the spiritual walk as the complete opposite of the on-the-way-to-work-walk or the exiting-a-disco-in-New York walk.

...continued on page 35...



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FROM THE HEART



Alan Cohen is the author of the bestselling *A Course in Miracles Made Easy* and the newly-released *Soul and Destiny*. Join Alan and musician Karen Drucker for a transformational in-person ACIM-based retreat in CA December 6-10, 2021. For info visit www.alancohen.com.

What Will You Do with Your Life Now?

As the pandemic recedes, we are all looking forward to reclaiming something like the life we once knew. But could one of the purposes of the pandemic be to direct us to a life better than the one we knew? While many people hope the world returns to normal, that could be the worst of our new choices. We now stand at a critical crossroads that will either plunge the world into deeper darkness or elevate it to the light.

When my mentor **Hilda Charlton** received a student who had just been healed of a dire disease, **Hilda** would ask that person, “What will you do with your life now?” We might ask the same question of ourselves after moving through the long, dark tunnel of this planetary disease. What have we learned that can make our lives more meaningful?

A Course in Miracles tells us, “All things are lessons **God** would have me learn.” This is true on a planetary level as well as a personal level. While many of the results of the coronavirus pandemic were tragic, we were also bestowed with life-changing experiences. We connected with our families and came to appreciate them far more. We had unprecedented time to delve into spiritual studies and practices.

We quit going to toxic office environments and retooled our careers, working from home. While many people hid in fear and protection, others reached out and helped people who were hurting. For the first time in history, all of humanity came together for the common purpose of healing.

When a student asked the spiritual teacher **Bashar** what was the spiritual reason behind the pandemic, **Bashar** answered, “*There are always organisms in nature that could be detrimental to humanity if they were allowed to proliferate. But humanity is generally immune to them. When humanity drifts from nature and lives contrary to the natural order, physically and spiritually, humanity’s immunity drops and the world becomes vulnerable to diseases to which it would otherwise be impervious.*”

The pandemic was not a random event or a punishment from **God**. It was a wake-up call for each of us as individuals and humanity as a whole to make necessary course corrections and live as our natural selves rather than deny them.

If we go back to working insanely and wedging in little or no time for the people we love; or neglecting our physical well-being in favor of stress; or fighting over trifles; or dropping into national or racial divisiveness; or becoming self-involved rather than reaching out; then the pandemic will have served no purpose.

Sadly, some similar or even more dire nightmare will come around until the voice for healing gets our attention. Let us avoid the need for another two-by-four whack, extract the blessing from the challenge, and make it work in our favor.

When I studied **organic gardening**, I consulted with lots of resources to find out how to keep bugs and diseases from destroying our crops. While the books and experts gave various tips and remedies, they all came to the same conclusion: when a plant is grown in healthy, nutritious soil, it maintains a natural immunity to pests and diseases.

Here we have a magnificent metaphor for all of our lives: When we are well-rooted in our spiritual nature, the slings and arrows of the world cannot harm us.

As we drop our masks, make social distancing more social, return to offices, and go back to parties, concerts, and public gatherings, let us remember **Hilda’s** question: *What will you do with your life now?*

If we establish and maintain a higher quality of connection with ourselves, each other, and the universe, the pandemic will have taught us well. We have worked our way out of the nightmare. Will we now stay awake?

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NOTES FROM THE UNIVERSE

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

Visit <http://tut.com>

Often, simply showing up is enough. Because the friends, abundance, and health you now dream of possessing have long been in place.

Because the coincidences, surprises, and serendipities that will transform your life already lie in wait for your passing.

And because little else could speak louder of your belief in success than physically putting yourself in a position to receive.

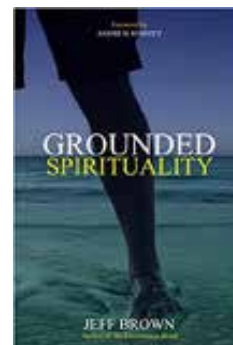
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SPIRITUAL GRAFFITI

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, Karmageddon, an award winning documentary about spirituality and emotional healing. His newest book is Grounded Spirituality.

Visit www.Soulshaping.com and www.Soulshapinginstitute.com



If you grew up in a family that felt like a prison, you may have issues with engulfment throughout your life.

That is, you may begin to feel like you are trapped, whenever you make a commitment to a relationship, a job, a place to live.

If you haven't done enough work to heal the early life issues, it is very easy to project the expectation of suffering onto anything that you have committed to. It all begins to feel like the same old prison, even if it isn't.

Symptoms of unresolved engulfment issues include a perpetual need to be on the move geographically; a persistent quitting of jobs; a never-ending quest for 'the one'; an addiction to seeking (even after finding); the termination of love relationships when they get too close; and the preferring of fantasy and part-time lovers to intimacy with your partner.

Sometimes it is true that you are experiencing these symptoms because you are truly not where you belong, but not always. Sometimes it has nothing to do with true-path at all, but everything to do with the need to heal unresolved early-life material.

Once healed, the engulfment projections can fall away and you can begin to celebrate the commitments that you have chosen. Not a prison in fact, but a liberating opportunity to heal and transform.



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CRYSTAL CORNER CITRINE

Photo by Karin Wolf



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

The sun is high in the sky after days of clouds and rain.

Even though the summer heat surrounds us as we step out into nature's garden, the green forests and flowers are so beautiful that the heat feels more like an embrace than a bludgeon and when I was visiting the ocean this week the balance of sun fire, dancing waves of sea water, tiny crystals of sand and salt-tinged offshore breezes brought me great delight. Even though there is still peril aplenty in this world of ours, finding joy in what surrounds us in the moment helps us create the synthesis of heart and mind that leads to the positive changes we desire. I have chosen **citrine** as the crystal for us to focus on this month for that very reason.

Citrine is one of the color variants of **quartz**. It is a beautiful golden yellow from pale lemon to deep rich golden brown. I am very fond of natural citrine. Of all the colored quartz (amethyst, smokey quartz and rose quartz) citrine is the rarest and therefore the most expensive. Natural **citrine** gets its color from heat deep inside the earth as it is formed. Because people love it, much of the **citrine** available in shops is actually **amethyst** that is heated in kilns until it changes color. These crystals have an **orange** undertone and your crystal shop should be able to tell you if the citrine you want to bring home has been treated.

Working with **citrine** is always a happy experience. It generates joy and prosperity like the sun generates light. Most crystal workers believe that **citrine** never needs to be cleaned or cleared because it is constantly emitting the energy of positivity. **Citrine** effortlessly combines with the energy of the third chakra to amplify our will and help us manifest what we need. There is no better crystal to use when we want to harness the power of positivity that is always accessible within us.

Putting **citrine** in the prosperity corner of your home is a great way to focus on lining up with the knowledge that there will be more than enough flowing into your life. I always keep a little piece in my cash register. Wearing **citrine** jewelry when speaking in public or making a business proposal can give your confidence a boost.

A gift of **citrine** can help lift the spirits of people who are feeling low. Whenever you want to step into a fuller enjoyment of life, **citrine** is your ally. Bask in the energy of **citrine** as if you were basking in the sun.

Many people have asked me if the heat-treated **citrine** works as well as natural **citrine**. It is perfectly fine to work with whatever kind of **citrine** appeals to you and fits your budget. I prefer to work with natural stones, but when I have used the heat-treated stones in grids they have filled the purpose. **Citrine** is a crystal that never carries negativity - it is always positive. We can all use that right now.

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Debra Strasser is High Priestess at Church of Iron Oak in Palm Bay, FL. She can be reached at scribe@ironoak.org

WELCOME TO AUGUST 2021

We are now half way between the **Summer Solstice** and the **Fall Equinox**. It's still quite hot, but attention will turn this month to the first harvest festivals. One early harvest festival is written about in **The Anglo-Saxon Chronicle of 921 AD**, and it mentions **Luna-sadh** as 'the feast of first fruits'.

This festival is also called **Lammas**, as in the **Old Lammas Fair** at **Ballycastle, Northern Ireland**. **Lammas** or **Lughnasadh** festivals are still held today with music, dancing, drumming and games of skill.

At this time, many **Wiccans** and **neopagans** will honor the **Celtic God Lugh**. **Lugh** was one of the most prominent **Celtic** deities, appearing in **Britain** and the **European** mainland as **Lugus**, or in **Wales** as **Llew Llaw Gyffes**.

Though he was primarily associated with skill and rulership, he was in some cases connected with light or the sun as well. His title "*of the Long Arm*" often accompanied him in his various appearances.

Julius Caesar identified **Lugus** as the Roman god **Mercury**, a trickster and messenger of the gods, similar to **Lugh's** role before he became High King. With the spread of Christianity throughout Europe, it became customary to bring a loaf of bread from the first harvested grain to the church to be blessed.

The month of **August** is often referred to as the "**dog days of summer**" but not because of pet pooches. It has to do with the star **Sirius**, also known as the dog star, which rose at the same time as sunrise during the month of **August** in ancient Roman times.

August 1st: Lughnasadh - Pagan/Wiccan

August 8th: New Moon in Leo

August 10th: Al-Hijri, Islamic New Year

August 11th - 13th: Peak Perseid Meteor Shower

August 13th: Nag Panchami - Hindu. On this day, offerings like milk, sweets, and flowers are given to snakes.

August 15th: Feast of the Assumption, Catholic: recalls the spiritual and physical ascent of the Virgin Mary into Heaven.

August 22nd: Full Moon Sturgeon Moon in Aquarius

August 28th: Leil Selichot, Jewish penitential prayers, especially said in the period leading up to The High Holy Days.

August 30th: Janmashtami, Hindu celebration of the birth of Krishna.



Aislin Taylor has been interested in things that go bump in the night all her life. She has spent 30 years researching all things paranormal. Email cronescauldron@yahoo.com



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Hi Aislin,
Baby witch here, I'm wondering if you can only make moon water on a full moon?
Baby Witch

Hey there baby witch & welcome!

Great question, **moon water** can be made at any time of the month. Do you have a purpose for the water? You're going to want to pair the purpose of the moon water to the intent behind the phase of the moon.

New Moon: New Beginnings, Future Goals, Fresh Start, Intention Setting

Waxing Crescent Moon: Self Confidence, Planning, Bravery

First Quarter: Self Appreciation, Reflection

Waxing Gibbous Moon: Action, Implementation, Balance, Judgement, Detail

Full Moon: Completion, Shadow Work, Divination, Manifestation, Forgiveness

Waning Gibbous: Review, Evaluate, Realignment

Third Quarter Moon: Mindset, Release, Clearing

Waning Crescent Moon: Heal, Clarity, Introspection, Surrender, Soothe

Of course, you can just collect moon water without planning a spell. I like to have different jars on hand with certain moon phases to utilize when needed. I also like to just drink moon water.

Some people believe no sun should touch your moon water while that doesn't bother me.

Best of luck to you in your witchy endeavors.



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GARDENING THE MEDICINE WAY

KEEP A GARDEN JOURNAL



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

My last garden harvest was not as successful as I would have liked and I can blame that on not keeping a gardening journal, or calendar. It was just too hot for the [corn](#) and I completely forgot what type of [squash](#) I planted, which caused confusion when it came to deciding when to harvest.

“When it’s ready, I’ll pick it” has been my laissez faire attitude, owing to my experience in foraging. Growing up, I learned to keep an eye on the wild berries, ready to grab them at their ripest.

Eyeballing your [tomatoes](#) may be ok, but vegetables such as [corn](#) can take 70 to 100 days to be ready. This gives you a time frame to begin monitoring it for its perfect ripeness. [Beans](#) are often ready 9 to 10 weeks after sowing and leaving the pods on the vine too long can hinder further production.

Your garden journal can be a traditional blank journal, a date book, a wall calendar or a binder with printable pages you can find online. Add some photo pockets and keep photos of successes and problems solved. Get together with friends and share materials, compare garden ideas and swap seeds.

What can you include in your garden planner?

Firstly, you can [map out](#) your garden. Choose your [growing season](#), research the plants that will thrive in the weather and take into consideration [companion planting](#).

Enter the date you planted your seeds and note the average days until harvest. Keep track of the [pests](#) you have noticed, because they [can often be seasonal](#) too, and you may decide to [change your sowing date](#) on some of these plants.

Track when it’s time to [prune tomatoes](#) and how often you’ve added nutrients to the soil.

Think ahead to your next season's garden as some seeds require special preparation. I have great luck with [garlic](#) this winter, which is tricky to grow in Florida. [I was able to plan ahead to keep the garlic bulbs in the refrigerator for 6 weeks, to simulate a freezing winter and planted them around the winter solstice.](#) Keep an eye on your seed catalogs, as some seed varieties are available for a limited time and you can track your orders. You can also plan on how you would like to preserve your harvest and plan ahead. Many of you will remember the *Great Canning Jar Shortage* of the pandemic!

However you decide to plan and record, make it your own and have fun. Happy Gardening!





RELEASING CONTROL

Where To Find The Messages Hidden In Your Backyard

Meadow Linn, the co-author of *Quest* and *The Mystic Cookbook* and daughter of the world-renowned healer, lecturer, and writer Denise Linn, Meadow has been cooking for the guests at her mother's retreats for the past 18 years. While cooking professionally, she began to see the powerful connection between the way we feel and not just what we eat, but also how we eat, which propelled her on a path to share this knowledge. Visit www.meadowlinn.com and www.savortheday.com

Have you ever noticed how life has a way of gently nudging us to become better versions of ourselves?

The theme for me lately has been “letting go.” In all its wisdom, the **Universe** continually finds opportunities for me to practice relinquishing control and trusting that everything will work out anyway. In many aspects of my life I'm easy going and willing to roll with the punches; however, in other parts of my life, I'm very particular and want things done a certain way.

Since I've been too busy (or injured) to do everything myself the past few months, I'm finally getting the hint that I have to learn to delegate, which is something I've been working on since high school.

In my teens I believed no one else could do things exactly the way I wanted them to be done. So, I volunteered for every committee at school, and even though I wasn't on student council, I became an honorary member and attended every meeting. I was so busy that I literally ran from place to place. One day while moving briskly through his classroom, a favorite teacher cornered me and told me I needed to slow down. Although his comment was somewhat offhand, it has stayed with me and has been a guiding force throughout my life. *It was the first time I realized I needed to open myself to the possibility of magic unfolding without orchestrating it.*

I spent the spring semester of that school year at a boarding school on a farm in **Vermont**. Since I was with all new people, I decided to try an experiment. I didn't volunteer for a single committee, project, or event. Even when students were invited to make **Sunday** brunch for the community, I shied away from that as well. For four months, I gave up control and trusted my fellow classmates to plan fun weekend activities and coordinate projects. It wasn't easy at first, but once I settled into it, it was so relaxing (and fun!). And honestly, my classmates did a much better job than I would have—that was truly eye opening. By not constantly trying to organize everything, I was finally able to be

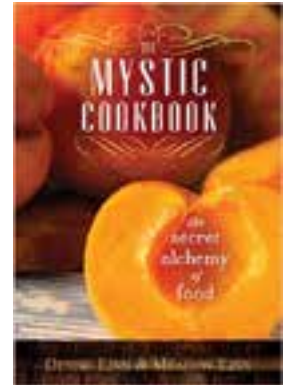
a part of the group and simply enjoy. *This experience when I was 17 years old showed me that it was possible to let go;* however, now 17 years later, I still find myself falling back into this old pattern.

A few weeks ago, unwilling to give up control by asking for help, I developed **bursitis** in my right knee by pushing myself too hard. The inflammation was so painful that I could barely walk, let alone kneel to plant my vegetable garden. Hiring someone to help wasn't particularly easy for me to do, but I also knew that if I wanted to have a bountiful summer garden, planting couldn't wait until the swelling in my knee subsided.

With a diagram in hand of where I wanted each variety of vegetable to go, I pointed and directed as the man I'd hired placed each plant, seed, and irrigation dripper. He did a good job; yet, I still found myself wishing he'd planted some things closer together and others farther apart or some seeds deeper and others shallower. Regardless, I'll end up with a delicious cornucopia of fruits and vegetables, but I'm still coming to terms with the fact that the garden isn't planted exactly as I would have done it (despite my diagram.)

There's majesty when we release expectations and a need for control, and so that is my vision for myself. My name, after all, is “**Meadow**,” and meadows are places in nature that grow wild and free. As I look at the things in my garden that don't exactly fit my plan, I'm going to remember that beauty exists in nature whether or not it's controlled by me.

What patterns and challenges do you find keep surfacing in your life? Is the Universe nudging you to do something that you keep ignoring? Consider taking one step today (no matter how small) in that direction. I promise it will be less painful than bursitis!



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Jim Egan

RECOGNIZE MAGICAL BEINGS

...continued from page 11

They recognize their kindred when they come to the natural places and know they are in a temple of life.

Chap V: There are some intruders to the the forest who's exile in the lifeless land of cities have breed out of them all appreciation of the ancient habitats that nurtured their ancestors. They bash their way through the woods with wheeled vehicles belching smoke, crushing all in their path, recklessly speeding through tranquil areas without a thought for seeing, or smelling or feeling the beauty there.

To these intruders the forest is just an escape from the rules of the concrete world but they bring nothing but their lifeless view of the world into a place of great sanctity. They do not hear the warning calls of the birds, or the deep grumble of the trees, or notice the wave of living things that flee at their approach. It can be excused of the *Ents* if they call to a tree in the intruders path and suddenly a root appears that causes the crash that was inevitable anyway. Then the woods

are full of the laughter of all the living things and even the sonorous chuckle of the *Ents*.

Chap VI: Though creatures of profound tranquility and patience, there is one thing that heats the very sap in their veins. Every day the edges of their world is gnawed at with metal machines and muggles with chainsaws. Every day they smell new poisons in the air and in the water. For untold years they have put up with these offenses and retreated deeper into the forest but now they are cornered, their last bastions of life are surrounded and under siege.

Many living things when cornered can become quite dangerous, a living being that is the ancient guardian of all the beings in the forest commands great legions we do not even know exist. It has been over an age since the last uprising of the *Ents* and the tales of generations of anger once unleashed was both fearsome and wonderous.

Chap VII: For those with *Ent* blood it is already apparent the world is balanced on the edge of a knife, the wasteful destruction of the muggles is speeding their doom and the doom of the ancient world that gave them life. It is said that even in the midst of the muggles there are *Ent* kind whose patience for the devastation of muggles is at an end. The *Ents* await the summoning call, soon they will march, will you hear the rallying cry of the *Ancient Ones*?



ASK MICHELLE WHITEDOVE

...continued from page 14...

If you lose someone that you love, that person is always within your heart. And we are all a spark of **God**, we will all return home. Some think that, "*Oh, I'm the victim.*" Well it's not true. You are a very brave soul and you came here to experience all of this! *Now shake it off and keep living. If there was ever a time to live life and do whatever good thing you want to, do it now.* We're not supposed to be here right now to dial it in, to be fearful or to be fake. We are supposed to be here on Earth right now to live life to its fullest! Not just to survive, right now, it's about living to thrive.

Put all fears, loathing, bias, and hatred aside. If you and I disagree, let's just move on, set aside our differ-

ences. Let's just live it up. That's what I would say to the people right now, all the people. *Let things go, let small things go, don't take everything so personally. Don't believe everything you hear, just be happy, be kind and be helpful.*

Live your life and live in the moment. Be in the present, because as we know death is not prejudiced to gender, race, ethnicity, age or anything. Yes souls are exiting in large numbers, you see this. You know I shared this would happen years ago. *It is not the end of the world and you need not be fearful. You are protected. Your soul is eternal.*

I share this, because Spirit wants people to move forward, open up your hearts. Free your mind. Your soul is your own. Enjoy life. Get that fun list out. Get out of your houses, people. Come on, let's go back to life. Let's get back living life with our loved ones. Everybody needs to start living again, share your joy, help others and stop hiding; it's ridiculous. Spread your beautiful light. That is why you came here!

HOROSCOPES AUGUST 2021



ARIES – (March 19 – April 18)

There is room for to luck, dear Aries. If you want to create a project or if you want to change your life the planets give you incredible possibilities. No rush, take time for reflection but there are no difficulties to foresee. Your close entourage supports all your efforts. Family is your pillar, you show them all your affection. You are happy with your loved ones, nothing can change that, you enjoy their company, in return you receive a good dose of comfort. It is also the month of confidences. A rich emotional life at the end of the summer, friends around you, the presence of your partner, you lack absolutely nothing. The stars offer you romanticism and loyal friendships. Summer ends with great pomp, offers of engagement and commitment ... Life is beautiful for our Aries friends.

ARIES: LOVE IN GENERAL

Aries: During the first two weeks the sky for your loves is transparent. You are full of new ideas. In a relationship or single your energy is overflowing. We can't imagine you not capable of such resources. You are living the moment, a bright future awaits you. Your priorities are targeted, your loves are light and airy.

ARIES: IN A RELATIONSHIP

Aries: Together you join forces, nothing is more important than your relationship. You shout loudly to whoever wants to hear it that you are happy. On vacation or not you find fulfilling and rewarding activities. Some coo at the end of the world.

ARIES: SINGLE

Aries: You find your smile partly thanks to someone special, it has a powerful effect on you. You take great care to show yourself in your best light. On the program is seduction and charm, everything seems to work as you wish. The summer period brings a stunning renewal.



TAURUS – (April 19 – May 19)

Before disruptions disturb your habits, you have a little time. If, within your relationship, adjustments are necessary it is to fortify the bond. Solidarity, determination and will, are part of a busy schedule. Some small slip ups due to lack of involvement are to be expected. If your modesty is lacking, try to rectify your aim. It is finally the moment for confessions, you decide to communicate on the little details that are spoiling your life. You are listened to, supported, everything is relatively clear around you. You are well aware that the objectives that you set for yourself will inevitably have repercussions. Nevertheless, your optimism gives you the energy to finalize either a project or to find new ideas. When it comes to your loves you are doing well, however, you still have some effort to make, but nothing is lost.

TAURUS: LOVE IN GENERAL

Taurus: It is only from the third week that the sky darkens. A few clouds emerge shading your loves, nothing very bad just small questioning and adjustments. No need to make a big deal.

TAURUS: IN A RELATIONSHIP

Taurus: The first days of the month hold the first beautiful prospects for couples. Commitment, projects and your state of mind says a lot about your motivations. You see much further than the tip of your nose. Your partner follows the pace and you forget their little fits of jealousy.

TAURUS: SINGLE

Taurus: Interesting meetings bring you joy. You optimize your relationship by going to others, you seek contact. This month your chances of finding your soulmate are multiplied tenfold. Passion is at the rendezvous, you do not deprive yourself of anything.

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GEMINI – (May 20 – June 19)

It turns out that this month the planets have decided to surprise you. If you had some doubts, they very quickly disappear. Opt for positivity, all chances are on your side. By visiting certain people, you open their eyes to their expectations and the feelings they give you. An astral sky that says a lot about your desires of the moment. It's summer, you enjoy all the opportunities that come your way. For some of you the second part of the month announces decision making, for others it is the sweetness of living. Ideally you expect evidence from the person you love but do not have too many requirements, you are already very spoiled. Leave the emotional mess in the closet, focus only on the future. Throughout this period, love accompanies you.

GEMINI: LOVE IN GENERAL

Gemini: Dear Gemini, this month you should know your moment of glory. What is waiting for you in love is pretty incredible. The stars bring you to the front of the stage. Seduction, passion, intoxicating relationships, you are caught in a swirling love.

GEMINI: IN A RELATIONSHIP

Gemini: Make room for the party, when it comes to surprises your partner puts their whole heart into the effort. We put out a big spread with tenderness and passion, your relationship is growing in power, feelings are overflowing. You are happy together.

GEMINI: SINGLE

Gemini: A beautiful period awaits those who are single, indeed, your great motivation supports your search in love. You benefit from a providential help, you are at a turning point in your life, it is all modest enough to enjoy it.

CANCER – (June 20 – July 21)

Dear Cancer, you have daring, the situations come one after another but they are not alike. A nice cruising speed is coming. Your desires become orders, you use strategies to advance and evolve your emotional life, and it works well. Planetary influences propel you into a situation that you do not yet master to perfection. In love, complicity but also passion and recognition enlivens your summer days, and no one complains. The summer has started terribly well for you, it will come to a good end as well. No stress and little pressure, you live moments of great tranquility. Couples form while others make long-term plans.

CANCER: LOVE IN GENERAL

Cancer: Some constraints come to taint this beautiful month of August, unless you decide to close your eyes and plug your ears. All in all you have a good time, couples are enjoying invigorating moments while singles fall in love, their hearts pounding. The intentions are positive, you lead the projects as you wish.

CANCER: IN A RELATIONSHIP

Cancer: Are you exploring several lines of thought, is it due to a recent questioning? However throughout the month your intentions are your best guide. The stars give you the opportunity to see your future with a new eye, and this does not displease you.

CANCER: SINGLE

Cancer: What is waiting for you in love is a realization. On that note, prepare for significant changes. You do not go unnoticed, you do not have much effort to make, naturally your charm operates. Dear singles, Jupiter is the only master on board, it signals your rebirth.

LEO – (July 22 – August 21)

Whether in friendship or in love, this month, you bring out the big game! Your conquering state of mind is your strength. Even if the planets try to dissuade you, you fight several fights at once, you only listen to yourself and yourself alone. No question of letting yourself be blinded by beautiful promises. Why not share your ideas rather than keep them for yourself. From the third week your projects are successful, the bonds are tightening, you are in tune with others. Some people manage to touch you, you are told that you have a heart that falls in love easily. Even a lack of action is no big deal, everything will come in its own time. By letting the events go at their own pace, you will have the chance to enter your home, quietly, without making any noise.

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LEO: LOVE IN GENERAL

Leo: Your partner makes big decisions, needs change or a heavy routine, anyway, you agree with their choices. Family events could upset the calendar, you will change your plans by obligation. Your loved ones may be angry because of your uncontrolled impulsivity. Learn to moderate your actions by adopting a calmer behavior.

LEO: IN A RELATIONSHIP

Leo: As long as your partner is patient, everything goes well. Stay reasonable, act with moderation, we can not carry out all your whims. Saturn works and curbs your expansive nature. You are not at the end of your troubles but you are on the right path. A happiness for two is built.

LEO: SINGLE

Leo: This month there are guaranteed emotions for those who are single. Do not fight, you lose time. Abandon your big shell by the roadside, it will allow you to renew bonds of trust. You could live beautiful moments of complicity, love is present. You make beautiful encounters.

VIRGO – (Aug 22 – Sept 21)

Whether in friendship or in love, this month, you bring out the big game! Your conquering state of mind is your strength. Even if the planets try to dissuade you, you fight several fights at once, you only listen to yourself and yourself alone. No question of letting yourself be blinded by beautiful promises. Why not share your ideas rather than keep them for yourself. From the third week your projects are successful, the bonds are tightening, you are in tune with others. Some people manage to touch you, you are told that you have a heart that falls in love easily. Even a lack of action is no big deal, everything will come in its own time. By letting the events go at their own pace, you will have the chance to enter your home, quietly, without making any noise.

LEO: LOVE IN GENERAL

Leo: Your partner makes big decisions, needs change or a heavy routine, anyway, you agree with their choices. Family events could upset the calendar, you will change your plans by obligation. Your loved ones may be angry because of your uncontrolled impulsivity. Learn to moderate your actions by adopting a calmer behavior.

LEO: IN A RELATIONSHIP

Leo: As long as your partner is patient, everything goes well. Stay reasonable, act with moderation, we can not carry out all your whims. Saturn works and curbs your expansive nature. You are not at the end of your troubles but you are on the right path. A happiness for two is built.

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Leo: This month there are guaranteed emotions for those who are single. Do not fight, you lose time. Abandon your big shell by the roadside, it will allow you to renew bonds of trust. You could live beautiful moments of complicity, love is present. You make beautiful encounters.

LIBRA – (Sept 22 – Oct 21)

Summer continues under good astral influences. Luck offers you the opportunity to make beautiful encounters, the pretty proposals multiply. You bet on your seduction potential. From the beginning of the month, your charm operates, operation conquest is running, you burn with impatience. Why not let your relationship evolve without wanting to anticipate and rush things. This month, dear Venus controls your emotions, suddenly, lightness and well-being overwhelm you. Allow yourself moments of relaxation and reflection, a small step back is profitable. During the second week time becomes your friend, it may accelerate, your loves fly and you take off to new horizons. If you have priorities for your projects to be realized it is high time to deepen certain situations.

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LIBRA: LOVE IN GENERAL

Libra: Your exchanges will be full of sweetness. Learning to love without dependence on others becomes a challenge. New links are being woven, new projects are coming to fruition. You advance without making any noise, seeming more sure of yourself. Your convictions have changed, you are more free. Your mistakes of the past serve you, you get a lesson in life.

LIBRA: IN A RELATIONSHIP

Libra: As a couple, you make life plans, new homes, etc. You aim to improve your living environment, everything is simple and without pitfalls. Your partner follows the movement, hand in hand your decisions are common, they trust you completely.

LIBRA: SINGLE

Libra: Cause luck instead of waiting for her to come to you. During the month the stars send you a challenge. If you are still hesitating before returning to your former spouse it is because you are not yet ready to seize the opportunity, your doubts are always present.

SCORPIO – (Oct 22 – Nov 20)

It's an adventure, the planets widen your field of vision and everything becomes clearer. You have the necessary perspective to understand and act according to your own interests. Gradually you manage to free yourself from your shackles, you shine, yet it was not won. Success is at the end, the summer ends in beauty. Your popularity is skyrocketing, emotional bonds are tightening, you make good friends, they will evolve over time. Proposals, projects, everything progresses at the speed of light, the month of August seems productive. You can achieve feats, just want it. We admire you, we solicit you, you talk about love, feelings are deep, the more you trust, the more others are demonstrative with you. Friendly relationships are intense and constructive. The choice of love is obvious.

SCORPIO: LOVE IN GENERAL

Scorpio: If at the beginning of the month emotions are on edge, a return to calm is expected quickly. By deciding to stop hiding things you address the real emotional issues, a good progression is expected. Whether to engage in a dialogue or to find communication, the stars transmit strength and courage to you.

SCORPIO: IN A RELATIONSHIP

Scorpio: The love you show your partner gives you balm for the heart because you are struggling to finalize an unsuccessful project but you are motivated. The need to love and to feel loved is translated by small romantic gestures, it is perfect for your other half.

SCORPIO: SINGLE

Scorpio: You test your power of seduction, you are irresistible, you play to capture attention and then you succumb yourself, it's called love at first sight. Will the story be prolonged after the summer? This period is conducive to love stories but also to love stability. You have all the chances.

SAGITTARIUS – (Nov 21– Dec 20)

The beginning of month starts a little shy but then very quickly the beautiful clearings reappear. A little patience and some effort before you can fully enjoy the positive influences. Then without you having to lift a finger successes come one after the other. You will prefer written commitments to promises in the air. Your allies are less numerous but they are around you, you have real friends. You are in the spotlight thanks to a great determination. You work for peace and serenity in your relationships, very quickly you understand that you are making the right choice. When it comes to making big decisions in love, your idealistic side is infallible. Happiness remains within your reach.

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SAGITTARIUS: LOVE IN GENERAL

Sagittarius: If you decide to trust at random, soon enough you discover that you are right. No matter the emotional situation in which you are, things move forward and evolve very serenely. In mid-month, thrills are expected. You are trusted, you take advantage of it to confide in yourself or to communicate about your interests.

SAGITTARIUS: IN A RELATIONSHIP

Sagittarius: As a couple everyone is working to change the relationship. A new organization for your future, between you there is a real complicity. To avoid the routine you forget the small annoyances and you pamper your partner. You make new room for change and a little freshness in your daily life does no harm to anyone.

SAGITTARIUS: SINGLE

Sagittarius: If you dream of meeting your soulmate, it will be done around August 18th. Indeed, under the good actions of the stars you are propelled towards new horizons in love. Take the opportunity to see the world, to go out and to have fun. Avoid going around in circles.

CAPRICORN – (Dec 21 – Jan 19)

You have success and it will last. A clear astral sky, generous planets, there is enough to do. Summer ends as it started, except that from the last week your nerves tease you. In the middle of the month, you do not let yourself be destabilized by astral influences. If some obstacles stand in front of you, thanks to a good energy and a good will you avoid big difficulties. Lovingly speaking the climate as a whole remains serene. Enjoy it before a much more hectic period next month. Why not ask yourself about your future life? Make a point on your own desires, speak with your entourage, assume your choices and your decisions.

CAPRICORN: LOVE IN GENERAL

Capricorn: Between you and your close entourage some tensions appear, they are not insurmountable. To bring serenity back into your relationships, adjustments and tweaks are possible. To convince the people concerned you just have to find the right words.

CAPRICORN: IN A RELATIONSHIP

Capricorn: As a couple you find solutions, the exchanges are constructive, any risk of big conflicts is discarded. It is said that you are susceptible, why not prove that they are just rumors. The beneficial actions of the stars will allow you to regain emotional security. Do not demand too much of your partner.

CAPRICORN: SINGLE

Capricorn: Before you believe that love is not for you, trust the luck factor. Target your emotions. Show yourself as you are without trying to be perfect. Live the moment without thinking of the next day. Love at first sight is expected in the second half of the month.

AQUARIUS – (Jan 20 – Feb 17)

The planets accompany you throughout the month, meetings are beautiful and energizing, you are energetic. Some approaches take you on the road to success, you are supported by your entourage whatever the circumstances. Your projects materialize, your exchanges are productive, you are on a small cloud. Foresight and caution, you anticipate the hard knocks. You learn from your past experiences, so you're making big strides. When it comes to matters of the heart, there is fantasy, when it comes to brightening your relationships, planetary influences leave you carte blanche, you're doing very well. This is a good time if you want to enjoy family fun. In terms of feelings surprises are confusing.

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AQUARIUS: LOVE IN GENERAL

Aquarius: You prefer action to passivity, it's your right. You do not waste your time waiting to be served on a silver platter you act on your own. Without being impulsive you are spontaneous and everything becomes easier. Before you rush you double check if the game is worth it.

AQUARIUS: IN A RELATIONSHIP

Aquarius: If with your partner you dream of novelty and sharing, you are rewarded. Small adjustments to clarify a situation disturb the beginning of the month, little by little a nice balance is back. Together you seem more united than ever.

AQUARIUS: SINGLE

Aquarius: Attention love at first sight is in sight! This month those who are single face a big upheaval. If passion makes you lose your mind it is because you have decided it, otherwise you think too much to embark on a love affair without further action. You are a decision maker.

PISCES – (Feb 18 – March 18)

Bold projects and original ideas, the stars grant your wishes. Your energy is creative, your ideas are excellent. A bit shy, at times you have trouble going to others. This month, you put your shyness in the closet, you finally decide to assert yourself, it's great news, you make good resolutions. The planets give you the

guts to seduce, your love life is transformed, you are delighted. Curious by nature, you go straight to where your feelings lead you, your close entourage is amazed by your change of attitude but especially by your determination. You have every chance to succeed where you have already failed. With your intuitions miracles happen.

PISCES: LOVE IN GENERAL

Pisces: Bet on audacity, you will see that it works rather well. This summer period is idyllic to concretize all your projects. Relationships become official, you create stable and solid bases, there is no one more lucky than you. Watch out for those who are jealous around you. Stay on your guard, unfortunately everyone is not as happy as you.

PISCES: IN A RELATIONSHIP

Pisces: To avoid all tensions you go in the direction of your partner by giving them reason, except that this month you are safe from conflicts in love. If projects are delayed be patient, there is nothing to panic about. You take advantage of a situation and it suits you well.

PISCES: SINGLE

Pisces: A promising end of the summer for those who are single. You go out, we invite you, you do not have time to get bored. You enjoy a great influence to make new acquaintances. Around August 13th, one meeting will stand out from the others. You could formalize it very soon!



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THE HERB CORNER

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ous use of **Dandelion** helps improve cholesterol panels and helps with the excretion of salts and water through the kidneys.

Plus, it contains potassium, the nutrient needed especially if you are using diuretic medications. Romanian scientists found the leaves of **Dandelion** to have diuretic properties similar to medications without the negative side effects.

**Note- if you are already taking these medications do not use Dandelion at the same time.*

It can do this because **Dandelion** contains apigenin and luteolin which have been found to have diuretic actions. These can also be helpful in reducing uric acid making it useful for gout and for the removal of toxins through the kidneys.

The **linoleic, essential fatty acids and other phytonutrients** in this plant are also helpful with the reduction of inflammation and pain making it helpful for people with arthritis, gout, or stiff achy joints. If you are harvesting dandelion from your yard, be careful with the white milky latex substance coming from the stem, this can cause an allergic reaction. However, this can be used to dry out a wart. Not bad for a pesky weed.

Haunted History Museum

Photos and documents, bizarre and macabre displays

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Mitch Ditkoff

10 COMMANDMENTS FOR VISITING A NEW AGE SPIRITUAL RETREAT

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Simply put, the spiritual walk is a way of moving that practitioners believe will attract small deer from nearby forests -- deer that will literally walk right up to them and eat from their hand -- more proof to anyone in the general vicinity that they are, in fact, enlightened souls, humble devotees, children of God, or the so-far-unacknowledged successors to their guru's lineage.

Ideally, the spiritual walk should be taken in sandals, though **Reeboks** or **Chinese slippers** will do in a pinch. **Cowboy boots** are definitely out, as are galoshes, high heels, and **Chuck Taylor Converse All-Stars**.

2. DO NOT, UNDER ANY CIRCUMSTANCES, SUCCUMB TO THE SPIRITUAL NOD:

Closely related to the spiritual walk, the spiritual nod is routinely practiced in retreats the world over. And while no one completely comprehends it's divine origins, many believe it began when a blissful brother simply forgot the name of his roommate on his way to the bathroom.

Instead of issuing the familiar **Sanskrit** phrase of the week, our trend-setting friend simply tightened his lips, looked at the ground and... well... nodded.

Now, every time you walk by someone at the ashram, you are half-expected to flash them the nod, the non-verbal equivalent of *"Hi! I know you know, and you know I know, and you know that I know that you know, and in my knowing, I know that I know you know, and by so knowing, need not speak, since words are finite and cannot express the knowingness which the two of us (being one) share from such a knowful place. Know what I mean?"*

3. DO NOT JUDGE ANYONE, INCLUDING YOURSELF

This is the hardest of all commandments to obey. Why? Because spiritual environments not only bring out the best in people, they also bring out the worst. And while the worst is often more difficult to detect than the bliss of people wanting you to notice how blissful they are,

the higher you get, the easier it is to notice -- that is, if you are looking for it.

Of course, it would be very easy to spend your entire spiritualized retreat noticing all the subtle ego trips going on around you. Resist this temptation with all your might!

Do not, I repeat, do not, focus on the stuff that would make good material for this article. You have no right. In fact, you have absolutely no idea why anyone is there, what their motivation is, or how they will learn the kinds of lessons you are absolutely sure they need to learn.

In reality, you are most likely seeing your own projections -- those disowned parts of your self that you've refused to acknowledge all these years...

Your spiritual groupie, your brownie point collector, your junkie for more experience, your suburban yogi, your guilty seeker of **God**, your con man, your eunuch, your resolution maker, your ass watcher, your closet fanatic, your glutton for humble pie, your too poetic definer of ecstasy, your flaming bullshit artist, your know-it-all, your have-it-all, your spring-headed bower towards anyone with more than two devotees.

All of them are you! Every single one of them! Don't judge them. Love them! Bring them tea! Rub their feet every chance you get!

4. DO NOT THINK THAT THIS IS THE ONLY PLACE WHERE IT IS HAPPENING

Spiritual retreatants have a marked propensity to think that the grounds they inhabit are somehow more blessed than any place else on earth -- that they are privy to a special command performance by **God**, revealing himself in thousands of exotic ways for those lucky enough to be there, while thousands, nay millions, of **George Bush**-like souls are stumbling around in uncool places recently vacated by the **Power of Life** so a very cosmic thing can happen here and only here this weekend.

Life, in fact, is often perceived as so good in the "Center," that the rest of the world becomes eerily cast as the "booby prize."

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Esther Hicks

ABRAHAM HICKS

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Your body is a veritable chemical factory, and as you consume food, the chemical factory does different chemical experiments, so to speak, in order to extract from the food that you're eating. The food combining and the extraction of the elements of the food is something that your body knows very well how to do.

So a baby who has not been programmed with all of this information, and has not been exposed to his worrisome mother long enough that he is being affected by it, can eat things that his chemical factory can utilize effectively.

That's why most children, even those brought up on what you would consider to be very inappropriate diets, are not doing so differently than those who are brought up on what their mothers consider to be the very best diets - because, especially in the early years, those chemical factories are doing such a good job of extracting what they need.

You could get a food craving for a Twinkie and not know about all of the reasons that you shouldn't be eating Twinkies, and your chemical factory would extract the component that it was looking for that was in the Twinkie (which is the reason you got the impulse to eat the Twinkie to begin with).

But if you're feeling negative emotion for eating the Twinkie while you're eating the Twinkie, then you override any benefit that the chemical factory could give.

WHEN YOU DON'T KNOW WHAT TO DO

Sometimes when you are in the midst of a situation, you struggle to find any positive aspects within it, we know that. Some things are intolerable, some things are so big and so bad that it does not seem possible for you to find any positive within it. But that is because most of you are trying to decide what action to take that would correct it, and sometimes you are in a situation where there isn't any action that seems appropriate, you feel pretty much in a corner.

What we're wanting you to always remember, is that while there may not be a positive aspect to your action in this moment, while you may not be able to figure out what to DO that would make you feel better, you ALWAYS can figure out how it is you want to FEEL.

In other words it is a matter of coming back, coming back, coming back, coming back, or another way of saying it would be to draw inward, inward, inward.

If you were watching a gymnast on the balance beam, and he is out of control, he has lost his balance, you would note that those who are really professionals do not try to somersault themselves back into balance.

Instead they stop and regain their balance, and then they proceed forward. By focusing on how you are wanting to feel, this is how you regain your balance.

And friends, we acknowledge that, very often, the action, what to do is not absolutely clear. And we also acknowledge that you are not always clear even about what you are wanting to have.

But it is our ABSOLUTE KNOWING and our absolute promise to you, that you always know how you are wanting to feel. You know you would rather feel happy than sad, refreshed than tired, invigorated rather than enervated. You KNOW you would rather feel productive than unproductive, free than confined, growing rather than stagnant.

TRUTH AND COMMUNICATION

Communication is essential. You cannot stop communicating. You're vibrationally radiating your communication constantly and what trips you up and makes you think that maybe you're not a good communicator is that very often what you say and what you vibrate is not the same. What you mean is being communicated - and what you say is something different, and they're getting what you mean, and not willing to accept what you say.

How often does your partner says to you: "**Are you mad at me?**" And you answer "**No.**", but you are! What you are FEELING is what you're COMMUNICATING!! You all are communicating much more clearly than you think.

When you think you're not communicating, you're just not a vibrational match to what you think you're saying. What you think you're saying is not what you're really saying. That's the problem. Not a match.



Betsy Chasse

TIPPING SACRED COWS

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I did not know how I ended up in that situation that morning, not then. It just happened like life does. Whammo—mornings and existential angst, slipping into my bedroom window, poking at me.

I did not receive this wake-up call well; I am not a morning person. I need time before I move, time to lie there and bemoan the fact that I have to do things, like open my eyes and clean the litter box.

On that morning, I lay in the wandering-void-of-not-willing- to-be-awake, that gray space between silent room and loud thoughts, and found the first cow to which the title of this book refers, and it was definitely tipped. The cow called I am. I know this because in that in-between moment, I realized I wasn't who I thought I was. I was a fraud, an alien. Illegal, a stranger in a strange land, with a husband lying next to me and kids down the hall.

I watched the pieces of my life come together like a mosaic above me, little shards of colored glass, each representing a belief I held sacred, an idea about what was real and what was true about myself and everything I thought made sense, every- thing I thought about what it meant to live a spiritual life. I watched my understanding of what the word spiritual meant, what anything meant, the minutia of the moments that brought me here, to this suddenly unfamiliar life, and I was filled with an unwelcome sense of hurt and sadness.

I felt as if I had been abandoned by my cows, left to survive in this house filled with children, a spouse, a dog, and a couple of cats. All of them felt alien to me. How was it possible, with all I had in my life, that I could feel so profoundly unhappy and unfulfilled? And it went beyond a feeling. I became it in every fiber of myself—my skin and hair, my muscle and bone—they all became this unbearable feeling until it felt as if it was in my cells, changing me, making me heavy in a way I had never thought I could be.

And worse, I did not understand it; I did not know how I had gotten to this moment. I had no sense of where it would go. I had no sense of any other way to be. All of

this washed over me, the weight of it. How much my heart hurt took my breath away.

We've all had those moments in our lives when we feel stripped naked and empty, when a sudden realization about our life has pulverized us. Not knowing what else to do that morning, I first checked in on the usual suspect when we women sink into a pit of utter despair: could it be **PMS**? Bleeding for several days without dying can cause anyone to want to check out to another dimension. Nope, no such luck. Perhaps a cup of coffee and a smoke would snap me out of my soul-destroying moodiness. There is nothing like a morning visit from Juan Valdez and the Marlboro Man to bring a girl back from the brink.

I envisioned these boys gallantly bursting into my room and whisking me off to better pastures, a place where coffee and cig- arettes solved all of life's problems. In my daydream, we sat together, discussing the big questions like Why am I here? and Why am I living this life? with some Is this it? added in. **Talking Heads** "Once in a Lifetime" played in the background, and my trusty copy of **Eckhart Tolle's The Power of Now** sat close by for easy reference.

I played out that scenario in my head and realized that my boys **Juan** and the **Marlboro Man** did not have the answers I sought, and neither did I. I froze, because I had never before been without an answer. My sacred cows had always been able to muster a fresh-milked glass of magic—instant pasteurized 2-percent to quench my existential thirst.

In retrospect (and to really push this metaphor home), I realize I had been drinking powdered milk that was not quite mixed in all the way, still grainy and like sandpaper in my mouth. I always just thought that was the way it was supposed to be.

Instead of answers, my **Juan and the Man** fantasy gave me a WTF enema: you know, that hollow empty feeling you get when your shit has been sucked out and it's sitting next to you in a bag, and you can actually see all the crap you've stuffed into yourself. There they were, all the moments in my life leading up to this one, all the platitudes and pithy one-liners meant to ease a person into that false sense of thinking they know when really they don't, in a bag smelling strongly of self-delusion.

Crazily enough, the thought of drinking liquid black asphalt and puffing on a nicotine bomb suddenly didn't seem so appealing on this particular morning.

MORE next month.

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Mitch Ditkoff

10 COMMANDMENTS FOR VISITING A NEW AGE SPIRITUAL RETREAT

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Indeed, to new age seekers, everything else is simply referred to as "the world," much like **Manhattanites** speak of **New Jersey**. In short, the new age retreat comes to represent all that is good -- about **God**, about the Guru, about life itself.

Somehow ("and I don't know how, but you could ask anyone who was there this weekend") flowers seem sweeter there, the moon seems fuller, the air seems cleaner. Even the bread tastes better. If you glimpse a shooting star at night, it's the "guru's grace." If you see a double rainbow, it's directly over the meditation hall. I guess it's all in how you look at it. The same shooting star convincing you that your guru is, in fact, the **Supreme Guru**, was also seen by a plumber named **Leroy** who just happened to be drinking a beer in between innings of the **Mets** game. His conclusion? The **Mets** were gonna win 20 of the next 25 and bring the pennant home to **Flushing**!

What do the signs in the sky (or what we perceive as signs) really mean? Isn't the whole world our ashram? Isn't the real issue one of appreciating what is happening all around us? The flowers? The stars? The beggars asking for spare change? Flowers aren't any sweeter on retreat. It's our willingness to breathe deeply and enjoy them that's different. What's stopping us from being in this place right now? What's stopping us from realizing that the very ground beneath our feet is the promised land -- wherever we happen to be at the time.

5. DON'T PUT A RED DOT ON YOUR FOREHEAD IF YOU DON'T WANT TO:

Unless you've been living in a trailer park your whole life, you probably already know what the red dot thing is all about. That's right. The third eye. The sixth chakra. High holiness. **INDIA!!** While sometimes mistaken for a beauty mark or a random bit of watermelon, the little red dot is actually a useful reminder to focus one's attention on the space between the eyebrows, which, for some people, is where **God** lives (or if not lives, at least vacations). Nothing wrong with that, now is there?

Still, you have to concede that the third eye isn't the only spot on the human body that's sacred. What about the earlobes? The belly button? The nipples? They come from **God**, too -- not too mention chakras #1 - 5 and the highly under-represented center of consciousness at the crown of the head. Sacred, every one of them! Don't you think that, if the body is the temple of the soul, it follows that our entire physical structure is sacred? Shouldn't we be covered from head to toe with little red dots? And if so, why is it that we routinely quarantine people with **measles** -- the very people who have selflessly chosen to manifest disease just to remind us to honor our body's ultimate holiness?

6. PLAY WITH THE CHILDREN

The only sentient beings free from the collective mentality of spiritual seekers are the children. Children visiting "holy places," in fact, behave the same way the world over no matter what adjectives their elders use for the unspeakable name of **God**. When they're hungry, they eat. When they're tired, they sleep. They cry when they want to, laugh for no reason, consume ice cream without guilt, and rarely wonder why your picture of the Master is bigger, newer, or better framed.

7. FART AT YOUR OWN RISK:

If you fart, and there's no one around to hear it at the ashram, did it happen? And if it did happen, does that mean you've been disrespectful? Is the resident Guru able to hear you? And if he or she is meditating, out of the country, or dead, is their guru or their guru's guru able to hear you? And if so, so what? Will you be reborn as a gerbil? Does the Guru fart? And if it's OK for him or her to pass wind, why not you?

OK, so it's their place and you're a guest. But after all, aren't we all guests here? Even the Guru? Who do they answer to? And if it's not the same one you're answering to, what the hell are you doing getting up at five in the morning and sitting in the lotus position?

Maybe the real question isn't whether or not it's permissible to fart on holy ground, but how you fart. For instance, if you're farting out of a blatant disregard for the Master's teachings or the sincerity of his or her followers, you might want to reconsider where you're coming from.

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Mitch Ditkoff

10 COMMANDMENTS FOR VISITING A NEW AGE SPIRITUAL RETREAT

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However, if your farting is just a random release of gas, relax! Give yourself the benefit of the doubt. You see, a typical visit to a spiritual center quickens one's ability to "let go" -- so what you call "farting" may, in fact, be a timely sign of your evolving spiritual condition.

8. DO NOT THINK YOU ARE HIGHER OR LOWER THAN ANYONE ELSE:

One of the favorite pastimes of people visiting a spiritual retreat is comparing themselves to everyone else. "See the guy over there carrying firewood? He's a very old soul -- way older than me. Been on the path for years. And that dude laughing hysterically in the corner? That's *Shiva*. Oops, he can probably see through me, maybe I better walk around the other way."

Want to save yourself some time? Don't try to figure out how "on the path" anybody else is. It's impossible. Stare into the eyes all you want, watch for tell-tale signs of liberation, but when it comes right down to it, the only conclusion you'll reach will be your own -- one that may have absolutely nothing to do with the anything but your own projections.

Face it, how accurate is your assessment going to be when 99 percent of humanity couldn't tell that the carpenter from Galilee had something special going for him?

Indeed, it's not at all unlikely that the beer-bellied, first-time visitor you met this morning at the ashram is, at this very moment, being treated like a spiritual mongoloid by everyone who meets him (repeatedly being asked if "this is your first time") when, in fact, *the beer-bellied, first-time visitor is actually the reincarnation of Buddha.*

9. DO NOT THINK YOU ARE GOING TO GET SOMETHING:

Many people visit a spiritual retreat because they want to get something. They want "clarity" or "contentment," "enlightenment" or "grace," "blessings" or "peace

of mind." At the very least, they want their business to improve or their marriage to be saved. Alas, they miss the point completely:

If you try to get, you will lose, left only with the sinking feeling of having just bought \$300 worth of lottery tickets only to learn that some electrician from **Staten Island** just won.

Look, it's really very simple. You don't go to a spiritual center (or a **Big Time Teacher**, for that matter) to get. *You go to give, to let go* -- to relax your grip on the very thing that's been separating you from getting all these years: Your grasping. Your fear. Your well-rehearsed strategy to realize God.

10. DO NOT FEEL COMPELLED TO CHANGE YOUR NAME:

OK, so your name is **Joey**. Ever since you were knee high to a jar of **Cheese Whiz**, everyone called you **Joey** -- as in, *Hey, Joey, what's goin' down, bro'?* Yeah, you grew up in **Brooklyn**, cut school once a week, and dated a chick named **Angela** with very big boobs.

Great. So, here you are at the ashram and ba-bing, you run smack into a bunch of dudes with names like **Arjuna**, **Govinda**, **Namdev**, **Shanti**, and **Krishna**. "Hey," you think to yourself, "maybe they got something I don't."

Guess what? They do. They have spiritual names given to them by their **Guru** -- names that make their mothers somewhat close-lipped around the canasta table.

And while these names are clearly given with a purpose, the fact of the matter is -- they are irrelevant. Do you think the people in **India** who have spiritual experiences get their names changed to **Eddie**, **Gino**, **Stacey**, or **Shirley**?

Hey, what difference does it make? You are not your name -- even if your namesake was enlightened. It doesn't matter what they call you, when it's time to go, you're gone.

The only name worth knowing at that time is God's name -- and that, my friend, no matter how many mantras you've memorized, can never be pronounced.



Dr Joe Dispenza

RE-WRITING THE RULES OF VIRTUAL REALITY

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If you imagine what you see and experience in this VR world as the physical 3D world we live in, then what's outside the headset is the where the 4th, 5th, 6th and even more dimensions exist. These are not realms where we use our senses to navigate because there is nothing physical or material there to experience with our senses. Instead, these are dimensions of energy, frequency, information, thought, consciousness, and vibration. *We call the totality of these dimensions the quantum field or unified field, or the field where all possibilities and potentials exist.*

The next question then is this: is it possible that a part of you exists outside the headset?

If your entire focus, awareness, and being (senses) were completely immersed in the world within your VR glasses, then that would be your real world, because that's where you'd be experiencing your body, local in space and time. It's also because that's where all of your attention is. If this were the case, you might forget that there is another part of you that exists outside the VR headset. *Let's call this familiar reality within your VR sensory experience your known self, and we'll call the you that exists outside the headset your unknown self.*

Now here's the truth of the matter:

If you were living within the VR headset, what you would actually be experiencing is a simulated world dreamed up by the minds of game creators. It is a world of pixels and bits, built upon a series of electrical switches and circuits, designed to transport numbers and codes, in order to create the appearance of colors, patterns, and sounds. It is this seamless integration of these elements that gives you the experience of a reality. *You'd have to agree then that, if this virtual reality was all you knew, then you couldn't imagine anything outside of the headset because you would have no experience of it.*

What all of this is to say is that this work is about moving outside of the headset that keeps you in the illusion of this 3D reality. Once you can get out of that VR headset, you can see the greater truth of this 3D world. That truth is that this physical reality is secondary to the mind or consciousness, but the headset has us believing that consciousness is born from the body. Why? Because we are constantly responding to and interacting with the illusions of the VR world.

Once outside of the VR headset, however—once we enter the doorway to the quantum field—we see it is the other way around. Consciousness is the builder and it is consciousness that brought the illusion of the physical into being—*thus the body is actually the servant of consciousness, and the life we create is the projection of consciousness onto the VR screen.* When you realize this is the case (which is to say, once you take off the VR headset), you are entering the quantum field whereby your interaction with coherent energy and information can rewrite the rules, not to mention change the way you see and function in the VR headset.

Thus, you can alter this 3D game to match your will and intention by no longer playing the game of trying to change the VR world from inside the VR world.

Occasionally in video games, films, or other electronic media, the creators place what are called “**Easter eggs**.” The origin of this term goes back to 1979 when Steve Wright, the Director of Software Development in the Atari Consumer Division, used it to describe a hidden message in the Atari video game called *Adventure*. In this context, *Easter eggs* became hidden messages, images, or features that give the player special powers, magical amulets, or necessary information that allow them to advance to the next level.

Unbeknownst to most people, there is an Easter egg in this three-dimensional reality we live in and it has always been with us, hidden in plain sight, just waiting for each and every one of us to discover it. That Easter egg is energy, the power of which resides in the directed concentration of our focus and awareness. T

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Dr Joe Dispenza

RE-WRITING THE RULES OF VIRTUAL REALITY

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Think of it this way: if our 3D reality were a game, our focus and awareness would be the amulet of this dimension, an amulet which many people, businesses, governments, and leaders attempt to compete for and try to manipulate, often for their own power, purpose, or financial gain.

The good news is that, seeing as you are the action hero of this game—seeing as you are a sovereign, sentient being—you know not to give it away, because you know that the creative power of the amulet resides in the generative potential of where you direct this concentration of energy.

Now to return to the VR metaphor, let's take this one step further and say that, when you have the VR headset on, you're in a labyrinth. For the sake of this writing, let's call a labyrinth a multi-layered matrix. According to the dictionary, matrix is defined as "something that constitutes the place or point from which something else originates, takes form, or develops."

Your job as the action hero is to find the doorway out of the matrix. When you pass through that door, you not only escape the matrix of the labyrinth, but you get a bird's eye view of it.

If this were the case, then every time you escaped the existing labyrinth—which in turn would enable you to see it from a higher level—you'd have a much greater understanding of it. Said another way, you would see it from another dimension.

You'd have to agree then that seeing the labyrinth from above would almost be like receiving the map that shows you the door out of the matrix, would it not? This means that every time you put the VR glasses back on you'd have more knowledge about being in the labyrinth. Thus, you'd be able to do more, create more, see more, and have greater control over the outcomes in the matrix of the VR world.

All of this is to say that, every time you take off your VR headset by removing your attention from the reality within it—the reality of being some body, some one, in some thing, in some place, in some time—you escape the matrix of the labyrinth. How? By simply no longer placing your attention on it.

If your attention is no longer on the reality of being some body, some one, in some thing, in some place, in some time, then you become no body, no one, in no thing, in no where, in no time. As such, **to get beyond all of your known associations to this 3D reality is the doorway to the quantum field.** Because where you place your attention and awareness is where you place your energy, to place it on a reality beyond the senses—a reality made up entirely of energy and information—is to enter the quantum field.

Every time you do so, your interaction with this coherent energy and frequency (which is how information is carried and transmitted) rewrites the code of the VR headset. By rewriting the code, you change your experience of this 3D reality. Why?

Because we don't see things how they are, we see things how we are. That's how your perception and understanding of the game can evolve.

More importantly, however, you can't upgrade the VR experience from **inside** your headset. When inside the headset, you can only experience that world equal to the rules that are programmed into it. Thus, in order to create a greater advantage in the VR world, it would have to be reprogrammed from **outside** the VR headset.

When our community takes all of their attention off of the known material 3D world, moves into brain and heart coherence, and places all of their attention and awareness on the energy of the unknown, they are able to transduce information carried on different frequencies from the quantum field. In this full-on sensory experience that arises through the translation of energy into imagery, to the individual interacting with these frequencies of energy, their inward experience is as real, if not more real, than their outer experience.

Since experience enriches brain circuitry—which then produces feedback in the body in the form of emotions—now they've broadened their spectrum of perception in the VR headset, and the result is a biological upgrade in the body in which they experience the VR world.

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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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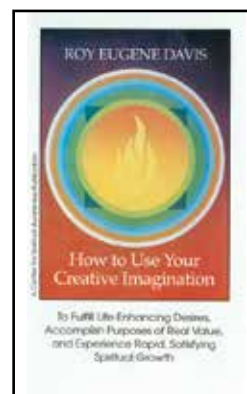
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