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AUGUST 2023

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12 STEPS OF SPIRITUAL FREEDOM

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The greatest optical illusion is separation

HORIZONS

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

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



Horizons thanks everyone willing to take the risk

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE AUGUST 2023 EDITION OF HORIZONS MAGAZINE.

HOLY SHIFTING PRONOUNS! The times they are a'changin. We old schoolers were taught to use "they" when it was one or more person, a hard habit to break.

HERE'S A TIP I FOUND HELPFUL

When a friend begins using the pronoun "THEY," an easy way to remember "THEY" until you get used to it is to pretend they have a little mouse in their pocket and you have to always include the mouse when talking about them. Sounds kinda crazy but it works.



DEHYDRATION IS NO JOKE

I earned myself a visit to **Urgent Care** last month because I wasn't paying attention to what my body needed and my blood pressure went thru the roof. I didn't know I was dehydrated at that point and the doc didn't mention it. I hadn't been out in the heat, simply not drinking enuff water. I drank a bottle of water waiting at **Urgent Care** so my bp read lower by the time they read it an hour later. Still high but no longer dangerous. Everything else checked out. They said anxiety can cause blood pressure to raise. I thought all my anxiety was over after the last few months of roof replacement and insurance fiascos, now over with. I guess not.

It was interesting because just 4 days before **Urgent Care** I'd posted on **Facebook**, *"I noticed a cool side effect. I've been roasting and thin-slicing chicken breast (\$3.15/lb) all month instead of buying deli turkey (\$11.97/lb) for sandwiches. I roast them with no salt. My blood pressure had been higher than usual off and on for a coupla months (still good range) but is back down to 120/70. I don't miss the salt, cool!"*

I was also at the doc for a checkup 2 days prior and my bp was fine. So dehydration can happen within days.

Back home from **Urgent Care**, it finally dawned on me I was dehydrated so in 4 hours I drank four bottles of water and began to feel back to normal. After the first bottle, my brain began working normally and I realized how dehydrated I was. I **Googled** "*can dehydration raise blood pressure*" and sure enough, it can.

NOTE TO SELF: *If I feel fatigued, I need to drink water whether I feel thirsty or not. If I wait until I'm thirsty, I'm already dehydrated. If I remember to step on the scale, if I'm suddenly down 5 plus pounds that means I need water.* Through the years I've found that what my body needs changes all the time so it's wise to stay tuned in to it.

BENNY THE CAT RETURNS DEAF AFTER A FEW DAYS' ADVENTURE

June 28 Benny went missing and came back **July 1st** completely deaf and unable to jump. His back feet would propel him straight up, he'd do a half spin down, his arms did not reach out. He'd eat, drink, eliminate & otherwise act normal. I took him to the vet. All the labs came back fine, he may have an ear infection so they cleaned out his ears and gave me drops. He came home, immediately ate, drank water, climbed into the chair next to me and went to sleep.

A month later he's still deaf, a little uncoordinated still but seems otherwise happy to be confined to my side of the house, away from the rambunctious **Tuxedo Sam**, who's half his age and twice his weight. While **Ben's** brain REFORMATS itself I've kept him inside and mostly keeping them apart. **Sam** is used to staying inside, mostly GLUED to me when he's not outside stalking & harassing **Ben**. Now **Sam's** shut OUT of my side of the house so **Ben** can recoup. Being basically in my bedroom and office with **Ben** for a month, I see how people get CABIN FEVER.

I have a sitting room off my bedroom where I watch tv and play on social media for an hour or so before going to sleep. After work, I make a meal and eat it watching tv, sitting in whatever chair **Ben** isn't in. When **Sam** howls, I go into the living room & give him attention and bounce on the rebounder to counteract so much sitting. I dunno how folks raising kids do it.

Maybe **Benny** going temporarily deaf is a good thing, he was always so nervous around noises, especially when **Sam** starts wailing for attention. **Sam** is very vocal. In the past, even hearing **Sam's** NAME would put **Ben's** ears on tilt and he'd go back to his bed. He's probably glad for the silence. And he's cuddly again, too.

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ABRAHAM-HICKS



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

WHY DOES GOD ALLOW PAIN AND SUFFERING?

QUESTION: it seems like suffering surrounds us from every direction we see children being abused by adults by priests looking at the news we see murders suicides automobile accidents tragedies after tragedy the tsunami in things like this the war that's going on right now why is there so much suffering what purpose does this serve?

ABRAHAM: Well it isn't that suffering serves purpose, in other words you don't come forth intending to enact suffering on yourself or on others in order to have some growth spurt or anything like that. It is a consequence of living in an environment of contrast and it is also a consequence of living in an environment of free will where everyone gets to create their own experience through the vibration that they offer.

We have to say that suffering especially in the dramatic way that you have described it here is mostly a consequence of people who have at some point stopped listening to their own guidance system who are now listening to something outside of them for direction.



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Recently **Jerry** and **Esther** were in a hotel in **Terrytown** or somewhere, always a different one, and as **Esther** went to take her morning bath she noticed that there was a sign on this valve that moved this way or this way that said push it that way for cold and push it that way for hot and as **Esther** pushed the valve she found her personal experience to be actually the opposite of what the sign said and she thought it is fortunate that I can tell the difference between a cold bath and a hot bath because the sign is clearly wrong

And we see so many of you who have set aside your own personal feedback about the path that you're on where you are listening to someone else's explanation of what you should be doing when almost without exception the explanation that they are giving you about what you should be doing is they want you to do something that would change the condition of something that they're observing so that they can feel better.

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THE VALUE OF DISCOMFORT

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

I've been thinking about a question I get asked a lot in this work. Usually, it's a version of this:

"If I'm getting better, why do I feel so uncomfortable at times?"

All too often, we connect our thoughts about healing - or other reprogramming we're working on, like abundance or change - with the idea that our progress is measured only in terms of comfort and ease.

But if we're going to truly enter the river of change, it means we have to leave the known behind. And what is the known? The familiar. The predictable. The habitual. The known feels comfortable to us ... even when it's proven not to work.

Ultimately, then, embarking on a path of change means we've got to leave our old selves behind. As we change, we continually shed layers - thoughts, feelings, and behaviors that no longer serve us. It's a biological death - the death of our old personality. And that can only be described as uncomfortable.

And so, this is the short version of the answer I give to anyone who asks me about where discomfort "fits" in their practice: We can be uncomfortable all the time.

And there are layers and depths to what it means to be uncomfortable - and how we're meant to respond.

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

WHAT ABOUT GRIEF?

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

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

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

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

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

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

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

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

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

REFLECTIONS ON CONNECTION

If I were a scuba diver, probing the treasures of a sunken ship, my work would come secondary to staying fully hooked-up to my air source. This principle applies to all aspects of life. It is crucial that I ever give priority to connection to my Source energy.

Part and parcel of this energy, I came into physical expression to have desires born of life in this environment of contrast and then find ways to feel emotionally good enough to manifest these desires. But when I lapse into negative thought and emotion, I compromise my ability to manifest what I want. I clog my supply line of well-being.

If I've convinced myself that success comes by hurrying, overworking, prodding people, staying on my guard, and obsessing about details, well, I'm just like countless other people who do life the hard way and likely fall prey to stress ailments and maybe addiction.

Achieving my desires comes from learning to stay relaxed, calm, and upbeat, no matter what happens around me. When I thus keep my connection to my joyful Source clear, I lead a "charmed life," and my goals and desires come running with open arms.

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

THE CONVENTION

The Man with the Ladder was perched on his ladder on a cloudy afternoon when he heard the familiar voice of his sometime employer giving the familiar instructions to everyone who needed instructing.

"You stay here. I'll be back for you in a little while, understand."

He nodded to the voice in the direction he was facing and he heard **Tatanya Schwarz** acquiesce with a murmured, "Yes."

After her mother had gone, **Tatanya** balanced lightly on the bottom rung of the ladder. "Could I sit on the top today and you sit on the bottom?"

"I don't see why not," the **Man with the Ladder** said, and they exchanged places.

"Have things changed much since you were like me?" **Tatanya Schwarz** asked.

"No," the **Man with the Ladder** replied, "they look from down here much like they looked from up there, only a little lower."

"That's not what I meant," said **Tatanya**. "You know. Are things different now than they were when you were my age?"

"Yes and no," he said, "yes and no." He tried to think of himself as he was at five, but the memories stung and harassed him and he brushed them away.

"What things have changed, and why have they changed?" **Tatanya** asked, doubling up the question without giving him a chance to start to answer it.

"Which do you want to know first," he asked, as if giving a single answer to two questions was much more difficult than giving two answers to a single question which he did all of the time. And then, without giving her a chance to pick, he said, "I don't know why things change."

"You have some idea," she said egging him on, baiting the question with a smile.


"Big things change because people are too smart for their own good," answered the Man with the Ladder.

"And little things?" **Tatanya** inquired.

"Little things change because people are not smart enough. I just made that up, they're not the real reasons," he confessed.

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

TUBERCULOSIS IS MAKING A COMEBACK

Back in the 1940's and 50's Tuberculosis (TB) was a leading cause of death in the U.S. TB is an infectious lung disease caused by the mycobacterium tuberculosis bacteria which spreads through the air. It is infectious, but it doesn't spread easily unless you are in close contact with someone who is contagious; or if you are in a crowded area with someone who has TB.

You are at risk of contracting **TB** if you have an impaired immune system, or you live or work in an area where the risk can be high such as a nursing home or other healthcare facilities, a shelter or a group-home, or jail.

If you believe you have been exposed to someone with **TB**, please get tested as soon as possible so you can begin treatment right away.

There are several herbs that can be of benefit when working with TB.

For instance, **Moringa** is good for helping clear the lungs and the lymph nodes surrounding the lungs. It provides antitussive, anti-inflammatory, antispasmodic, antimycobacterial and antioxidant properties. The seed pods or "drumsticks" from the **Moringa** tree have been used for hundreds of years as a treatment for **TB**. They are rich in phenolic compounds, proteins, amino acids, beta-carotene, and other vitamins specific to someone suffering from **TB**. Just one ounce of the pods can be boiled in one quart of water; drinking throughout the day.

Garlic is rich in allicin and sulfuric acid. These have been found to be beneficial in fighting the mycobacterium tuberculosis bacteria. They also inhibit the growth of bacteria that have become resistant to antibiotics.

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CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

PEACH MOONSTONE

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.

As the month of August unfolds, we can all begin to catch glimpses of the harvest ahead. I

am in the **North Carolina** mountains and I can see a few leaves turning gold among the lush green of late summer. Even amidst the fierce heat of the sun, it is possible to feel the shift in the season as we move towards the cooler weather autumn will bring. Meanwhile we celebrate the gifts of summer - ripe juicy peaches ready for a pie, grapes heavy on the vine, meadows full of black-eyed susans and goldenrod and the sweet sounds of birdsong everywhere. **Mother Earth** is bringing forth her bounty to fill us up body and soul, so it is time to celebrate the **Divine Feminine** in us all. Our stone for this **August** is **peach moonstone**.

All varieties of **moonstone** are **feldspar**. **Feldspar** is an aluminosilicate mineral that contains calcium, sodium or potassium and it makes up over half of the earth's crust. **Moonstones** are a **feldspar** based gemstone and when cut and polished they are **chatoyant**. You can see light glowing in the stone.

Peach moonstone is one of my favorite varieties of **moonstone**. It has a lovely orange hue that radiates a gentle sweetness that allows us to connect to the generosity and love that surrounds us all. It resonates with the sacral chakra and is helpful in gently stimulating creative optimism for new beginnings. In many cultures **peach moonstone** is associated with childbirth and fertility. It is also used to soothe anxiety much as a loving mother comforts her children and crystal healers have used it to alleviate depression. **Peach moonstone** reminds me that we could all use restoration of our connection to one another, especially after our long period of isolation has finally come to an end. Now we can leave behind the deep and often unexpressed loneliness that has been shadowing so many of us and open to the potential joy of love and community represented by this warm and beautiful stone.

Peach moonstone is found in **Sri Lanka, India and Madagascar**. Most of what you will find in rock shops



Peach moonstone

and metaphysical stores is from **Madagascar** and it is relatively inexpensive. You can find spheres, tumbles, palm stones and freeforms to use in any way your heart leads you. Some of the **Madagascar moonstone spheres** are a combination of **peach** and black **moonstone**, reminding us of how the sun warms the darkness and the dark cools the unrelenting heat of the sun.

It can be very comforting to have a **peach moonstone** sphere next to your bed to help ease troubled sleep and bring sweet dreams. Gemstones of **peach moonstone** are lovely to wear over your heart to nurture yourself and connect to the goddess within. A palm stone in your pocket can provide welcome relief from any stress or tension in your day.

May the last of these summer days be filled with peace and relaxation as the earth continues to delight us with the beauty that makes us feel open to more delights to come.

PSYCHIC MICHELLE WHITEDOVE



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

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

Dear Whitedove,

Every day before leaving my house I say my prayers. I feel the calming presence of God and feel well protected. When I get to work and start my day all is good until I am surrounded by the office gossips. Nothing brings me down faster than these people speaking ill of coworkers and our bosses. My job seems to bring me away from Godliness. What can I do?

Dearest,

Nothing will bring you away from God faster than negativity. More people need to pay attention to these types of conversations because you can feel the negative vibes and it takes away your sense of peace and tranquility. Gossip is toxic; inflammatory remarks segregate, it poisons the mind of others and then quickly spreads. It's best to remove yourself from gossipy conversations or change the subject to something positive. Do what feels good: gossip tears down whereas constructive conversations can fortify a group.

Dear Michelle,

When I was a girl I wanted to be a teacher when I grew up. I had such admiration for the teachers that inspired my imagination and helped me as elementary student. Then as a young adult with an aptitude for math I became an accountant. Twenty years later, this job isn't fulfilling. I wonder if I'm meant to be in an industry that helps humanity as I felt called to do as a child.

Dearest,

You are never too old to make a change but don't feel that it's imperative to change career paths when you can also do volunteer work. Here are five fulfilling paths to serve humanity. Which one best fits you?

THE ARTIST. The arts bring joy to the world: dancer, singer, painter, designer, poet, author, sports figure, musician and more. Many times an artist is channeling

and being inspired from higher realms to delight the audience.

THE EDUCATOR. The teacher, coach, lecturer, professor is the soul that loves to learn and is inspired to help others gain knowledge.

THE HEALER. A doctor, shaman, nurse, or therapist is a soul that is drawn to follow the path of Eastern Medicine, Western, Indigenous knowledge or a combination of modalities to be in service and to help heal humanity. Animal veterinarians also fall into this category too.

THE CLERIC. A shaman, metaphysician, priest, preacher, pope, nun, monk, lama is an enlightened soul that is in service to humanity to serve as a spiritual instructor. Also through their spiritual devotion of prayer work, meditation and charity they also assist in raising the vibration of the planet and the people.

THE INVENTOR. This is the rarest of souls with a scientific mind that make leaps in innovation for the betterment of the world.

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20 REASONS WHY WRITERS LIKE TO WORK IN CAFES

THE IDIOT SAVANT'S GUIDE TO GETTING YOUR CREATIVE JUICES FLOWING

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

Ever since I was old enough to realize there would never be a want ad in a newspaper that described a job I wanted, I've loved writing in cafes. I never really thought much about it until a few days ago when a baffled friend of mine asked me why I was so into it.

His assumption? That writing in a cafe would be a distraction. A distraction? Dude, quite the opposite. Here's why:

1. It doesn't feel like work.
2. It's a nice break from the office (or kitchen)
3. Easy access to caffeine.
4. If you have a home office, you appreciate the fact that – in a cafe – there are no interruptions from your wife/husband/kids/roommate who rarely think they are interrupting when they stick their head in your room and begin the conversation with something like “I'm not interrupting you, am I?”

5. You bump into friends you know and people you want to meet.
6. The act of going from your home to a cafe gets the creative juices flowing.
7. You get a whole bunch of unexpected inputs that change your perspective for the moment (i.e. snatches of conversation, songs on the radio, odd posters on the wall).
8. There are no distracting tasks to default to (i.e. cleaning your desk, filing, washing dishes).
9. You lose track of time.
10. Being waited on by the cafe staff puts you in the mode of “things coming to you” without much effort.
11. You focus on your most creative projects.
12. It feels good being part of a community – even if the community disbands after your second cappuccino.
13. Old patterns are interrupted. New patterns emerge.
14. You like the authenticity of your responses when the geek at the next table, peeking up from his Mac, asks what you're working on.
15. It's like having a focus group at your beck and call. You can ask anyone for their opinion and they'll give it, no strings attached.
16. If you're married and work at home, it's just a matter of time before your spouse asks you to move a piece of furniture or clean the bathroom.
17. Writers get lonely. It feels good to be in a room full of people.
18. If you go back to the same cafe again and again, you develop trusting relationships with some of the other regulars – sharing enthusiasm, feedback, and croissants.
19. The sounds in a cafe become a kind of “white noise” that make it easier to concentrate than when you are working alone at home or in your office. Your “self-talk” gets drowned out by the ambient noise.
20. If anything breaks, someone else has to fix it.

DR. COURTNEY PELLEGRINO

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SETH SPEAKS

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I've told you often that there are no limitations to the self. But when you begin to approach the feeling of no limitation, you become frightened, and in a frenzy you try to find yourself and define it—and to discover the point at which you emerge into physical reality.

There are no limitations and no boundaries to the self—only those that you adapt, in your terms, at any given time. I did not say there was no identity; I said there were no boundaries to the self. There is no place or time where your self ends; there is no probable reality in which you do not exist—in which YOU do not exist.

There are no limitations to what you are. You can form limitations if you want. They will serve to content you. You can put up fences around yourselves and say, "I am here and now and in no other place and no other time", if you are afraid of the idea of your own inner divinity, and of the infinity of your own existence. You can pretend that you exist only within your corporeal image.

You can hide within the minutes and the hours and the years and see no further if you want. But only the tiny portion of you that is frightened is so fooled by the game that you are playing with yourself. The other portions of you merrily go about enjoying their own reality.

In limited terms, you all exist in air. But you are not all air. You all are individual, yet you are made up of the same elements that exist in the nature that you know: and yet you are all diverse. And so while you are all one, you are a different, unique, and like no other. You are not swallowed in any reality by a super-self in which your identity is lost. You are all one, but you are all yourselves and unique. And out of that uniqueness and that individuality, the one-ness IS.

If each of you would, for one instant tomorrow, allow yourselves to feel fully the miracle of your own being, then would you indeed find yourselves surrounded by

a paradise, but a paradise that would make previous ideas of heaven silly by contrast—a paradise in which you realize the creativity and multidimensional aspects of your own being.

My dear friend over there, Will, you might be a statue—a beautiful sculpture, for all you know of the reality of yourself. And this applies to each of you. Yet there are no barriers that prevent such knowledge or understanding.

If I can feel your uniqueness, individually, with such impact, then why cannot each of you try to feel the grace of your own being? You will look at an animal or a flower and call it beautiful, and ignore the beauty and grace of your own experience. Now this relates not in high spiritual terms necessarily, but to those secret words that you speak to yourself when you call yourselves stupid, in the secret closets of your mind.

Would you call a flower stupid? Would you call a star stupid? Would you call a molecule stupid? If you understood the grace of your being, you would look even upon yourselves with joy and gracious abandon. Do you call yourselves dumb, or opaque, or fat, or skinny, or whatever? Whatever derogatory terms you use when you speak to yourselves, stop it!

Feel the uniqueness then of your laughter [to a student] and let your joy spring into your realization, and it will give birth to all those abilities within you. In all of what I have said, there is indeed no greater, practical message.

You think in terms of future selves. And using your terms now—and, as always, that is a loaded statement—but, using your terms, think instead of yourselves as pinnacles of achievement and expression, reached finally by the atoms and molecules that dwell within you. In your terms now, they think and feel and reason.

I return you, then, as always, to the selves that you are, and I entreat you, most humbly, to look within the selves you know for the wisdom that is indeed your own, for the blessing that comes from All That Is, as it is reflected through yourself. Ask me for your blessing, for your blessing. Ask your molecules for their blessing, as you bless them.

See the miracle of tomorrow. When you wake up in the morning, tell yourselves that you will perceive it, and perceive the grace of your being within it.

And now I leave you, and those blessings that I have to give I give you, and those that I do not have, I am sure you can find for yourselves.



SPIRITUAL GRAFFITI

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

People often say, “You chose your parents”, as though that is an absolute fact. It isn’t.

Because we can’t know why someone ended up with the parents they got. It may have been karma, it may have been accident, it may have been the (bad) luck of the draw.

It may have been a lot of things, but its not for us to say. It’s for them to say. And when we try to say it for them, we deny them their own process and perspective.

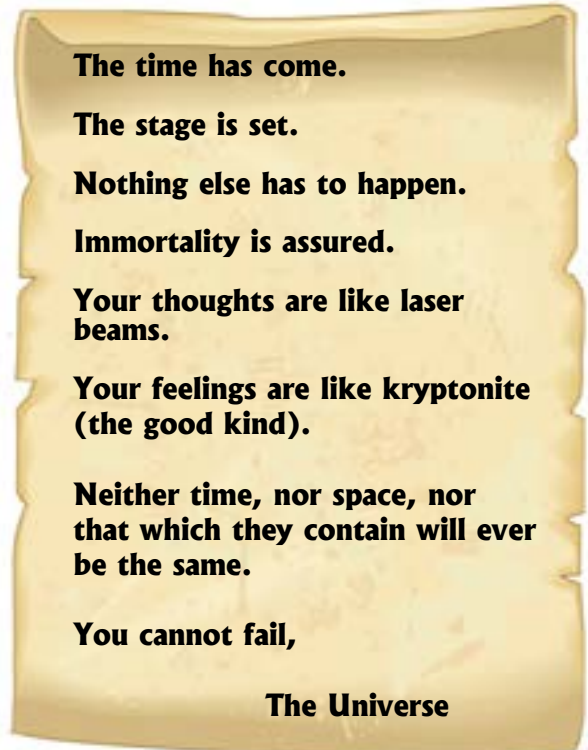
And, in the case of those who had horrifying parents, we add insult to injury. It’s already hard enough to move through life carrying the pain. The last thing you need to hear is that you chose it.

Maybe you did, or maybe life is way more complicated than that. And, either way, your healing is your salvation. That’s the only choice that matters. And that’s the only way to break the ancestral cycle of abuse.



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>



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THE SMELL OF AMBER

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

Many years ago, I owned a book and gift store named Changing Times. While I owned it, and all that went with ownership, I felt more like its steward. I felt like it had a life of its own.

It was a life-changing experience for me, primarily because of the people I met there. Some experiences were profound and huge while others, at first glance, might appear simple and commonplace. Yet even the simplest of interactions can touch you in profound ways.

I remember one woman who came in with her small child. She asked me if I carried resin incense, which I did. I walked her over to the incense and then hung back just a bit. Every once in a while, I would get a feeling, an intuition of sorts, to just stay and not go back to whatever task I was just doing. To stay present for the customer, and the moment.

She picked up a small bag of amber resin, held it to her nose, and took in a long, deep smell with her eyes closed. After a moment she looked at me with a huge smile and joyous eyes. She lovingly spoke of growing up in **Morocco** and how her mother would take her to the market. There would be rows and rows of small stalls, many of which would burn amber incense. She liked to burn it now whenever her heart was heavy, missing her homeland. For a moment I could feel her joy and it felt like I was transported back with her to the marketplace of her childhood. It was as if we were walking together, children holding hands, among the stalls. It touched me deeply.

Sometimes, I think it is the coming together, the joining of hearts over the things we've found, and the things we've lost, that draw out the best of our humanness. Even around such simple, and humble, things as amber incense.



ESSENTIAL LIFESTYLE HACKS



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

STRESS

Stress is a normal response to internal and external circumstances that are difficult, upsetting, or scary.

Internal stressors include distressing thoughts or memories, physical sensations like pain or discomfort, and also emotions like sadness or anger.

External stressors include any concerning event, situation or circumstance that has the potential to negatively impact a person or something they care about.

When a person encounters a stressor, a chain reaction is set into motion in the brain where problem or THE potential threat is identified and engages the *sympathetic nervous system*. This leads to the *fight or flight response* and activates stress hormones and chemicals like **adrenaline** and **cortisol**, and increases heart rate, breath and increased mental alertness.

Not all stress is detrimental. We have two kinds of stress they are called distress and eustress. There is a certain amount of stress that is needed for us to perform and reach our full potential. **Eustress** is positive, helpful and motivating. It motivates us to work hard, set goals and gives us the energy to achieve them. **Eustress** produces positive feelings of excitement, fulfillment, meaning, satisfaction, and well-being because we feel confident, and stimulated by the challenge of the stressor.

Psychologist Dr. Kara Fasone says **eustress** is all about sufficiently challenging yourself without expending all your resources. This type of stress empowers you to grow in three areas: Emotionally, **eustress** can result in positive feelings of contentment, inspiration, motivation, and flow. Psychologically, **eustress** helps us build our self-efficacy, autonomy, and resilience. Physically, **eustress** helps us build our body (e.g., through completing a challenging workout).

We can find **eustress** in all areas of our life. In work, family, self-improvement, relationships and just daily activities. We experience positive stress almost daily.

For example, in work when taking on a new project which may require we hone our skills or acquire new ones. *Learning can also be stressful, but success in our endeavor leads to eustress.*

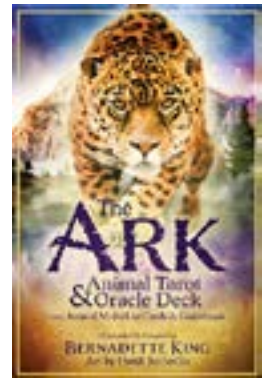
Another stressful situation that leads to **eustress** is traveling. The process of traveling itself is stressful, meeting new people and different customs all become eustress because it is interesting, and we meet new people, new food, and new places to see.

...continued on page 37...

A promotional graphic for Yogashakti Ashram. It features a blue background with a white lotus flower at the top. The text reads: "Yogashakti Ashram", "Founder: Maha Mandaleshwar Ma Yoga Shakti". Below this is a list of activities: "Arti (daily 6-7:30 am & 7pm)", "Puja (Holidays & Full Moon)", "Satsang (1 hrs/week)", "Meditation", "Yoga (9 classes per week)", "Sunshine Lectures", "Retreat (45 acres in Catskills)", "Teachers Training (Meditation)". There is a circular inset image of a Hindu deity. At the bottom, it says "Publications:" followed by several book covers. The contact information at the bottom is: "Ma Yoga Shakti International Mission", "114-41 Lefferts Blvd. S. Ozone Park, NY 11420", "718.641.0402", "www.yogashakti.org", "yogashaktiny@gmail.com".



WHAT IS MY SPIRIT ANIMAL



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

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



CHAMELEON Symbolism & Meaning

Are you struggling to fit in? Deciding whether or not to keep a low profile? Chameleon, as a Spirit, Totem, and Power Animal, can help! Chameleon teaches ease of adaptation in any situation. Delve deeply in **Chameleon** symbolism and meaning to find out how this Animal Spirit Guide can educate, support, and enlighten you! **Chameleon** is one of the fascinating creatures in the Spirit Animal Kingdom. Not only does **Chameleon** blend into their environment for safety, but their symbolism and meaning manifests in the ability to change color depending on their temperament. They are, in effect, Nature's Mood Ring!

In various cultural settings, people have interpreted the **Chameleon's** aptitude as much a statement of uniqueness as it is a product of their environment. Yes, circumstances sometimes dictate a **Chameleon's** transformation, but **Chameleon** also determines his own color patterns for wooing. This little guy puts on a show for his lady love trusting in that ability to find a mate.

One of the great lessons in **Chameleon's** ability to adjust to the environment is that we don't always have to stand out to make a difference. Some of the most amazing people are those working behind the lines without flash or notoriety. When we do choose to step out, we can choose whatever hues we wish for expressing our truth. More importantly still, **Chameleon** seems to know exactly when it's best to hide or shine by relying on natural instinct.

Chameleon's eyes are different from many other creatures. It can move one eye at a time independently. Their unique visual skills serve them well in hunting. All they need do is watch and wait for just the right opportunity. In the human world, this represents vision, perception, and clairvoyance.

Chameleon feels no need to rush. They prefer to find just the right moment, the best opportunity, and then let change happen; this objective demeanor serves them well for adapting to nearly any situation their environment hands them. Flexibility!

Chameleon's slow, steady approach means it conserves energy wisely. There is no stress over when opportunity will call, but rather the awareness that it WILL call. We often use phrases like "nature provides" or "the Universe provides." That outlook is one that **Chameleon** lives, honoring the rhythm of life.

At first glance, **Chameleon** looks like a tiny dragon, and the wisdom this Spirit exhibits has similar power and historical importance. Keywords associated with notable **Chameleon** traits and characteristics include energy sensitivity, conservation, transformation, personal power, choices, emotional control, shape-shifting, safety, survival, and objectivity.

CHAMELEON FACTS & SPIRITUAL ASSOCIATIONS

While being generally somewhat small in stature, **Chameleon** is big on symbolism and meaning. Let's look at some of the facts about this Spirit Animal and what they represent. The **Chameleon** tongue can be up to twice the size of their body. They use this for capturing prey from a nice distance (Safety, communication, planning).

Chameleons have highly specialized feet that keep them secure on many surfaces (Sure movement, adaptation).

Chameleons see Ultraviolet light, which is invisible to human eyes. Some people with psychic powers "see" this along with other high-vibration hues in the aura. Some Shamans and Wise people teach that the UV spectrum is the wavelength where Angels and Spirit Guide and Animal Teachers may abide.

Male, female, and juvenile **Chameleons** have different base colors (Individuality).



WHAT IS MY SPIRIT ANIMAL

...continued from page 20

There is a tiny **Chameleon**, the dwarf Brookesia, that measures only 1/2 inch (at most), meaning it can hide on the tip of a match (Illusion, shape-shifting).

Chameleons grow throughout their entire life, shedding skin as necessary (Change, maturity, renewal).

Eyes of a **Chameleon** have a 360-degree view of the world (Vision, awareness, psychism, clairvoyance, future, past).

CHAMELEON SPIRIT ANIMAL

There are a variety of reasons why **Chameleon** may have appeared out of the background of your life. First, it's possible that **Chameleon** has been there for a while watching and assessing before making himself known. You are probably about to experience a change.

The question here is, how do you want to handle it? You can try taking a low-profile and avoid a challenge. Or, you can come out with all your beautiful colors and embrace change with boldness. **Chameleon** simply reminds you of these options. The final decision is up to you.

Another time **Chameleon** appears as a Spirit Animal is when slowing down would be in your best interest. Stay where you are, secure, wait, and consider the next, best steps. Also, ponder exactly what you want to do when you reach your goal or destination. The Wheel of Life never stops moving, and **Chameleon** offers insight on working with that momentum. **Chameleon** teaches the mantra, "Slow and steady wins the race." That outlook will serve you well right now even if you have a proverbial Hare in the competition.

Third, **Chameleon** asks what you are gobbling down as spiritual truth. Life presents us with options in our energetic menu. You don't have to clean that plate. You don't even have to take one bite if that offering is not right or healthy. **Chameleon** knows that amazing soul food awaits when you are patient and practice mindful peace with yourself and your situation. Whatever happens, the wait is definitely worth it in the long haul.

The fourth focus of **Chameleon** Medicine is teaching you how to activate your psychic self and begin trusting in those skills as they grow. Perception, sensitivity, and awareness are tools from which everyone can benefit. You can see what's coming and adjust your demeanor and actions accordingly. If your inner **Chameleon** sends up a warning sensation, listen to that. Not everyone to whom you show allegiance returns it in kind.

Chameleon Spirit symbolism says: Think for yourself!

CHAMELEON TOTEM ANIMAL

If you were born with a **Chameleon** Totem, you have an impressive aptitude for hinging how you feel when you feel it's necessary. Some in your circle find this off-putting and distant. Over time they will come to understand that this is part of your survival kit. Plus, there is something fun about being a bit mysterious!

Chameleon people perceive life differently. It's not about what seems real. Instead, your instincts guide you toward truly honest living and people that support harmony every day. You are not one to stress over things and don't really enjoy heavy conversations. Unique and curious topics are more your speed.

Like the **Chameleon**, you change on a dime. In nature, Chameleon transformations only take approximately 20 seconds. That shifting shocks some who never expect your colorful actions or words. And when you feel overexposed, no one finds you unless you wish it.

If you have friends or family with a **Chameleon** Totem, don't even try to surprise them. The phrase "eyes in the back of the head" also applies when they are two rooms (or two states) away! **Chameleons** have some of the best eyesight in the reptile world, and those with **Chameleon** Totems exhibit this physically and psychically.

A **Chameleon** Totem is a master of climbing, be it up the ladder, down into a well for water, or out of harms' way. They also respond deeply to unique signatures and vibrations like auras. Because of this, some **Chameleons** become energy workers with great success.

CHAMELEON POWER ANIMAL

Reach out to **Chameleon** as a Power Animal when you need to stand out from the crowd, or you want others to understand your current emotional state clearly. You can also call on this creature whenever you want to keep a low profile or your just in need of some alone time. **Chameleon** can just as easily make its mood known through the color it chooses to take on, just as it can camouflage itself.

Chameleon's eyes work independently of one another, allowing the creature to see things in its environment with greater ease. So you can invoke **Chameleon** as a Power Animal if you really need to see things as they truly are, or if you want to spot the right opportunities when they arise in your life. The majority of the time, **Chameleon** lives an unhurried existence, so the creature is equally supportive at times when you need to relax or in slow-moving conditions where your patience is a requirement.



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO AUGUST 2023

During this month, there will be two full moons. The second full moon is commonly referred to as the Blue Moon. Think something happening 'once in a blue moon' is rare? Actually blue moons are fairly common, at least in astronomical terms.

First things first: a blue moon has nothing to do with the color of the Moon. Instead, it is all to do with the timing of full moons during the year. The next blue moon takes place on 31 August 2023. As this Moon is also a supermoon, it will be a **Super Blue Moon**.

The Month of August is sacred to the Yoruba Orisha Oshun/Osun. Oshun is vast and powerful. She is actually the full breadth of womanhood. From the young, enthusiastic coquette that flirts with boys to the old matriarch that sits in a rocking chair, hard-of-hearing, reminiscing of her youth, **Oshun** contains every woman's story within her patakis. She makes her residence in the rivers of the world. Hers is the power of sweetness in life, and all of the things that make life worth living.

The Osun festival, also known as the **Osun-Osogbo Festival** is held towards the rainy season, usually during the **last week of August**. It is a traditional tribal festival from the **Yoruba** people, held to honor the river goddess **Oshun**. Thousands of people attend to bear witness to the ceremonies, which include priests seeking protection for the villagers for the year to come by offering gifts and sacrifices. The festival is held at the **Osogbo Sacred Forest**, with **Yoruba** pilgrims from all over **Nigeria** coming to pray and sacrifice to the goddess **Osun**.

August 1st: Lughnasadh, Pagan/Wiccan. Also known as Lammas or First Harvest.

August 1st: Full Sturgeon Moon in Aquarius.

August 12th - 13th: Peak Perseid Meteor Shower.

August 13th: Obon, Japan. Began as a buddhist custom, a time for reuniting with family, visiting Ancestral sites and the graves of family.

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

August 16th: New Moon in Leo

August 21st: Nag Panchami, Hindu. On this day, offerings like milk, sweets, and flowers are given to snakes.

August 31st - Full Blue Moon in Pisces



Happy August and Blessed Be!

GARDENING THE MEDICINE WAY

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



HOUSE PLANTS

Hello and welcome to August! If you're taking a break from the garden in this relentless summer heat, you can bring the garden indoors to you! I recently wanted to brighten my windowless work space and did a little research on plants that would survive in low light and cool dry air. It gives me a little glimpse of green to soothe the soul and plants are also beneficial to your indoor environment.

Scientists have studied the connection between plants and air pollution, and sometimes plants are effective at reducing air pollution in laboratories.

Here are a few of my favorite plants that seem to thrive on a little neglect:

SNAKE PLANTS: This succulent plant is very forgiving and perfect for beginners. They can become invasive, so plant only in pots and contained areas. A potting mix designed for "cacti and succulents" is ideal, as it will be more resistant to becoming oversaturated with water. Do not water too frequently. Let the soil mostly dry out between waterings.



SPIDER PLANTS: Spider plants flourish with bright, indirect sunlight. If they're exposed to direct light, their leaves can burn. Keep in mind that these plants can survive in other lighting conditions as well, since they're quite adaptable. As with the snake plant, do not water too frequently. Spider plants produce spider babies, or small new pups, cut them off the mother plant and either plant the knobby end directly in the soil or soak in water for a week to 10 days until little roots appear and then plant in potting soil.



POTHOS: The pothos plant produces vines, or trailers. Pinching back stems at the tips ensures that your plant doesn't become too thin and stringy. You can even put clippings into the same pot to help your pothos get more full. Although this plant will survive in various light conditions, it will thrive if it gets several hours of

indirect sunlight or filtered sunlight. Pothos plants like to be kept moist, but not wet. Water them when the top inch or so of soil is dry to prevent over-watering. This delicate looking vine can be invasive, so keep it contained. It grows rapidly, capable of reaching 150 feet long, by some accounts, and able to engulf whole trees.

NOPAL CACTUS: There are several varieties of this cactus. While this plant does not make your common list of great house plants, I have had great results with the pruned paddles of this culinary cactus. Simply break one off and place the pad upright with the cut side in a container with cacti potting soil mix. Water to help set the plant and then not again until it starts to set roots. For container plants, water about once every two to three weeks or whenever the soil is completely dry.



Enjoy your indoor plants and keep looking forward to some cooler weather!

Blessed be!



Jim Egan

STORIES THAT BEND REALITY

...continued from page 10

"That's clever," she said.

"Do you know what clever means?" he asked, not sure that she had complete control of her language.

"Clever is what adults are when they think like children," she said, looking down at him.

"I'm not clever, then, I'm wise."

"They're not the same," **Tatanya** said decisively. "Being wise means giving very very short answers to very very long questions."

"You are very sophisticated."

"Aren't all five year olds?"

He thought about it for a minute, and in the middle of his thought she asked, "What does sophisticated mean?"

"Sophisticated means to be able to do something before you know the name for what you're doing, or why you're doing it."

"Oh," she said, "you mean it's what children do when they are behaving as adults."

"You've been watching late night television again," he commented, adding, "I'm not sure I can take too much more of this kind of conversation, **Tatanya**," He wondered about the effect the conversation was having on his mental equilibrium. "I think before we go any further you had better come down here and sit on the bottom rung and I better move back up to the top."

"I like it here, I promise not to be too clever or too sophisticated. But you never really answered my questions," she reminded him. "Why have things changed?"

"Oh," he said, "I'm not really sure. I do happen to know why a few things changed." he said. "Not big things but important things."

"You are going to tell me a story," she squealed.

"You promised now, you remember," he reminded her, and she nodded, even though she was not quite sure which promise he had in mind.

"Once a year at the **Hilton Plaza in Madrid**, the **Devil** and all the demons of the world hold a convention. Do you know what a convention is?" he asked the little girl who was listening attentively. She shrugged her shoulders.

"It's when a lot of people who have spent all year doing the same thing, get together to talk about what they did, and about doing it next year, and have fun to boot," he explained. "This one was a conventional convention," he continued. "Any plumbing salesman would recognize it right away. It's the regular kind of convention, a lot of fooling around and drinking."

"What do **Devils** do for a living?" **Tatanya** asked.

The **Man with the Ladder** looked puzzled for a moment. "They sit around inventing mischief, making up aphorisms and putting cleverness in the mouths of five year olds," he said, recovering quickly.

"That sounds like fun," his charge said.

"It's a punishment."

"What kind of aphori...things do they make up?" almond eyed **Tatanya** asked.

"Things like, The mechanism we have for resisting temptation

is oiled with the temptations we have given in to."

"Orgies are always scheduled for when you're working."

"Experience leaves too much to the imagination to be trusted."

"To the color blind folly is gray. With acute sight we see, it is bright gray."

"I don't understand them." **Tatanya** said.

"They belong to another five year old. Can I get on with the story? It was in the midst of a drunken brawl that **Beelzebub** and some of his minions were having, that one of Old Sod's lesser servants threw out a challenge. You have to understand that in any other circumstance than this, he would have been immediately punished with some ingenious torture on the spot. But this was a convention, and Mardi Gras rules prevailed, and the challenge was picked up by a drunken Beelzebub with the relish only a lost soul who dreams mischief can display."

"What is **Mardi Gras**?" **Tatanya** asked softly.

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Jim Egan

STORIES THAT BEND REALITY

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"It's a drunken **Channuka**," the **Man with the Ladder** answered.

"Actually the demon who made the challenge wasn't drunk at all. He had thought about it for a few centuries, and was convinced it would get **Old Sod** in very deep trouble. And he reasoned logically, that even though the **Devil** would see this, his pride and basic evil streak would not let him reject the challenge. If the truth be known this underling was ambitious and had his eye on moving up in the underworld. The only thing that worried him was the question of whether evil was good when it was done to evil with the intention of having evil punished. But he decided that since it was being done with evil intent he was safe."

"What he said was, I bet you can't remake the world, change it all, every piece then put it together again--from memory."

"What you have to understand," the **Man with the Ladder** pointed out, "is that things like changing the world were usually done with a lot of equipment, including a lot of books, and maps, and charts, even when it was done for pleasure. **God**, in his wisdom and mercy, did not object to infrequent putterings as long as in the end everything was left as it was in the beginning and he was not required to do any kludge re-patching after the evil was done. In fact, it gave him something to do, checking and rechecking to make sure that everything was as he had left it. There was hell to pay if so much as gas from a comet or a left over meal was misplaced. So interventions like this were never left to so frail a instrument as memory."

"Now **Old Satan** rose to the bait as the lesser demon knew he would. He swallowed the challenge to the last overtone. 'From scratch,' he yelled, 'every molecule--and from memory,' and he pulled himself up from the floor and began instantaneously to change the world."

"It was an awesome spectacle. It even caught **God's** attention. He didn't approve of course, but he appreciated a good show as much as anyone. And the world was changed completely. You should have been there. The sun was fuscia. Two and two made seven. Politicians told the truth,

out of habit. Doctors cured even the most minor illnesses. Little children behaved like little children. And the instant after it was completely changed, the tension became almost unbearable."

"Rest for a moment!" the demon who had thrown out the challenge urged. But **Beelzebub** wasn't that drunk. He knew if his concentration was broken even for an instant he would forget some little girls wish for a cabbage patch doll, or some drunkards longing for a pint of sweet wine or one of the thirty equations involving quark colors, and he would be in for one hell of a time with the **Old Man**. So he did no more than suck in his breath and began putting the world back in place. The right wish here, the proper lust just where it had issued from, each and every apple on the right branch and so on and so on, until he slammed his fist on the table and said in a bright loud voice, "DONE!" And it was."

"Now the whole convention was impressed. Everyone just stopped what they were doing and applauded and applauded, not only because they enjoyed the tipsy topsy shape of the world when it was changed, or even because they felt comfortable they would all have their old jobs back, but also out of respect, because it was a stupendous accomplishment. Even **God** nodded. Only **Beelzebub** knew he missed something and just then the **Lord's** attention was captured by something happening light years away and he put off checking everything out properly. **Beelzebub** gave his laziness reign, calculating none of his minions who suspected something would say anything."

The **Man with the Ladder** paused.

"And...", the listener inquired

"And the convention ended and everyone went home, a little sadder, a little older-- you know what conventions are like. But...", and here his voice dropped a little and he hesitated before the next word. "Have you noticed," he said, looking up at the five year old perched at the top of the ladder, "Have you noticed that just before it sets the sun turns a peculiar shade of fucia? And that every so often things don't seem to add up the way they used to? And that more and more Right and Wrong appear to be different shades of gray?"

Tatanya sat quietly examining the story from different angles. "**God** will get around to making it right, won't He?" she asked.

"Of course, honey," the **Man with the Ladder** said. "It might take a little while though," he added. "Until then we'll just have to smile a little more and make do." And at that moment he heard the **Tatanya's** mother's familiar "Hallo, look what I've brought us."



THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 6

ONLY ONE HAS TO DO THE WORK FOR IT TO WORK

A friend wrote, "It's frustrating when you've done all this growth work just to realize it'll only work with other people who've also done the work, which is not many." The good news is your life begins to improve when YOU do the work, whether anyone else has done the work or not. But, oh yes, your life as you know it may hafta fall apart first but BELIEVE ME it's so worth it.

And personal growth just means self improvement, like setting goals so you're motivated to move TOWARD something, like gaining knowledge and acquiring new skills. Like self control: being a better person, getting your emotions under control so you can have discussions with people who think differently than you. It lets you discover and understand why they think and behave as they do, which will help you get along with them.

It includes taking steps to overcome any habits that might hinder your goals, developing a kinder, more helpful attitude. It all adds up to understanding self and others, greater clarity, peace of mind and a more fulfilling life.

BELIEF & EXPECTATION WORKS TO SUCCESSFULLY MANIFEST EVEN DASTARDLY DEEDS

The thing with law of attraction and manifestation is, even if someone is a criminal doing dastardly deeds, as long as they're so delusional that they're able to rely on their own belief and expectation that they're gonna get away with it and get what they want, that's a very powerful, sustained focus of manifestational thought.

And if enuff others around the delusional one also hold the belief and expectation that he's gonna get away with something because he has repeatedly in the past, those are very powerful thought forms on the topic. We've seen that with prior administrations.

And when we HATE that someone so vile is able to get away with it, if we HATE them so much that even SEEING THEIR NAME causes strong emotion to rise within us, we're adding FUEL to the topic, which powers it to stay relevant and current, helping him get away with it.

What's most helpful for you to do is to keep yourself focused on people and circumstances that make you happy, stay focused on things that you want to EXPERIENCE MORE OF in your life.

STOP GIVING THOUGHT TO ANYTHING THAT MAKES YOU FEEL BAD, UNHAPPY, INSECURE

Make no mistake, Life is gonna do what Life is gonna do. Even when you keep your thoughts positive, you're bound to run into obstacles from time to time. The good news is that as you approach those 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 since you don't know that now, it seems un-doable. Believe me, MORE is DO-ABLE than you ever thought EVEN POSSIBLE. You'll see. But you won't see it until you step out and begin to take action. As in **Indiana Jones**, the pathway will make itself known to you as soon as you begin taking the first steps, like in **Willis Harman's First Dream** below.

THREE DREAMS BY WILLIS HARMAN

IN THE FIRST DREAM I am walking along a very rough terrain, on the way to climb a high and rather forbidding mountain, the top of which is concealed by mist and clouds. It is clear that the ascent of this mountain symbolizes my whole life. Clambering over the rubble in front of me is not too daunting, but as I look ahead I see that my way is blocked by several cliffs that appear to be around ten feet high. Beyond those are some still higher cliffs, the farthest being perhaps hundreds of feet high. I have no idea how I will deal with those when I get to them, but meanwhile there seems nothing to do but forge ahead. However, although I didn't know notice it at first, I am growing in stature as I go along, so that by the time I finally reach the ten-foot cliffs I am tall enough that I can simply step up over them. The same with the 100-foot cliffs.

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THIS MONTH'S THOUGHTS ABOUT THINGS

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IN THE SECOND DREAM I am in a cafeteria. I take a tray, place it on the rails, and proceed to move down the food line. At the end of the line is a door. Somehow I realize that this also symbolizes my life, and the door at the end is what we call death. Behind the food line is a gigantic figure who is ladling out the food; I can't see his head, he towers so far above me. I notice that the persons in the line on either side of me have trays with large round holes in the middle, so that the food simply falls through the holes onto the floor. This seems to me a strange way to run a cafeteria, and I ask the food handler about it. He replies that the food is available to everyone, and the choice of tray is optional; some people just choose the trays with holes.

IN THE THIRD DREAM I am in a solo spaceship which has somehow become a derelict, destined to travel around the Earth for centuries. There is no way to deflect its orbit and manage a return to Earth. It is

clear that I have only two choices. I can stay alive as long as possible, eventually run out of air, food, and water, and die a slow death. Or I can open the hatch and let the remaining air rush out, the cold come in, and have it all over within seconds. It is an agonizing decision, but I finally decide on the latter. I open the hatch and feel the air rushing past, and immediately find myself in a space which is not cold and black, but wonderfully illuminated and somehow "loving." I seem to be everywhere in this space, and nowhere in particular. I had never given the idea of heaven much thought, but this seems to fit. I feel intensely alive, supported in every sense, and totally content to stay here forever.

WHY HAVE I STOPPED MAKING BLOG POSTS?

A friend asked why I didn't make many blog posts anymore and it's a few reasons. Mostly I'm on **Facebook** always talking about my day and don't really have any **NEW** deep insights that haven't been said before by people who say it better. I talk with a lot of people, I used to post summaries of our sessions since so many were **Universal lessons** that could apply to lotsa people. I'll try to do more of that. To find specific topics, type your words into the Search box at my blog. I've got lotsa info on developing psychic skills, meditation, creative visualization. I have no ads on my site. <http://horizonsmagazine.com/blog/>



Enjoy our offering this month.
Hari Om.

Andrea



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Dr Joe Dispenza

THE VALUE OF DISCOMFORT

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THE DISCOMFORT OF SURVIVAL

Sometimes, we're dealing with the discomfort of living in stress and survival. Something has put us on high alert: our child is sick with a dangerous fever. Our spouse has lost their job, and our family is in financial jeopardy. Flood waters are rising in our streets.

In these moments, we're in fight-flight-freeze mode. We need to focus, concentrate, and use our pre-programmed survival instincts to protect ourselves and our loved ones. And, for the short-term, that's a good thing - because we need more energy to respond to those circumstances.

A woman once approached me at a retreat, feeling sheepish about her state of mind. Her husband had come to her with a work emergency that happened to be in the exact area of her expertise as an attorney. And so, while most other event attendees had been asleep - resting their bodies and minds in preparation for the next day's early morning meditation - she had stayed up all night writing an email, helping her husband receive the proper and just treatment for his situation.

For her family, it was a matter of survival. And when she told me about it, I reassured her: You did exactly what you should have done. Those stress hormones should have kept you awake and aroused - because you needed the energy to stay alert, respond, and see it through. Those chemicals are part of our biology for a reason. They give us the energy to "do something" about the problem at hand.

We often talk, in this work, about moving out of survival so we can create. But that doesn't mean the survival state can't serve us - when the situation calls for it. Sometimes, these short-term states are essential for our well-being.

This is a kind of discomfort meant to get our attention. Our heart and respiratory rates change. Our body produces the hormones of stress to mobilize energy. All systems move into the service of response - so we can stay safe. There are times when survival - and its attendant discomfort - is necessary.

DISTINGUISHING BETWEEN REACTION AND RESPONSE

If we constantly move into states of survival and stress in our lives, it becomes maladaptive - which leads to the discomfort of being out of balance all the time. When that occurs, it's a problem - and we experience physical, mental, emotional, and chemical imbalance and disease.

As we become more skilled at this work, and become more attuned to our body's signals, we can learn to distinguish between the two. We can better understand when we're reacting out of habit - and when we're responding out of need.

And there's another kind of discomfort we'll learn to recognize as we go deeper into the work. The kind that arises ... because we're truly changing.

I'd like to discuss the kind of discomfort we experience as we begin to leave our old personalities - and our old personal realities - behind.

THE DISCOMFORT OF CHANGE

The unease of survival is a feeling most of us know well. The discomfort of change can be trickier to identify - especially when we're in early stages of breaking our habitual patterns, and especially when our old selves want to convince us it would be easier to just stay the familiar course.

At first, we might be undertaking the daily practice of metacognition - of becoming aware of the thoughts we think, and not letting those thoughts slip by our awareness unnoticed.

Or maybe we're working on noticing how we repeatedly summon a memory that causes us to feel a certain way, and how our body seems to crave that familiar feeling - even when it's unpleasant. Or we might be learning how to override our attempts to control and predict the next moment ... and the next ... based on those well-rehearsed thoughts and feelings.

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ABRAHAM HICKS

...continued from page 7...

Esther Hicks

In other words it's an interesting thing people sometimes say **Abraham you teach selfishness** and we say indeed we do because if you are not selfish enough to make sure that you are connected to source then you don't have anything to give anyone else anyway.

And it's interesting that the people who are accusing you of selfishness would like you to do something different because they selfishly want to feel better and they believe that you should subvert your selfish desire for their own.

We're not really as far off the track as it seems, we're laying a little basis here for you so the most important thing that we want to say so many of our physical friends have said to us **Abraham there is something screwy with this physical time-space reality leading-edge adventure that we are upon because if we are in a place of pure positive energy and then we make our decision to come into this physical environment why would we come from pure positive energy into contrast that could potentially turn out like some of the things that you have described here?**

And we say the intention of coming into this environment and into this sea of magnificent contrast has such a huge basis and meaning because you know that you are leading edge creators and that you cannot cease expanding.

So it's really not about choosing to come forth, it's about the inevitability of continuing to be on the leading edge where there is variety to choose from.

And it is known so powerfully from your non-physical perspective the power of that variety because it is known that moving around through that is going to stimulate within you -- important you -- worthy you -- leading edge you -- perfect powerful personal preferences so that you get to uniquely conclude you're like a scout out there for source or for God that's having exposure to an experience, and a desire is being born within you a powerful desire that source in the moment says yes to how good is that.

In other words, the contrast is necessary for the new idea and the new idea **Source** says immediately YES to and so the expansion of this powerful perfect glorious world is underway.

So then why if contrast has caused me to conclude you see by contrast we mean you could just like it to be a little better you could be living a perfect life and just want it a little better or you could be living a tragic life and want it to be a lot better but whether you want it to be a little better or a lot better.

Source is saying yes every single time there's nothing wrong with that system we think most everybody would acknowledge that that sounds like a wonderful system where everybody even the one cell to maybe even the cells in your body even the genius consciousness known as you in your physical human personality, you get to have exposure to these experiences and you all get to choose.

And when you choose, **Source** says yes that would be better for you, therefore it is and in the moment the everything moves into place to bring that about so the dilemma or the question or the problem isn't that the contrast is giving you the data or the fodder in order to give birth to these desires, **the problem is that so many of you are not then listening to your guidance and bringing yourselves into vibrational alignment with your desires**

You see it's interesting we have to give this to you in a way that will really reach you your generation and the generations that are present on the planet today can bang around and give birth to all kinds of rockets of desires that future generations will receive the benefit from because future generations are less resistant to the new ideas that you have launched.

But this is about helping you to be less resistance to what you've launched so that you can begin to receive the benefit of what you've launched right here while you're still in this physical body.

That's what you intended as you came forth, so you said I'll go forth and the contrast will be good it's like the well stocked kitchen: I might not choose some of it and put it in my pie but I'm in agreement that it all should be allowed and there's no possibility of ever removing anything because every thought that ever existed still exists so I'm all right with all of that.

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ABRAHAM HICKS

...continued from page 32...

Esther Hicks

And I trust that my experience will give me desires and I trust that I will be able to tell by the way I feel whether I'm moving towards something that will please me when it manifests or whether I'm moving towards something that won't please me when it manifests.

So now you have a world in media and newspapers and television and all of this influence of media who see it as valuable to scour the world and find pockets of things going wrong and amplify them and dramatize them and put music behind them and bring them to you in your homes and through your papers through in a disproportionate manner so that you get a distorted view of the well-being of your planet versus the not well-being of your planet

The well-being is huge. You see there is so much more that is going well than is not going well and when you put all of the time of history together of man and history together you realize that it is infinitesimal in comparison what has not gone well, but we agree with you ***when you shine the spotlight on what you do not want and you make that such an active part of your vibration that you then disallow yourself receiving what you do want.***

We can see how it would feel that way. We want you to realize that there is only a stream of well-being which you are allowing or not.

And the perspective of **Source** is that there is only a stream of well-being that is expanding into endless leading-edge delicious ways and the fact that humans here and there or maybe lots of them don't allow themselves to receive the benefit of this leading edge ride does not mean that there's something wrong with the system.

It means that somewhere along the way they have lost sight of their own guidance and they're not guiding themselves into the stream that feels good.

It would be like making a decision that you're going to take your first trip to **France** and you're going to go to **Paris** and you get there and you travel across the sea and you get out of your the airplane into a taxi cab and you go and the cab driver lets you out and you step right into a recently overflowed sewer and you say so this is **Paris** and then you get back in the cab and you go back to the airport and you go back to where you come from and you announce ***I did not like it at all.***

And we say but you saw so little. In other words you had an experience and you responded to the experience but you did not allow yourself to have a full enough experience to really see it the way that it really is you see.

So that's the best answer we can give you. We know that there are things that you don't want to see and we're not saying to you that you should hide your eyes from them, ***we are in fact saying that as you look at those things, unwanted and tragic as many of them are, that in the moment that you lay eyes on them you give birth to a rocket of desire for an improvement.***

So that news media is not doing a terrible disservice because they are causing millions maybe billions to see and launch rockets of desire and source is saying yes every time. That's why we get so exhilarated, so worked up in wanting you all to recognize you have no idea of the fabulous future experience that is being held for this planet in vibrational escrow for you as individuals and for you as mass consciousness.

You see but you can't worry about what the others as parts of mass consciousness are doing, you can only clean up your own vibration and when you do you'll live heaven on earth, when you do there'll be no sign of anything going wrong in your life experience.

When you do, people will stand back and say who made you king, how is it that all things come to you and you say ***I found my guidance system and I can tell when I'm moving toward something that I'm gonna like when I get there and I can tell when I'm moving towards something that I'm not gonna like when I get there***

...continued to page 34...



ABRAHAM HICKS

...continued from page 33...

Esther Hicks

I'm paying attention to my guidance system and hopefully through my example others will learn how to pay attention to their guidance system. We would like it if everyone could in this moment and every moment be living a joyful experience but you know what's really interesting, we are the leading edge through you.

In other words, we are **Source** energy having your leading edge experiences. So here you are banging around and in your discomfort you launch a rocket and we ride the rocket so you are providing for us an endless universal ride of well-being and the reason that you feel negative emotion is because we never look back to the vibration that is you.

In other words we don't allow ourselves to beat the drum of lack.

In fact the feeling of negative emotion is the sensation of you not going where we are or you not allowing yourself to be in the same vibration that is us.

You see, you do not walk into a room and look for a dark switch because you do not expect there to be some misty inky darkness that's going to come in and cover the light.

You know that there is a resistor that you can put on the light and in the same way there's not a source of badness and there's not a source of evil and there's not a source of sickness, there is only a stream of well-being which is being allowed or not.

And so the next powerful question we feel bubbling within you and many others in the room and beyond ***but what about the little ones in other words how can a little one have gotten themselves into such a vibrational place that they are disallowing their well-being?***

And we say ***power of influence.***

Just because they're not talking doesn't mean that they're not picking up on the vibrations you are communicating a thousand times more through your vibration and beyond than you are through your words so the children are picking up on the vibration even when they are in their mother's womb.

They are picking up on vibration, they are picking up on the vibration of mass consciousness you see.

So as you understand that everyone is vibrational and then you also realize that you cannot really do a very good job of evaluating the rightness or the wrongness of somebody else's experience unless you're standing in the middle of it and it is your experience because you do not know what desires they hold and so you cannot understand either one of the points of vibrational relativity.

That's why you just have to do your best to feel the best you can about whatever it is that you are giving your attention to and as you do your world will get brighter and brighter.

You won't have access to those things that are not wanted and some say ***oh then I should put my head in the sand and just not worry about the people that are downtrodden or the people that are being bombed or the people that are being abused.***

And we say if you could help them by your attention to them, we'd tell you something else but your attention to what's going wrong in their life only adds emphasis to that and makes it more probable that it will be in your life.

But you could look at what's going wrong in their life and let the **Universe** do for you what it always does which helps you to realize that you would prefer something else.

But once you see something tragic and you prefer something else, please turn your attention to your new preference and ride the same wave the **Source** is riding and you will begin to recognize that this world is as bright and beautiful as it has ever been more so there is nothing broken about this world.

Everything is functioning perfectly and we know that's hard to hear when you're standing in the sewer of **Paris** but it is our promise to you well-being truly does abound.

HERB CORNER

TUBERCULOSIS

...continued from page 11

Plus, they have anti-inflammatory, and antimicrobial activities to help support the immune system. **Wormwood** contains **artemisinin** which has been found to work directly on the **mycobacterium tuberculosis bacteria** helping it to keep it from being resistant to antibiotics.

Horsetail is rich in silica; this constituent is important in fighting **TB** because **TB** lowers silica levels in the bones causing bone pain and lowers levels of B-cells reducing the immune system's ability to fight off **TB**.

Turmeric has been found to keep **TB** from becoming antibiotic resistant, studies found **Turmeric** enhances the immune system ability to fight the **mycobacterium tuberculosis bacteria** stimulating white blood cells that engulf bacteria.

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According to research **St John's Wort** contains hypericin, hyperforin and pseudo-hypericin; these have anti-mycobacterial activities which are specific for fighting the bacteria that causes **TB**.

Schizandra, Astragalus, Oregano, Rhodiola, Barberry, Goldenseal, Green Tea, Oregon Grape Root, Peppermint and Licorice are other herbs that may be beneficial in fighting **TB**. These enhance and support the immune system by reducing bacteria levels. They help heal damaged tissue, act as antioxidants, adaptogenic, decongestant, and anti-inflammatory herbs helping to reduce coughing, thin mucous and supporting the respiratory system reducing mucous clearing the lungs.



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THE VALUE OF DISCOMFORT

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Or we catch ourselves acting or speaking as if we have no effect on creating a new life for ourselves. Becoming aware of our patterns is challenging. It takes an enormous amount of energy and awareness to change from being unconscious. If we're new to it, the effort alone to disentangle from those programs can be uncomfortable.

And then, there's the crucial step of choosing something different each time we catch those thoughts, feelings, and behaviors. For most of us, that's the hardest thing of all. It's so much easier to run back to those familiar, hardwired, conditioned states of being. Or to pick up the cell phone, or the TV remote, and tune out - and escape altogether.

"I'll start tomorrow," we tell ourselves, eyeing the river of change - and opting for dry land.

So much of this work is about recognizing when we're uncomfortable with the unfamiliar - and learning to sit with it. We're constantly working to self-regulate so we can connect to the emotions and vision of the future we're creating. To find a way to not wait for our life to change (while hoping something outside ourselves will take away those familiar feelings of emptiness and lack).

To commit to changing ourselves first ... so our life will then change ... means embracing the unknown. The unfamiliar. The uncomfortable.

EASING INTO THE UNKNOWN

A simple practice for this, as we're learning to bring our awareness to our thoughts, feelings, and behaviors, is to catch ourselves being uncomfortable. And then say to ourselves: *"OK, I'm in the river. A biological death is happening. And it's really important to self-regulate and change my state - instead of white-knuckling it. To stay present, in this moment, and not try to predict the future or remember the past. To find a way to change this state - from within."*

If we can consciously remember, even once a day at first, that our discomfort itself is the sign to self-regulate - to loosen the grip and relax into the unknown

- that is a measure of progress. That's the art of going from survival to creation.

In other words, it isn't ease and comfort that should be markers in our practice, but rather our ability to find that essential balance - where we're relaxed and awake in the present moment. Where we can sit with our unease ... and ease into the unknown.

Embracing discomfort is so contrary to how we've been programmed to react in survival. We're used to seeing the unknown as scary. But finding a way to not only sit with discomfort, but welcome it, is so essential to evolving our consciousness. In fact, that's how I define genius: it's being uncomfortable ... and being OK with it.

When we master our emotions, we master our creations. That's the prize. If we can remember that, in the moment we notice our discomfort, we can understand what we're doing and why we're doing it, so the how - the act itself - has meaning and value.

Developing the divine aspect within has everything to do with learning how to overcome our challenges from a greater level of consciousness than the consciousness - or unconsciousness - of the life we've created (the one we're trying to change). To create a new future, we must learn to view problems as opportunities ... and approach them from a greater level of mind.

RELAXED IN THE HEART; AWAKE IN THE BRAIN

Whatever the source of our discomfort - be it a useful state of survival or the ongoing process of change - finding that balance where we're relaxed and awake is the key. Every time we catch ourselves is a victory. That's the work.

Relaxed in the heart; awake in the brain. When we find ourselves uncomfortable, we can practice tuning into our heart - our creative center - and let it inform our brain that solutions are available to us. We can pause, change our state of being, and remember there are other ways to go about whatever it is we're facing.

Every time I remember I'm a creator, my heart opens. If we can summon that same awareness in moments of discomfort, we'll find there's no need to resist it. Because we'll remember it means we're in the unknown ... and that's where all possibilities exist.

If we truly believe we're eternal, and truly believe we're creators, then making that change in that moment - the unknown - literally changes our destiny. And if not now ... when?



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 19

When we set personal goals and challenges, we encounter mistakes or failures those are stressful. But learning from the mistakes and seeing small wins create **eustress**. This is particularly evident in physical conditioning. A workout to gain strength or preparation for competitions becomes eustress when we see the results.

Hans Selye, a Physician and researcher that studied stress, stated that there are three components to stress and called them **General Stress Adaptation Syndrome or GAS**.

The first stage, which is termed the alarm stage, the body mobilizes defensive forces. In other words, the body is preparing for the “fight or flight” syndrome. This natural reaction prepares us to either flee or protect us in dangerous situations. Your heart rate and blood pressure increases, our adrenal glands releases **cortisol** (a stress hormone), and we receive a boost of **adrenaline**, which increases energy.

In the second phase — the stage of resistance — the body becomes adaptive to the challenge and begins to repair itself. It releases a lower amount of **cortisol**, and the heart rate and blood pressure begins to normalize. Although your body enters this recovery phase, it remains on high alert for a while.

If we don’t resolve the stress and the body remains on high alert, it eventually adapts and learns how to live with a higher stress level. In this stage, the body goes through changes that we are unaware of in an attempt to cope with stress. It continues to secrete the stress hormone and blood pressure remains elevated. We may think we are managing stress well, but our body’s physical response tells a different story, which may lead to irritability, frustration and poor concentration.

As a result of prolonged or chronic stress drains the resources to the point where the body no longer has strength to fight stress. One gives up or feels hopeless. Signs of exhaustion include fatigue, burnout, depression, anxiety, frustration and stress intolerance.

It weakens the immune system and put us at risk for stress-related illnesses. **In the third and final stage — the exhaustion stage** — the body has used up all its resources of adaptation energy and one dies.

A very interesting theory is that we all come with a set amount of stress adaptability. Those are for the stressors in our life which are the major life challenges we all go through like birth, death, graduation, marriage, divorce, and illness. Once we use up those stress adaptors, we are at the bottom of the barrel and great anxiety sets in.

This occurs when we do not utilize tools to release our minor stressors like relaxation, meditation, exercise, joy, hugs (especially for children, positive reinforcement and whatever else releases the stress. This does not include drugs, that make us blind to the stress within the body.

One way to look at it is that we have a closed container with stress adaptability like a jar with a spigot or faucet. The spigot leads into a smaller jar that also has a spigot or faucet to release stress, but it is open and can be filled.

When we encounter a stressor, we open the spigot and use up from the smaller jar first before going to the closed one. But if the smaller jar is empty, we need to go to the closed one.

So imagine a child that has no positive reinforcement or loving interactions and is trying to deal with stress, maybe even being abused is forced to use stress adaptability from the closed container. When there is only a little adaptability left, frustration, anger, resentment and mostly negative energy will manifest. We will punish them, and they will have more stress that they cannot deal with.

We need to teach ourselves and others how to manage stress. There is an optimum stress level for each person. Without stress we are not motivated, with too much stress we are abusing the body. Each person is different. Adaptation is the key, learning how to refill the body defense mechanism against stress is very important. Today’s society is under tremendous stress. It is not only the financial uncertainty because of the changing job market, but also the bombardment of news and noise especially within the urban areas. Endless competition in schools, jobs and social life create much stress as well.

We **MUST** take the time to refill our stress adaptation abilities. **DO** yoga, meditation, exercise, hug the kids, hug the puppies, go out into mother nature, and enjoy its beauty. **JUST DO IT!**

HOROSCOPES AUGUST 2023



ARIES – (March 19 – April 18)

ARIES: MOOD

You don't care about being good. There is no question of settling for anything less, but rather of having fun, spending lavishly and enjoying the present moment to the fullest. Be aware that even though Jupiter is protecting your interests, the zodiacal giant does not allow you to do just anything.

ARIES: LOVE FOR AUGUST 2023

A summer month where you shine and aspire to indulge yourself, but don't go overboard and blow your budget. Some questions about your emotional life are back on the agenda, so don't try to avoid them.

In couple: you tend to abuse the pleasures of life. If you feel the need to take a step back from your emotional life, give in to this pressure which will soon allow you to see things more clearly.

Single: your desires and appetites are on the rise, but don't spend all your money to satisfy them. On the other hand, if some questions about your love life come up, you should look into them without delay.

ARIES: MONEY FOR AUGUST 2023

This is where the problem lies. Beware of reckless spending that drains your bank account. You are certainly benefiting from the winds of change in your finances, but that's no reason to splurge.

ARIES: WORK FOR AUGUST 2023

Creative, inspired, you ask for nothing more than to express your potential openly and fully. Make sure that your initiatives and work do not jeopardize the budget you are allocated. If you don't ask for too much, you get a lot.

TAURUS – (April 19 – May 19)

TAURUS: MOOD FOR AUGUST 2023

Determined not to go unnoticed, you arouse the admiration of those around you who are sensitive to your charm and your talents. You are endowed with an unshakable determination, it is more interesting to follow you than to slow you down.

TAURUS: LOVE FOR AUGUST 2023

You lack neither audacity nor panache to seduce, to rekindle the flame and to put yourself forward. Jupiter gives you the desire to move forward as a duo. In the family, don't try to lead everyone.

In couple: moments of shared happiness, because you dazzle a partner under the spell. Don't mess up such a beautiful frequency by playing the leader of the tribe.

Single: you are in a conquering mood, rely on your magnetic aura to attract whoever you like, but don't impose your vision of the world on your loved ones.

TAURUS: MONEY FOR AUGUST 2023

If you're looking for funding, you'll find the arguments and energy to get it. Use your talents to rally support and raise money.

TAURUS: WORK FOR AUGUST 2023

Count on Jupiter to bring down the obstacles that arise, you become unavoidable. Endowed with creativity and charisma, go for success.

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GEMINI – (May 20 – June 19)

GEMINI: MOOD FOR AUGUST 2023

You are determined to see your plans through to completion. Even if you are only in the preparatory phase at the moment, you are investing yourself with ardor in what motivates you. Count on your stubbornness to move forward without confusing everyone.

GEMINI: LOVE FOR AUGUST 2023

You work hard to make a project happen, to improve your living conditions or to organize a nice vacation for everyone. Don't promise without fulfilling your commitments.

In couple: you invest yourself to ensure yours a pleasant vacation, and to finalize a project which is dear to your heart. It's more a question of working for the future than lazing on the beach.

Single: you are not lacking in charm or arguments to seduce whoever you please. You also spend a good part of your time laying the foundations of a project that will start next year.

GEMINI: MONEY FOR AUGUST 2023

If you are looking for funds to finance a project, you attract attention and make others want to support you. Don't ask for too much to get a response.

GEMINI: WORK FOR AUGUST 2023

A project is on your mind and you find it hard to let go, even if you're on vacation. You're determined to see your plans come to fruition, especially if the project involves your family life or the development or expansion of a family business.

CANCER – (June 20 – July 21)

CANCER: MOOD FOR AUGUST 2023

While you are working on your wonderful projects, you lose sight of the limits that must not be exceeded to succeed. To keep up the momentum, keep smiling and start by lowering your expectations. You will gain credibility.

CANCER: LOVE FOR AUGUST 2023

You aspire to realize a project with the help of your family and friends who are only too happy to support you. But you must contain excessive desires that frighten some people around you.

In couple: if you remain reasonable, you can convince those you love to adhere to exciting prospects. But don't mistake your desires for reality.

Single: if your dreams seem to be coming true and rallying the votes, avoid however embarking your loved ones in adventures that exceed your means and theirs.

CANCER: MONEY FOR AUGUST 2023

Don't dampen the enthusiasm of those close to you, as your professional and social circle will withdraw from the game if they see that you are playing too big a game. To keep your support, reduce your expectations.

CANCER: WORK FOR AUGUST 2023

Your projects will seduce and make potential investors or superiors want to follow you. However, you must remain measured when it comes to your budget, otherwise you will not fail to be called to order.

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LEO – (July 22 – August 21)

LEO: MOOD FOR AUGUST 2023

There is no question of going unnoticed, of blending in with the crowd, but rather of making yourself noticed. You have every intention of getting the moon and are fully committed to achieving it. A commitment bears fruit if you keep a sense of nuance.

LEO: LOVE FOR AUGUST 2023

Your attention is more focused on your professional success than on your emotional life. Jupiter offers you the opportunity to jump on the bandwagon and you neglect your own to use your charm in society. You end up being blamed for this.

As a couple: try to spend time with those you love. You are more likely to boost your popularity than to maintain your love rating. To shine is good. Loving is better.

Single: since avenues are opening up for you to progress professionally, you are temporarily disinterested in a quest for love relegated to the background this month.

LEO: MONEY FOR AUGUST 2023

Count on an offensive Mars (until the 11th) to bring your interests to the fore. You will put your assets to good use and score points.

LEO: WORK FOR AUGUST 2023

The sky is encouraging your rise to power. You can get a more rewarding job and shine in society. You will defend your interests, but do not abuse your influence to impress the gallery, at the risk of arousing jealousy.

VIRGO – (Aug 22 – Sept 21)

VIRGO: MOOD FOR AUGUST 2023

Emotions to be worked on to start a new cycle of fulfillment. A tendency to withdraw into oneself is compensated by a thirst to surpass yourself which opens you to the world without preventing you from questioning yourself on the bottom.

VIRGO: LOVE FOR AUGUST 2023

In the midst of reflecting on the content of your love affairs, reflect on your past to learn valuable lessons. This will allow you to better manage the relationship, make better choices and know where you stand.

In couple: your love affairs are calm, the sky of the month is more favorable to the reflection than to the big declarations. If you find the other person, it is on a more intimate mode.

Single: Unless you're in a secret relationship, you're more likely to take a step back from your love life than to seduce. It's time to rethink how you operate in love.

VIRGO: MONEY FOR AUGUST 2023

You may be doing great things, but that's no reason to throw money at it.

VIRGO: WORK FOR AUGUST 2023

If you need to think about your feelings, you will not be slow to go for it on the professional front. A conquering energy invites you to push back the boundaries of what is possible, to assert your ambitions with every chance of scoring decisive points.

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HOROSCOPES AUGUST 2023



LIBRA – (Sept 22 – Oct 21)

LIBRA: MOOD FOR AUGUST 2023

Carried by an underground energy that changes things, don't waste your chances by trying to get what you covet by force. A miscalculation to avoid if you wish to progress.

LIBRA: LOVE FOR AUGUST 2023

A project dear to your heart has been enriched by thoughts that allow you to envisage the future. Do not accelerate the movement and take the time to convince those who support you, do not give the impression that you are forcing them.

In couple: put your energy in the service of the slow but sure evolution of a personal project which modifies your existence. Everyone will follow you if you do not force anything.

Single: you are enchanted by the prospects. Don't rush things, don't flaunt it openly, your tender plans are slowly but surely coming true.

LIBRA: MONEY FOR AUGUST 2023

The sky supports your initiatives and favors your income, but do not abuse this tendency to lose your sense of proportion.

LIBRA: WORK FOR AUGUST 2023

Rely on discretion to move forward, your discreet strategies will prove to be highly effective. Don't overly solicit the support of those who hold the reins and the money and who find your project too costly.

SCORPIO – (Oct 22 – Nov 20)

SCORPIO: MOOD FOR AUGUST 2023

Nothing and no one is holding you back. You have a goal and are gathering your strength to achieve it. Your determination and self-confidence allow you to prevail. Do not try to shine in society, you annoy some.

SCORPIO: LOVE FOR AUGUST 2023

You lack neither energy nor motivation to bring a project to fruition, to convince the other to follow you. If your arguments allow you to make an impression, do not abuse your charm to achieve your goals, at the risk of arousing distrust.

In couple: you persuade your entourage, your partner to adhere to your projects. Don't rely too much on your power of seduction to win him over. Your arguments hold water.

Single: Your loved ones support your enthusiastic vision of the future. Stay motivated, but don't play the seduction game to win over others.

SCORPIO: MONEY FOR AUGUST 2023

If you need funds to finance your projects, this is the time to ask your partners to support your initiatives. But don't abuse your popularity.

SCORPIO: WORK FOR AUGUST 2023

You use your powers of persuasion to win over those you need to. But don't use your charm to change things, at the risk of being found opportunistic.

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HOROSCOPES AUGUST 2023



SAGITTARIUS – (Nov 21– Dec 20)

SAGITTARIUS: MOOD FOR AUGUST 2023

Count on a dynamic, ambitious and offensive sky to seize the opportunities to assert yourself, to impose yourself to reinforce a self-confidence that is improving.

SAGITTARIUS: LOVE FOR AUGUST 2023

You find it difficult to leave a professional context that offers you opportunities. Even on vacation, you only think about your work, about your social ascension which is becoming clearer. If your entourage sulks, explain to them that you are working for the common cause.

As a couple: explain your apparent lack of interest in your partner and your children. You just have to show them that you are working hard to improve your living conditions and theirs.

Single: you are redoubling your efforts to make rapid progress. If your loved ones ask for your help, show them that you are not forgetting them with small gestures.

SAGITTARIUS: MONEY FOR AUGUST 2023

Social and professional advances are accompanied by an increase in salary. Build on your determination to progress to ask for a raise.

SAGITTARIUS: WORK FOR AUGUST 2023

A conquering energy animates you and you score points by impressing with your shooting power. Don't show your ambitions too conspicuously, people will find you too enterprising.

CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: MOOD FOR AUGUST 2023

Rather dynamic, even enthusiastic, you are the laughing stock and the king of the party. People are attracted by your radiance and you are not likely to spend your vacations alone. But don't take advantage of your popularity to impose all your desires on others.

CAPRICORN: LOVE FOR AUGUST 2023

There's no question of settling for anything less, you want to give your love life some altitude and tone. You will embark on adventures that are likely to trigger a return of the flame. If you are a single person, keep your eyes open and your heart open, you are not safe from an important encounter.

In couple: it is the return of the passion and the big impulses, do not impose anything to the other. Your desires are not orders.

Single: your charisma and your energy will trigger a love at first sight or start a beautiful story. As long as you don't put pressure on the other person.

CAPRICORN: MONEY FOR AUGUST 2023

Your performance will earn you recognition if you don't exaggerate your claims.

CAPRICORN: WORK FOR AUGUST 2023

Nothing and no one scares you, you feel ready to climb the ladder and your creative energy pleads in your favor. You shine, but don't sell your talents and achievements too high.

HOROSCOPES AUGUST 2023

AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: MOOD FOR AUGUST 2023

You do not let your feet be walked on, you trace your way without consulting those around you. You should submit your plans to those who love you, because two opinions are better than one, even if you follow your own way.

AQUARIUS: LOVE FOR AUGUST 2023

You are mobilized by a family project that requires your full attention. You are in charge of the operations, but remain attentive to the advice of those around you.

In couple: a move or a real estate purchase in progress. You lack neither determination nor energy to steer events in the right direction, but do not neglect the opinion of others.

Single: you are working with enthusiasm and efficiency to finalize a personal project. Whether it's about starting a family or settling down somewhere else, the other person's gaze will not be superfluous.

AQUARIUS: MONEY FOR AUGUST 2023

If you need to raise funds for a personal project, you will move heaven and earth to get your way. If those around you urge you to be careful, listen to them.

AQUARIUS: WORK FOR AUGUST 2023

Unless you are involved in a family business, you spend your time improving your living conditions. You're using good strategies to lay the groundwork for your future. Consult with your own people or a team before you accelerate.

PISCES – (Feb 18 – March 18)

PISCES: MOOD FOR AUGUST 2023

You have many ideas and you aspire to share them. If all of them do not meet with the approval of the other person, you make an impression. But don't say too much so as not to annoy those around you.

PISCES: LOVE FOR AUGUST 2023

Lively debates will spice up your relationship and invigorate your love life. If you are discussing a common project, you will not agree on everything, but you will reach a consensus thanks to an open mind that allows you to agree on the essential.

As a couple: lively but productive exchanges are to be expected. You and your partner will discuss things without giving each other any gifts, but with the idea of putting your relationship and the future on the right track.

Single: If you meet someone, don't expect them to accept everything from you. Confront your ideas and make concessions with good grace.

PISCES: MONEY FOR AUGUST 2023

To finance your brilliant ideas, you find the right arguments and put pressure on yourself to get what you want. Notice: Undefined variable: row in /var/www/vhosts/free-horoscope.com/httpdocs/Admin3/horoscope_monthly.php on line 198

PISCES: WORK FOR AUGUST 2023

You are full of enthusiasm and communicate with passion on the subjects that are important to you and you convince your interlocutors and partners of the legitimacy of your proposals. Do not invade the space of others.

HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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

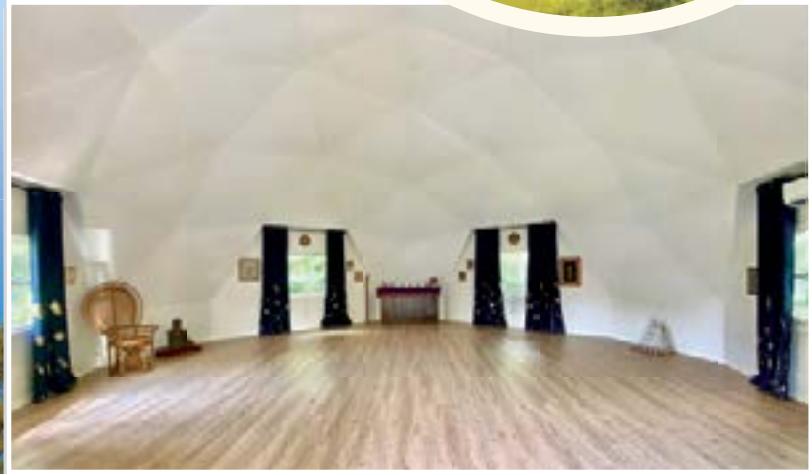


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