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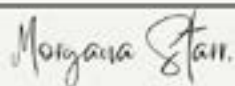
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12 STEPS OF SPIRITUAL FREEDOM

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 SEPT 2023 EDITION OF HORIZONS MAGAZINE. After 6 weeks of confining **Benny the Cat** (and me) to 2 rooms while he got used to his new body after becoming suddenly deaf and uncoordinated, I finally took down the privacy screens to give him run of the house again. It's been a long 6 weeks hearing him howl to get out into the living room. NO outside until his hearing returns.

Taking down the pet gates in between **Ben & Sam** hasn't resulted in many confrontations and it's taken a lotta stress off me. **Ben's** calmer cuz he has the run of the house again. **Sam's** calmer cuz he's back to sitting next to me 24/7, he's been banned since July 1. Because I began getting better sleep, I was able to zip thru the work to do everything that needed to be done.

And everything I need is just 3 miles away since they built up the intersection of **I-95 & Malabar Road** and created the subdivision of **Bayside Lakes**, built atop the filled-in former **Emerson Lake**. Anything I could want for the rest of my life is within walking distance. Pretty cool how that works out, this was the boonies when I moved and built here in 1983.

Now I drive past franchise row to get home from **I-95** three miles away: **McD's, Wendy's, BK, Arby's, Taco Bell, Publix, Walmart, CVS, Wawa, Walgreens, Lowes, Home Depot, BBQ, Panda Express, Ziggy's Bar, Chinese, Cuban & Mexican restaurants, Dunkin Donuts, Texas Roadhouse, Urgent Care, Goodwill, post office, pizza, tire stores, auto parts stores.** When I get home to my little wooded haven, it's hard to believe there's a whole citified world just a few blocks away. The best of all worlds.

I'm always seeing evidence of how lucky I am. Woke up last month to a **"I have no water and the yard is flooded"** emergency at the rental. While internally freaking out, I texted my plumbing wizard pal who was there within 15 mins and turned the water off. We went over, **City of Palm Bay Utilites** showed up shortly thereafter (called yesterday when water pressure was

mega low,) and within an hour my wizard pal found the broken pipe which thankfully was in an easy place to fix. The pipe that "broke" could have been prevented by using sufficient (and new) glue on the fittings when the pipes were put together. **One reason I try to always be kind and helpful so I don't have old karma coming back to smack me, but I'm happy calling it lucky.**

After a morning of getting water restored at the rental, which actually the day before we had to do a little electrical work to get the kitchen lights going. The good news is it was my tenant friend's birthday so she got **Light and Water** as a gift!

A GOOD REMINDER AS I'M POURING \$\$ INTO MULTIPLE REPAIR & MAINTENANCE WORK:

Sometimes I have a hard time realizing when I'm the funnel and when I'm the cup. I used to be concerned my cup was always leaking, then I realized I was a funnel. And a pretty good one.

Everything comes, everything goes, and everything comes again. When I see it that way, I can experience it as a never ending flow of goodness, that I can enjoy as it passes through.

Otherwise I can make myself miserable, lost in the myth that I'm a leaking cup. Something tells me if you're reading these words you're probably a funnel too.

Money is the same. Don't think of it as filling a cup cuz then you get freaked if it's not topped up. Think of it as a funnel and as long as you're pouring it out, it'll keep pouring in. Provided you remember that's how it works.

Bcz if every time you spend \$ you think "Oh no, I'm depleting my coffers! What if no more comes in?" that thought is a sign post that shows you where your focus is and that's what'll keep happening UNTIL you remember that as it flows out, it'll flow back in.

Don't worry where it's gonna come from. It will come from wherever it is now! When you think of it this way, you'll be guided to ideas and opportunities to keep it flowing.

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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.

TO-DO LISTS, LEVERAGE AND DAYDREAMS

QUESTION: I'm sort of addicted to my schedule and my to-do lists, and I want to let that go because I keep filling it with more work when I want to fill it with more time for me - meditation...

ABRAHAM: Well, you might ask yourself, though, because there's a good amount of that work that is very satisfying to you, and so don't just call it work or activity, because having something that you're inspired to feels really good. **Esther** could be sitting home somewhere on a mountain in **Utah**, and you could all be, too, but isn't this also a nice way to spend some time together?

You might want to call this work, you might want to call it play - it certainly is a classroom of extreme proportions. In other words, we're really getting to the nitty gritty of creation; there's nothing more productive that you could do.

But what you're reaching for, and one of the things that **Esther** has discovered that's helped her in this regard because she's busy, too, and sort of addicted to that, because there are things that must be done in order to keep things moving along as you want them to be moving along, but we offered her some words the



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other day that have soothed that for her, and maybe it will soothe you, too.

Because she's always considered herself to be a rather practical person, she's going to get the job

done - if she needs to be somewhere, she's going to figure out a way to be there and so forth, if the computer needs to be programmed, she'll figure out a way to program it or find somebody who can, and she wants to be in on it, and blah, blah, blah, on and on and on it goes.

And so, you can get yourself pretty engaged in the activities of life, and the activities of life, when they come from inspiration, are delicious. It's the activities of life or the action of life that you are doing not from your connected place. So many people get themselves into a sort of vibrational wad with their thoughts, and then they try to fix it through their actions.

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RESOLVE, REFLECT, RESET

Morning and Evening Meditations

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.

Morning and Evening Meditations resonate with so many because they offer a chance to “reset” ourselves each day – by beginning each morning with clear intentions and taking time every evening to review our efforts. I consider them a “fresh take” on the practice of beginning the day with resolve ... and ending the day with reflection.

ONE DAY. ONE LIFETIME.

There’s no better way to “know thyself” than through meditation - the word for which means “to become familiar with your mind” in **Tibetan**, and “to cultivate self” in **Sanskrit**.

Meditation allows us to get beyond our analytical selves by opening the door between the conscious and subconscious minds. That door is most easily accessed when we first wake up in the morning and before we go to sleep at night.

As our brain chemistry naturally changes in these transitional times of morning and evening, our brain waves also change - they slow down into states more conducive to meditation, allowing us to enter the operating system where we can reprogram our states of mind and body.

And so: the original idea for **Morning and Evening Meditations** was born, to help us change by becoming conscious of the unconscious self - and by staying conscious in our waking day. To view each day as a chance to live an entire lifetime; practicing with our eyes open; creating our future with intention and attention ... and then to engage in a “life review” at night; observing our progress from a greater level of consciousness.

THE BASIC PRACTICUM IS THIS: when we wake each morning, we remind ourselves who we **no longer** want to be - and who we **do** want to be in our waking day. We prime our brain and body to be that new person when we get up. We deprogram ... and reprogram.

And then, we see if we can make it through the day as that person. We practice becoming conscious of our thoughts, behaviors, and emotions - and not letting anything slip by our awareness unnoticed.

We keep remembering who we want to be. We keep bringing ourselves back to the present moment, so we don’t forget - and so we don’t default back to our old personality.

If our personality creates our personal reality ... and that personality is composed of how we think, act, and feel ... then it stands to reason: if we want to change our personal reality, we have to change our personality.

In other words, nothing changes in our lives ... until we change.

And so, throughout the day, we monitor our emotional responses. And our thoughts and behaviors. And how we speak.

We’re practicing the forebrain’s gift to us: metacognition - developing our awareness and understanding of our own thoughts. And, in doing so, we’re empowering ourselves to evolve our personality. To learn from our mistakes. To rehearse a new way of being.

And then, at the end of the day, it’s a healthy practice to see how we did. We check in with ourselves and see how that one lifetime was. We observe it and decide if we’re pleased with our effort. We celebrate our victories. We celebrate the things we did well.

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SOUL SONGS • ABRAHAM FUN

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

My Go to Time-Out

Sometimes "time-out" is used with children to interrupt their play and cause them to contemplate a rule they have broken.

I can use time-out, however, to reward myself with some quiet time where I savor connection with my Inner Being. It's a chance to relax for five or ten minutes during busy and/or stressful goings-on. It's a brief vacation from hustle, bustle, and my snarling to-do list.

In time-out, I tune out the world around me and foster my growing sense of identity as part-and-parcel of Source energy.

This timeless, all-knowing Source part of me is ever ready to convey fresh ideas and solutions as I allow my mind to go blank.

I can do this anywhere that I can close my eyes for a while - at my desk, a favorite chair, while waiting for an appointment, in my parked car.

At first it seems out-of-place and counter-productive to relax like this during a whirlwind. After a few practice tries, however, I'll find this to be the pause that refreshes. I'll return to my chores feeling lighter and brighter. I may experience synchronicity, vitality, and a renewed sense of purpose.

As I make a habit of time-out during challenging times, I allow natural well-being to flow to me and to my projects. I'll begin to experience an expansion of time as I perceive it, enabling me to get more done with greater efficiency and ease.

Time-out will actually bring time-in, and it's probably high-time that I give this a try.

My Not-So-Imaginary Friend

Regardless of name, there is a loving power, a benevolent presence with me right now. The more that I recognize it and become receptive to this power, the more I will observe it working for good in my life.

This power has every means at its disposal to help me. It can guide me in choices and decisions. It can bring health and balance to my body, mind, and emotions. It provides insight and inspiration.

This presence can bring just the right people and opportunities at just the right time. It can bring forth abundance, prosperity, and my grandest dreams. It offers me rejuvenation and vitality previously unknown and can help me heal relationships that seemed irreparably damaged.

I pause now in quiet tranquility, interacting with this beloved presence. I breathe deeply and allow it to flow with ease.

After some minutes, I emerge from this silent serenity, knowing that the loving power is actively working on my behalf, and good things will follow.

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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 BROGUE

The **Man with the Ladder** and **Timothy Michael Peacock** had known one another since they were children. They had grown up together, gone to school together and stayed in the old neighborhood when almost everyone else they knew moved away. They thought of themselves as more than the closest of friends, not because their feelings for one another were stronger than that of best friends but because they saw one another as central pieces of the reality that made up each other's everyday, natural world.

Timothy Michael Peacock had been born in Ireland and came here with his father and mother and sisters and brothers when his father got a job driving a **Green** bus

in **Queens**. One of the things that had attracted the **Man with the Ladder** to **Timothy** was his rich brogue. In the 30 or so years that the **Man with the Ladder** had known him, the brogue had deepened and grown thicker and richer like the coat of a forest smart bear.

They did not see one another frequently, so it was with considerable joy that the **Man with the Ladder** looked down one spring day to find **Timothy Michael** standing by the side of his ladder looking a little ragged and a smidgin depressed. When **Timothy** opened his mouth his voice came out naked and shorn like a spring sheep, and the **Man with the Ladder** had to look again to assure himself it was his friend.

"What happened to you?" he asked, "Were you beaten up?" **Timothy Michael** showed no signs of an assault, so that even as it came out of his mouth the **Man with the Ladder** knew that it was the wrong question, but he could not think of anything else to describe the damage that appeared to have been inflicted on his friend.

"It's a long story," **Timothy** replied.

"You came to tell it?"

"That I did," he said, taking a deep breath as he leaned on the ladder, "I am doing nothing in particular recently, so I have plenty of time to do it in. And just the other day I am wandering my afternoon wander, treating myself to the streets, when on the sidewalk I see this oriental gentleman selling watches. He has this makeshift table spread with a feast of timepieces. Now I have no particular need to be apprised of the time. My stomach strikes the even hours well enough and my throat the odd. But it was a feast for the eyes, all glittering and glowing, and safe enough I think, because I have no money to speak of, unless 47 cents is money to speak of. I was wrong."

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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

Keeping Your Memory Sharp with Herbs

Have you been having trouble remembering names, dates, where you put your keys or why you walked into the room. You might associate lapses of memory as *Senior Moments* but that's not true; people as young as 20 experience moments of memory loss.

Stress is a key factor to memory lapses. We don't eat right, we don't sleep well, there is only so much that can be done in one day and yet we keep adding more things to do to the day.

Ginkgo is the herb of choice when considering memory. Studies show this herb to work with **dementia, Alzheimer's** and other **memory disorders** they found the earlier you begin with **Ginkgo** the better the outcome will be. **Ginkgo** helps by improving overall circulation bringing needed blood, oxygen and nutrients to the brain, **Ginkgo** also supports neurotransmitters in voluntary and involuntary nerve transmissions and it provides potent antioxidants to protect and regenerate damaged nerve cells.

Club moss and **Ginseng** contain **Huperzine-A** said to protect brain cells from injury and toxins. It has been found to sharpen mental acuity, speech and learning potential. **Ginseng** lowers homocystine levels, which seems to be higher in people with memory conditions. Plus **Ginseng** helps the body to better cope with day to day stress and fatigue.

Menthol containing herbs like **Peppermint, Spearmint, Rosemary and Basil** help the brain hold onto **acetylcholine**, a neurotransmitter important for memory and learning. Many people who have **Alzheimer's, dementia** or other **memory conditions** develop **neurotic plaque** that causes a breakdown of nerve terminals lowering **acetylcholine** in the brain.

Gotu Kola improves memory; strengthening mental ability even in children with learning disabilities, it improves circulation to the brain plus it has a calming effect on the whole body.

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SERPENTINE

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.

It's been a crazy topsy-turvy summer for many of us as we move into the cooler days of autumn. Mercury has just gone retrograde as I am writing this and I have barely noticed it.

The challenges and unexpected events that have risen up in front of me thus far make the time of **Mercury Retrograde** a much easier ride than usual. After all the heat and drama, we are ready for a bit of calm before the next wild ride. The stone I have chosen to carry us through this month is **serpentine**.

Serpentine is a group of magnesium rich silicate minerals. There are three basic types: **chrysotile** which contains asbestos; **antigorite** which occurs in plates and fibers; and **lizardite**, a fine-grained plateau variety that is often seen polished in rock shops.

The name **serpentine** comes from its resemblance to snakeskin and it comes in many lovely shades of green. Not only is it soothing to look at during meditation, it is considered to be very helpful in assisting us as we move through powerful changes in our lives.

Just as the snake sheds its skin to accommodate new growth, we must leave behind what we no longer need as we grow in strength and wisdom. Many crystal healers find **serpentine** a great tool for healing work, especially for healing centered in the heart.

You do not need to worry about polished **serpentine's** asbestos content. Asbestos fibers must be taken into our lungs on a regular basis to cause harm. Unless you are doing lapidary work with it that demands grinding and polishing without wearing a protective mask, **serpentine** is perfectly safe to handle. It is readily available in rock shops and metaphysical shops that carry crystals and Metaphysical vendors have come up with many names to call different varieties of **serpentine**.

You may have heard of **infinite, atlantasite, and healerite**. These seem to be the most popular and available metaphysical kinds of serpentine you can find at the moment although I'm sure there will be more.

I am quite fond of the **serpentine** with **pyrite inclusions** found in **Peru**.

The **golden pyrite** set in the grass green **serpentine** are the perfect colors of early **September** as we segue into the fall.

Autumn Equinox also known as **Mabon**, is a time of balance. Light and darkness are equal as the cycle of the year moves towards the darkness that provides us rest and rejuvenation.

Serpentine allows us to open to the respite we so badly need after all the madness manifested in the world during this time. Whatever type of **serpentine** you choose, may you find a graceful and gentle support as you navigate the time to come.



Noble serpentine, aka "healerite," northwestern USA



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: Some people believe that each life is mapped out before we come to **Earth** and that is our fate. Others believe that we can change our life's path at any time. So I would like to know, is there a difference between fate and destiny or is our life's mission preordained? - **Fated in Philly**

Dear Fated: There is a great deal of planning that goes into a life's mission. As we prepare for our Earthly journey, we make an agreement with **God**. We select lessons to learn and also lessons that we agree to teach others; these are called **Soul Contracts**. So we map out our journey. There are very few events etched in stone, but if there is something that we **MUST** experience it's preordained or called fate.

Then there are other events that will only happen if everything is lined up with divine timing as destiny or a synchronicity. One of **God's** greatest gifts to humankind is the gift of free will. This affords us the opportunity to co-create our life on Earth. We can get caught up in drama and create a hellish life OR we can dream big and create a personal heaven on Earth.

Know this: Your spirit has the ability to overcome any hurdle: poverty, abuse, illness, financial loss. Every great master has taught this truth. So I would like to encourage everyone to monitor your thoughts because they are your building blocks. Visualize the future as you want it. Then take action. **Heaven** is within your reach!

Dear WhiteDove,

My grandkids won't stop saying "Oh God" every time something doesn't go their way. I tell them **God** has nothing to do with their negativity. I just wish kids these days would better articulate what they really want to say.

Wordsmith in San Diego

Dear Wordsmith,

I know that "Oh God" or "Oh My God" are certainly overused but their slang could be so much worse I assure you. I find it interesting that in times of trouble our soul innately calls out to our creator. Even those that say that they have no faith will find this slip from their tongue. **God** is always listening. Just encourage your grandkids to have a deeper connection and more meaningful interactions with **Great Spirit** through prayer work.

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WHAT A STORY IS NOT



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)

For the past several years, I've been facilitating Wisdom Circles in the US, Mexico, and Australia. They have been an absolute delight -- wonderful gatherings of open-minded people who intuitively understand the power and glory of storytelling. And yet, during that time, I've noticed a curious phenomenon: Even though the word "story" is well-known to everyone, not everyone understands how to tell a story with impact.

I am not going to give you instructions for how to do that. Why not? Because you already know. You do. It's just that, sometimes, funky old habits get in the way. When you let go of those habits, the story you want to tell will shine. (Kind of like what **Michelangelo** said when asked how he made the **David**: "I simply took away everything that wasn't.") So here goes:

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SIX THINGS STORYTELLING IS NOT:

1. A Chance to Tell the Story of Your Life: Just because you have a captive audience doesn't mean you have to rewind the tape of your life and tell them everything. No one really wants to hear it. While you may feel better at the end of your monologue, no one else will.

2. You Talking About Things: Simply stringing together a bunch of things that "happened" to you is not a story. It may be a report, a list of accomplishments, or you "waxing poetic" about something you care about, but it is not a story. Stories have a dramatic arc -- a beginning, a middle, and an end. They flow, like a river, to the ocean. They are not random puddles.

3. A Sanitized Summary of an Experience You'd Had: Most amateur storytellers tend to underplay or completely omit one of the most important elements of a story -- the obstacle. **Little Red Riding Hood** had to deal with the **Big Bad Wolf**. **Perseus** had to deal with the **Minotaur**. **Luke Skywalker** had to deal with **Darth Veda**. No obstacle, no story. Of course, this obstacle might be an "inner" obstacle like fear, doubt, or procrastination. That's fine. Just don't forget to give your obstacle its proper due.

4. Multiple Stories Threaded Into One: Dizzy Gillespie said it best: "It took my entire life to learn what not to play." Translation? Be economical in the telling of your stories. Be selective! Know what to leave out. Just because something in your story reminds you of something else, that doesn't mean you should include it. If you do, you run the risk of spreading yourself too thin and your audience losing interest.

5. Talking to Yourself in Monotones: Some aspiring storytellers, not sure if their story is a "good" one or that anyone will listen, have a tendency to speak in a very soft voice or forget to make eye contact. Oops! Not a good idea. If no one can hear your story, what good is it? And remember, it's not just about the words, it's about the feeling behind the words.

6. Retelling an Experience (Instead of Reliving It): It is not uncommon for aspiring storytellers, in their commitment to "tell what happened", to leave out the emotion of the story. Facts are one thing, feeling is quite another. Without feeling, your story becomes lifeless -- merely an 11:00 news report. Embodying your story is the real work. Inhabiting it -- not just hydroplaning on the surface of events, but diving in to the deep end of the experience you are attempting to convey. (Big shout out to **Gail Larsen** for this important distinction.)

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SETH SPEAKS

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

SETH ON GETTING ANSWERS FROM THE INNER SELF:

QUESTION POSED TO SETH: HOW DO YOU DISCOVER THESE ANSWERS FROM YOUR INNER SELF?

SETH: "Now, there are many ways ... but only one real way. And the way is to begin the journey, as Rubert told you, into the NATURE OF YOUR OWN CONSCIOUSNESS for the answers are within you and not out from you ... and no one can tell you the answers. Now, in one way, each individual will find his own answer ... and yet all answers, in another way, are one.

You must try to forget for a period of time each day the self that you think of as yourself ... the adult pretensions, the adult bignesses. You must remember the childhood spontaneity. You must think of the freedom that is within a flower. Now it seems to you that a flower cannot move, and therefore has no freedom. And yet I tell you, you must think about the freedom of a flower.

You must dissociate yourself from the person that you know. Close your eyes.

Imagine anything that you like that is pleasant to you. It makes no difference what it is. Then imagine yourself stepping apart from yourself in whatever way you choose. And then imagine that all about you there is another dimension and you need only take one step at a time ... and you will find your answers.

You have only to begin. There is an adventure and it is within you. And there are answers, and they are within you ... and you can find them."

SETH ON LIFE AS A LEARNING EXPERIENCE:

In greater terms, positive and negative have little meaning, for the physical experience is meant as a LEARNING one. In your system of reality YOU ARE LEARNING what mental energy is, and how to use it.

- **YOU ARE LEARNING** responsibility-the responsibility of any individualized consciousness.
- **YOU ARE LEARNING** to handle creative energy; and since you are still in the process of doing so, you will often misdirect it.
- **YOU ARE LEARNING** how to form reality from your own beliefs, while having at the same time the freedom to choose those beliefs-to choose your mental state.
- **YOU ARE LEARNING** to use your consciousness. It is something that belongs to you and to the soul.
- **YOU ARE LEARNING** to be co-creators.
- **YOU ARE LEARNING** to know yourselves. At the rate you are going, it will take you some time.
- **YOU ARE LEARNING** to handle the energy that is yourself, for creative purposes.
- **YOU ARE LEARNING** that your thoughts have reality, and that you create the reality that you know.
- **YOU ARE LEARNING** to use the creative energy of which you are a part, and you are indeed quite isolated, so you cannot do much harm, in your terms.
- **YOU ARE LEARNING** to handle the inexhaustible energy that is available to you.
- You are consciously aware of certain events, and unconsciously aware of much more that in one way or another **YOU ARE LEARNING** to bring into conscious focus.
- **YOU ARE LEARNING** to be gods as you now understand the term.
- **YOU ARE LEARNING** now, in a three-dimensional context, the ways in which your emotional and psychic existence can create varieties of physical form.
- **YOU ARE LEARNING** to BE as completely as possible.
- In one way, **YOU ARE LEARNING** to create yourselves.
- **YOU ARE LEARNING** how to transform the imaginative realm of probabilities into a more or less specific, physically experienced world.
- In your particular camouflage universe, **YOU ARE LEARNING** energy transformation.
- **YOU ARE LEARNING** to use your consciousness to become conscious co-creators of your own reality.
- In rational, intellectual terms alone, and using the terms the way [they are] usually used, **YOU ARE LEARNING** a lot from someone who has no reality, and that is a good trick on your part. Finding yourselves is something else.
- **MAN IS LEARNING TO** create new worlds. In order to do so he has taken on many challenges.



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

I call them “primal provocations.” They are those experiences, situations and individuals (“primal provocateurs”) that trigger our deepest early wounds and issues. For example, if you grew up with a deep anxiety about homelessness, a primal provocation would be any situation that causes you to worry about your ability to pay your rent or mortgage. Or, if you grew up with an abandoning parent, forging a relationship with someone who always has one foot out the door. Or, growing up with a rager, and then marrying one.

There are those who'd say every primal provocation is a welcome visitor because it allows us to recognize our unresolved wounds. Sometimes this is true but not always, because not all primal provocations are created equal. Some can be healed and some cut too deep to be healed in this lifetime. There's a fine and meaningful line between triggers that support our healing, and those that merely re-traumatize us. Part of becoming healthier is making the grounded distinction between those wound clusters that can be healed and those that can't. If some can't be healed, consciously learning how to avoid those situations that provoke them. This is where healthy boundaries come in. We don't just boundary ourselves from challenging individuals. We also boundary ourselves against those situations that will bring us back to unresolvable primal terrain. We shield ourselves from harm.



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>

Inquiring minds want to know:

Have you ever felt so down you wondered whether or not you'd bounce back?

Were you later surprised by how quickly you did bounce back?

And then were you surprised by how far you went?

Did you promise you'd never forget how amazing you are?

We did.

In awe,

The Universe



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MACK TRUCKS AND FEATHERS

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

I had many wondrous moments when I owned my book and gift store. One, in particular, was an encounter I had with a woman who was closely inspecting our wooden boxes. She had a very quiet air about her as she studied them intently. Most of the boxes were small, around the size of a deck of cards or a small book. She, however, was interested in a larger one that was slightly smaller than a shoebox.

Also, most of the boxes tended to be brightly colored with some design, such as a moon or fairy. These were of no interest to her. The one she kept coming back to was very plain in comparison. It was very rich in natural color and had a subtle, yet very elegant pattern engraved in the front.

Because of its size and engraving, it was one of our most expensive boxes. She would turn it over and over in her hand and I sensed she was debating over the box's cost or value. I was partially correct; what she was debating over was the box's worth.

I mentioned the quality of the box and showed her some of its finer points, justifying its value. I was not sure if she heard me; she seemed completely absorbed in some inner experience. She was in no hurry to make a decision. It appeared to me that she just wanted to be with the box for a moment as if waiting for some confirmation.

She also seemed to be comfortable with me being there so I simply stood near, quietly, not wanting to rush her, giving her the space in case she wanted to open up about what was going on for her.

After a moment she sheepishly said that while it might sound really weird, she was looking for a box to hold her husband's cremated ashes. I assured her that it wasn't weird at all and since she felt comfortable

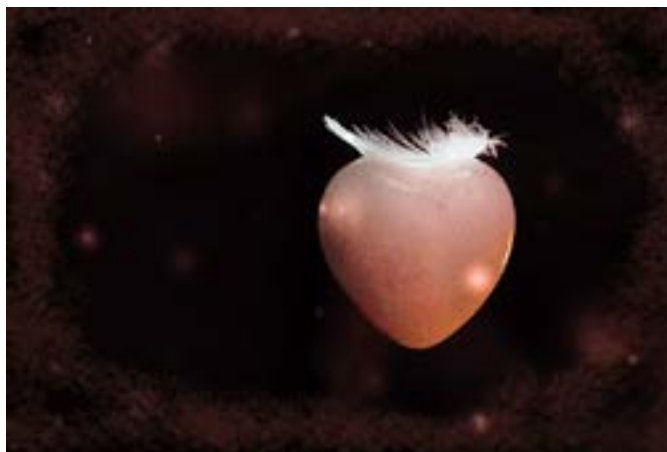
mentioning that to me, I asked her a couple of questions about him, about his life. Based on her responses it was clear that she loved him deeply.

She mentioned that she did not like any of the urns that were available to her. She wanted something special. She again gingerly touched the pattern engraved in the wood. She looked up at me and longingly said, "**He was a carpenter.**" At that moment I knew that this simple box was the one she had been looking for.

She again turned the box over and looked at the price. I could sense that this was a concern. I mentioned that I honored her and her connection to her late husband. That while I didn't have many avenues to express that, one thing I could do was give her a special price on the box. She looked up at me, our eyes held each other's for a moment and we both became a little teary-eyed.

She bought the box, thanked me, and left the store. After she was gone I was still moved by the whole experience. Such a simple thing. Such a simple transaction; probably not even noticed by others in the store. But it felt as if there was a significance in that moment that went beyond the reach of the intellect, but not the heart.

There are moments in life that are truly wondrous: weddings, births, graduations, special anniversaries, and such. I have always likened these moments to **Mack trucks.**



By that I mean they are big, powerful and you can see them coming from a long way off. But then, there are other moments that are like **feathers** that fall gently, lovingly, unbidden upon the heart. Moments that have the power to open the soul, if only just for a moment. They are indeed magical.

ESSENTIAL LIFESTYLE HACKS



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KUNDALINI OUR SUBTLE LIFE FORCE

Kundalini is described as the ultimate life force that is within our physical vessel. It is referred to as a coiled serpent at the base of the spinal cord awaiting awakening. The physical body requires food for its digestion, air for its breathing and vitality for its absorption. This vitality or life force is essentially a force that exists in all the three bodies of man. This force may be called **prana, chi, sefirot, mana, nyma, chu'lel** in different cultures.

We receive this vitality through our **nadis** or subtle conduits in our **etheric double**. Yoga states that this life force travels through 72000 nadis of which **ida** and **pingala** are most important. **Ida** and **pingala** flow along the spine and intersect each other at the various centers called **chakras**. **Ida nadi** represents the airflow through the left nostril. It is said to be cold, of lunar and feminine character and of negative polarity.

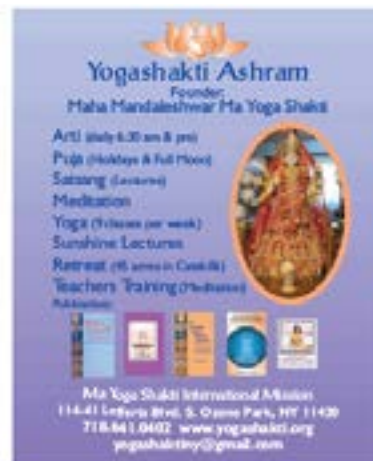
Pingala nadi flows through the **right nostril**. It is believed to carry hot, solar, masculine and positive energy. When both nostrils flow in harmony and equally, the **sushumna** begins to awaken and ascends from the base of the spine upward correlating to our spinal column. This nadi sometimes is referred to as **Brahmadanda** or the **stick of Brahman** through which **Divine Energy** begins to flow as shown by the **caduceus of Mercury**.



The caduceus of Mercury

This energy force or **kundalini** which rises from its home the root chakra through the three channels is referred to as **shakti**. The whole universe is perceived as being created, penetrated, and sustained by two fundamental forces, which are permanently in a perfect, indestructible union. These forces or universal aspects are called **Shiva** and **Shakti**. The Indian tradition has associated to these principles a form, respectively that of a masculine deity and that of a feminine one. Accordingly, **Lord Shiva** represents the constitutive elements of the universe, while **Shakti** is the dynamic potency, which makes these elements come to life and act.

When **kundalini** is awakened it rises through the **sushumna** canal, piercing each of the subtle nerve plexuses until it finally unites with the highest plexus, known as the **sahasrar chakra**. At this stage, **Shakti** (power) has united with **Shiva** resulting in the yogi becoming divine.



It should clearly be understood that neither the **kundalini** nor the various plexuses are physical. They belong to the astral plane. The spinal cord is the physical counterpart of the **sushumna**.

Ida and pingala cross through the chakras. These chakras are on the surface of the etheric double with their corresponding centers in the spine. The radiating spokes of the chakras supply force to these plexuses.

Sushumna is the main canal which is between **ida** and **pingala**. The divine shakti, **kundalini**, lies coiled at the base of the **sushumna**. It is normally described as coiled like a snake in the **mooladhar chakra**, which is situated at the base of the **sushumna** in the astral plane.

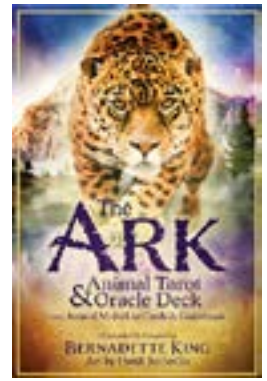


The chakras have corresponding centers in the spine

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WHAT IS MY SPIRIT ANIMAL



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

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

DRAGON

Symbolism & Meaning

Looking to balance your karma? Are you drawn to the healing arts or seek to help others? Dragon as a Spirit, Totem, and Power Animal can help!

Dragon teaches you responsibility for your soul and how to live a life of honor. Delve deeply in **Dragon** symbolism and meaning to find out how this animal spirit guide can motivate, stir, and enlighten you.

Among animal spirit guides **Dragon** is arguably the most ancient and imposing. In the **Far East**, the **Dragon** symbolism and meaning is all about the authority of the **Emperor** (who for a long time in history was the designated “dreamer” for the entire Country). In this setting and many others, **Dragon** rules the elements and can take whatever form he wishes. Metaphysically, **Dragon**’s shape-shifting abilities equate to a **Shaman**’s mastery over the Elements, power to transform into various Animals, and the ability to enter **Dreamtime**.

In the art of **Feng Shui**, **Dragon** represents fortune, authority, growth, luck and development. In **Europe** these formidable Beings symbolize the ability to rise over circumstance and see things clearly.

Dragon symbolism and meaning also encompasses the primordial natural forces on all planes of existence, longevity and the most earliest of magicks some of which have been lost to time. The never ending battles between knights and **Dragons** reflect the inner struggle of human kind to come to terms with the Spiritual or Ethereal nature.

There’s a sense of mystery tied to **Dragons**, which can be the Greater mysteries too. Consider the **Loch Ness Monster** is, in theory, a water **Dragon** and protector of the lochs. Local stories also tell of a great air **Dragon** that lives beneath the **Hebrides** and comes out on sacred days to survey the standing stones throughout the region. Those who see this creature are considered somehow “**Dragon** kin.” In this respect **Dragon** energy connects with that of healing and power stones, as well as the Ancestor realm.

DRAGON SPIRIT ANIMAL

Dragon Spirit is drawn to people of intellect, dignity, contagious enthusiasm and authority. **Dragons** guide such individuals toward brilliance and, indeed, enlightenment. In this setting your **Dragon Spirit Animal** teaches you to roar - finding your voice, being heard and truly understood.

Dragon is a rare and powerful **Spirit Animal**, and you may find yourself quite intimidated by this creature upon initial introductions. There is no question that **Dragon** is worthy of your respect and honor, but She comes to you with good cause. *Figuring out that purpose, however, can prove difficult.* **Dragon** Spirits do not give up secrets easily - it’s part of the challenge. The greater the effort the greater the rewards.

THE TYPE OF DRAGON SPIRIT THAT YOU ENCOUNTER MAY GIVE YOU A CLUE:

- Fire Dragons** - bring you lessons of self-mastery, creativity, mental keenness, alchemical transformation, leadership.
- Water Dragons** - focus on what drives the ship of your life - be ready to put down unhealthy patterns.
- Earth Dragons** - provides the key for sustaining your needs
- Air Dragons** - wraps you safely in his/her grasp and flies high. From here you gain greater perspectives personally and globally, untroubled by the winds of change.
- In Asian cultures** - wood and metal are included as elements. In modern gaming - “elements” such as ice, lightening, and speed are coined ‘elements’ and ascribed as ‘types’ to **Dragons**.

As in the legends of **St. George** and **St. Margaret of Antioch** (both **Dragon** slayers), **Dragons** represent the **Devil**. **Spirit Animals** always appear with your highest and best good in mind. Sometimes, that highest and best good can mean that you must face and ‘slay’ the **Dragon** inside yourself (addiction in any form, violence or rage issues, confidence and self-worth challenges, etc.). Or, conversely, the **Dragon Spirit Animal** may come when it’s time to face and ‘slay’ a ‘Devil’ who is doing harm to you and/or your loved ones, community, hearth and home, pets, etc.



WHAT IS MY SPIRIT ANIMAL

...continued from page 20



*****SPECIAL NOTE***** To be extremely clear, 'slay' is used as a metaphor - not as a prompt for physical, mental, or emotional harm.

DRAGON TOTEM ANIMAL

Those who have **Dragon** as a **Totem Animal** are fierce. This is not to say that others should be afraid of them nor they of themselves. Fierce, as an energy, can be incredibly positive. True, 'fierce' can also be incredibly destructive. Hopefully, you'll use the **Dragon** that lives inside you only for thoughts, words, and deeds which are for the good of all.

Remember, in both modern and ancient myth, **Dragons** are closely tied to the elements. The 5 basic elements are earth, air, fire, water, and spirit (aka aether or ether.)

Now, all Totem Animals 'belong' to an element. Fish to water, Bears to Earth, Eagles to Air, Lions to Fire, and so on. But, when something as large and seemingly 'unbeatable' as a **Dragon** is teamed up with an element, well, that's P.O.W.E.R.F.U.L.

BE SURE YOU RECOGNIZE YOUR DRAGON TYPE BEFORE IDENTIFYING DRAGON AS YOUR ANIMAL TOTEM.

No matter what **Dragon** type you are, some **Dragon** people personality traits and characteristics are:

- Fearless.
- Passionate.
- Intensely loyal.
- Prone to rage issues.
- Not afraid of change.
- Great sense of humor.
- Think, speak, and act quickly.
- Old soul - wise beyond years.
- Not afraid to speak your truth.
- Desires to rise above all circumstances.

When **Dragon** is your **Totem Animal**, it can be easy to let ego take control. After all, who doesn't want to be the biggest and baddest of them all? But use caution when identifying with **Dragon** as a your **Animal Totem**. Do not engage this part of yourself without a worthy cause. **Dragon** is an epic totem. So save it for the BIG problems

or goals that seem otherwise insurmountable. **Dragon** appreciates those who do not use his energy imprudently.

It is suggested that those working with **Dragon** totems learn as much about these Beings as possible. The more you know, the more you honor your totem and its ruling element the better you'll understand its communications. Additionally if you have the opportunity to meditate with the carving in a cave - this is a mythical place of rest for **Dragons**. It's a good way to connect. Don't be surprised if your totem debates the finer points of an idea with you - it's a way of bringing you greater clarity.

DRAGON POWER ANIMAL

Calling on **Dragon** medicine as your **Power Animal** is like having a key to the supernatural and the realm of true magick. It will take you time learning how to use that key effectively, however. All **Dragon** spirits have alchemical power, which means they hope to turn you into "gold" spiritually. This is a great gift, and one you should accept with both gratitude and humility.

Invoking **Dragon** as your **Power Animal** means even greater responsibility for you Karmically. **Dragon** will protect you when you work for the greatest good, but woe to those who begin reaching for power greedily. This is a great way to lose your **Power Animal** and get burned by the **Dragon's** fury at the same time.

Dragon energy and medicine is particularly potent for those who wish to become healers and physicians - especially **Acupuncture**.



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO SEPTEMBER 2023

September's full moon is called the Harvest Moon and in 2023, it will be the center of many seasonal and religious celebrations. In ancient Greece, this was the time of **The Eleusinian Mysteries**. The Mysteries are believed to have begun around 1500 B.C.E., during the **Mycenean Age**. Much of the concrete information about the **Eleusinian Mysteries** was never written down. The earliest surviving literary account of it is found in the **Homeric Hymn to Demeter**, written sometime between 650 and 550 BCE. The hymn details how **Demeter**, in her sorrow over losing her daughter **Persephone** to the underworld, stops the grain from growing. To avoid a catastrophe, **Persephone** is allowed to return to the earth, but only during a certain time of the year.

At its core, the story is an explanation for the cyclical nature of agriculture: the time **Persephone** spends in the underworld represents the barren part of the year, while the time she spends with **Demeter** represents the fertile part of the year. In ancient Greece, winter was the busiest season for agriculture and might correspond to the time when **Persephone** and **Demeter** were together. The mysteries themselves were actually celebrated around the time for the autumn sowing.

September 11- September 18: Paryushana, Jainism. A period of time to take on vows of study and fasting.

September 15: New Moon in Virgo

September 15 - 17: Rosh Hashanah, The two-day **Jewish New Year** that highlights rest and reflection.

September 23: Autumn Equinox - 2:49 am EST

September 24 to September 25 – Yom Kippur: This is one of the most important **Jewish** high holy days, centering on atonement and repentance

September 26 eve - 27 eve, Mawlid: The celebration of the birth of the Prophet Muhammad in the Islamic faith

September 29: Full Harvest Moon in Aries

September 29 - Oct 6: Moon Festival, China - A Time for family reunions. Ancient Chinese Emperors worshiped the moon in Autumn to thank it for the harvest.

September 29 - October 14 - Pitru Paksha, Hinduism. Ancestor remembrance.

September 29 to October 6 – Sukkot, A 7-day holiday commemorating when **Jews** journeyed to the desert on the way to the promised land.

September 29: Feast of St. Michael, Old Michaelmas. **Michael** is an archangel in **Judaism, Christianity** and **Islam**, but his festival is one that can be observed by people of all faiths and spiritual paths. In **Europe, Michaelmas** was blended with the cross quarter day of **Lammas**. **Lammas**, (a corruption of the **Old English** words for “loaf mass”) was the midpoint between the **summer solstice and autumnal equinox**. Traditionally a festival associated with harvesting grain, it marked the beginning of the wheat harvest, and especially celebrated the first wheat or corn crop. Grains harvested at **Lammas** time also include barley, oats, and sunflower. Tenant farmers would have presented the first crop harvest to their landlord.

The **Anglo-Saxon** poem **the Menologium** alliteratively calls it the 'high-angel's tide in harvest', i.e. 'the archangel's day in autumn':

*Lo, we honour widely throughout the earth
the high-angel's tide in harvest,
Michael, as the multitude know,
five nights after the equinox day.*

*Happy September
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.*



A GARDENING JOURNAL

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

“When it’s ready, I’ll pick it” has been my *laissez faire* attitude, owing to my experience in foraging. Growing up, I learned to keep an eye on the wild **berries**, ready to grab them at their ripest. Eyeballing your **tomatoes** may be ok, but vegetables such as **corn** can take 70 to 100 days to be ready. This gives you a time frame to begin monitoring it for its perfect ripeness. **Beans** are often ready 9 to 10 weeks after sowing and leaving the pods on the vine too long can hinder further production.

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

What can you include in your garden planner?

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

Enter the date you **planted** your seeds and note the average days until **harvest**. Keep track of the **pests** you have noticed, because they can often be seasonal too, and you may decide to change your sowing date on some of these plants. Track when it’s time to prune **tomatoes** and how often you’ve added **nutrients** to the soil.

Think ahead to your **next season’s garden** as some **seeds** require special preparation. I have great luck with **garlic** this winter, which is tricky to grow in **Florida**. I was able to plan ahead to keep the garlic bulbs

in the refrigerator for 6 weeks, to simulate a freezing winter and planted them around the **winter solstice**. Keep an eye on your **seed catalogs**, as some seed varieties are available for a limited time and you can track your orders. You can also plan on how you would like to **preserve your harvest** and plan ahead. Many of you will remember the *Great Canning Jar Shortage* of the pandemic!

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

Happy Gardening!

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Jim Egan

STORIES THAT BEND REALITY

...continued from page 10

The **Man with the Ladder** hesitated to interrupt unless he was somehow instructed to do so which he was not.

"Now most of the watches were of your jewelry store variety. They told the time and the date. No bait for the fancy at all and I was ready to move on when I spied this special sort of watch in a box in the back-- a wonderful, miraculous instrument. It told four sorts of time and chimed odd quarter hours. It told the day, and the date, and the phases of the moon. It had a little window in which pictures conveyed the weather at two places in the world.

It could calculate Pi to the 123rd digit and it gave the price of pork bellies in the morning and grits in the afternoon. Desire rose in me like I haven't felt since the lust for my dear wife **Eileen** came over me twenty years ago. It was a sister to that lust that seized me for this watch. It was a wonderful, wondrous watch-- but wondrous expensive also," he said sadly.

"Now I had no money except the 47 cents. I think to myself how I can connive this watch and I remember I have my father's pocket watch with me, the gold one he left me when he passed on to his reward."

"How about this gold watch? I offered. I felt silly offering to trade this 'this' for that 'this' with a stable of 'thises' before me."

"Have enough watches," the oriental gentleman replied, accurately enough.

"It's genuine gold, not that plated stuff." I handed it to him. He opened it and shook it. He was no fool this oriental gentlemen. "No need more watch, even of gold, especially if broken." he said, handing it back. I was fully despaired at that point and not thinking clearly, only feeling the lust nearly bursting inside me. It was the lust put the idea in my head. This oriental gentleman was speaking a horrible **English**-- marks him it does, I thought to myself. So I say, "For that watch I will swap my **brogue**." It was out of my mouth before I knew what I had said.

"What's a **brogue**?" he asks. It's a hell of a job I have trying to identify which part of me is the way I talk, and I start talking to him with a mind to fixing the idea in his head that my way of sounding when I talk will give him a business advantage on the street."

Now the **Man with the Ladder** could contain himself no longer. "How could you give away your **brogue**?"

"I didn't give it away," **Timothy Michael** insisted. "I traded it. I got a watch for it and a wonderful watch to boot. It cost my mother and father plenty, that **brogue**. The old country was hell sometimes."

"That's hard even for me to believe," said the **Man with the Ladder**. "You were always trying to lose -- he hesitated before the word accent -- that way of talking."

"You're right," **Timothy** replied. "I couldn't shake loose from it and I tried a lot of ways. But in all that time trying to talk **American**, I never tried to trade it away, and it traded away without a trace, like it had never been."

"Well, what happened?"

"I go home with the watch and my wife **Eileen** nearly throws me out claiming I'm an impostor. And heaven help me, she's got the pastor flinging holy water about the house just in case I'm possessed by evil spirits. My children treat me like I have a disease, and the neighbors think I'm putting on airs. And what's worse I look in the mirror and everything's O.K. until I open my mouth and then I even look different to myself."

The **Man with the Ladder** still found it a difficult story to believe. On the other hand here was **Timothy Michael** with no accent to speak of.

"What should I do?" **Timothy** asked.

"Try to get it back," the **Man with the Ladder** said definitely. "Try hard to get it back. Do anything to get it back. Winter is coming and you won't last anytime at all without it."

"I just wanted to hear you say it," **Timothy** answered. "Just to make sure."

It was a week before the **Man with the Ladder** saw **Timothy Michael** again. He showed up waiting on the grass in the shade near the depression that marked the ladder's home in the park. He sat there a long time not saying a word leaving the **Man with the Ladder** in doubt as to what his insides sounded like. But when he spoke it was the old **Timothy** that was recognizable in the brogue.

"You got it back," gurgled the **Man with the Ladder**.

"Yah got dat right," his friend said, blanketed under the fuzzy brogue. "But she cost me. 'Ad a devil of a time findin' the oriental gentleman. Straight out he says, "With your **brogue** business has improved greatly, me boy. Folks can tell it's the genuine **Mc Coy**, he says."

...continued on page 25...



Jim Egan

STORIES THAT BEND REALITY

...continued from page 24

"When I hear him a talkin' it's like an echo from me past and it wrings my heart. And I sees right away he's killin' the **brogue**. He's got no feel for it. It keeps slippin' out from under his crafty oriental tongue and twists and turns not knowing which way to go like a teetotaler locked in a brewery.

"You like the watch?" he asks, all smiles.

"Oh, a wondrous watch." I say, but just the pitiful sound of me own voice is too much for me and out de window goes the wily trader in me. 'ow about another trade? I offer, 'ow about this fine watch for, say, my **brogue**?"

"Couldn't do it, says he. Watch is used now. It has lost value."

"So's the **brogue**, I say."

"I got used to it, he says."

"I realize the game. So I'll make up the difference."

"Why don't you work the difference off?" he offers, "I'll let you have the **brogue** back up front but you've got to use it to sell a few watches." I agree, we make the trade and the **brogue** leaps back to me smooth and natural and only a little worse for wear in the East."

"So you're selling watches now."

"Sort of," **Timothy Michael** says. "Turns out we only sell one watch."

"The one you bought."

"Dat's the one," he said nodding his head. "Once in a blue moon we part with one of the others. But our bread and budder is that one watch. It's funny what people will trade for a passin' fancy and how much they'll offer to get back what they've traded a week later. Sold it just today to a beautiful lass as a matta of fact. What do you think of the collateral?" he asked, taking a couple of steps down the street, his hips and legs swaying with a poetry of movement.

HERB CORNER

Keeping Your Memory Sharp with Herbs

...continued from page 11

Since ancient times **Rosemary** has been know as the herb of remembrance I wear an essential oil locket with **Rosemary, Marjoram and Sage** when I study or take tests it helps me to remember and it keeps me focused and alert. I also use an herbal formula containing equal parts of **Peppermint, Rosemary, Club moss, Ginkgo, Sage, Gotu Kola, and Eluthero** either as an extract or as a tincture when I need to be alert and focused. I have a child with **ADD** he would often use this when he was having trouble focusing.

Other things that may help the memory besides herbs are exercising your mind read, do puzzles the mind needs stimulation and becomes dull if it's not used. Avoid fatty foods, fats cut off the needed glucose that supplies the brain with energy. **Block fluoride and aluminum toxicity** by cutting back on foods with additives, preservatives, antacids, deodorants, relish, tobacco and canned sodas. Get more Vitamin A, C, E, and B, folic acid, lysine, COQ 10, essential fatty acids, boron and lecithin from your foods, supplements or herbs to support, protect and nourish your brain. And don't forget to drink water dehydration is a major factor in "Brain Fog".

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THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 6



Do you believe in God?

In memes, the below has been incorrectly attributed to Einstein, when the quote is actually from Anand Dilvar who wrote "Esclavo."

When Anand Dilvar gave lectures at U.S. universities, the recurring question that students asked him most was: - Do you believe in God?

And he always answered: - I believe in the God of Spinoza. Baruch de Spinoza was a Dutch philosopher considered one of the great rationalists of 17th century philosophy, along with Descartes.

(Spinoza) : God would say: Stop praying. What I want you to do is go out into the world and enjoy your life. I want you to sing, have fun and enjoy everything I've made for you.

Stop going into those dark, cold temples that you built yourself and saying they are my house. My house is in the mountains, in the woods, rivers, lakes, beaches. That's where I live and there I express my love for you.

Stop blaming me for your miserable life; I never told you there was anything wrong with you or that you were a sinner, or that your sexuality was a bad thing. Sex is a gift I have given you and with which you can express your love, your ecstasy, your joy. So don't blame me for everything they made you believe.

Stop reading alleged sacred scriptures that have nothing to do with me. If you can't read me in a sunrise, in a landscape, in the look of your friends, in your son's eyes... you will find me in no book!

Stop asking me "will you tell me how to do my job?" Stop being so scared of me. I do not judge you or criticize you, nor get angry, or bothered. I am pure love.

Stop asking for forgiveness, there's nothing to forgive. If I made you... I filled you with passions, limitations, pleasures, feelings, needs, inconsistencies... free will.

How can I blame you if you respond to something I put in you? How can I punish you for being the way you are, if I'm the one who made you?

Do you think I could create a place to burn all my children who behave badly for the rest of eternity? What kind of god would do that?

Respect your peers and don't do what you don't want for yourself. All I ask is that you pay attention in your life, that alertness is your guide.

My beloved, this life is not a test, not a step on the way, not a rehearsal, nor a prelude to paradise. This life is the only thing here and now and it is all you need.

I have set you absolutely free, no prizes or punishments, no sins or virtues, no one carries a marker, no one keeps a record.

You are absolutely free to create in your life. Heaven or hell.

I can't tell you if there's anything after this life but I can give you a tip. Live as if there is not. As if this is your only chance to enjoy, to love, to exist.

So, if there's nothing after, then you will have enjoyed the opportunity I gave you. And if there is, rest assured that I won't ask if you behaved right or wrong, I'll ask. Did you like it? Did you have fun? What did you enjoy the most? What did you learn?...

Stop believing in me; believing is assuming, guessing, imagining. I don't want you to believe in me, I want you to believe in you. I want you to feel me in you when you kiss your beloved, when you tuck in your little girl, when you caress your dog, when you bathe in the sea.

...continued to page 27



THIS MONTH'S THOUGHTS ABOUT THINGS

...continued from page 26

Stop praising me, what kind of egomaniac **God** do you think I am? I'm bored being praised. I'm tired of being thanked. Feeling grateful? Prove it by taking care of yourself, your health, your relationships, the world. Express your joy! That's the way to praise me.

Stop complicating things and repeating as a parakeet what you've been taught about me. What do you need more miracles for? So many explanations? The only thing for sure is that you are here, that you are alive, that this world is full of wonders. -- **Spinoza**

Enjoy our offering this month. Hari Om.

Andrea



Any kind gesture which pulls another living soul out of despair is indistinguishable from magic.

-- MichaelXavier

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.



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Dr Joe Dispenza

RESOLVE, REFLECT, RESET

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And we commit to remembering what we've learned when it's time to live a new life the next day.

It's a daytime - a lifetime - review.

After our period of reflection, we think about who we want to be tomorrow. It's a new day.

What knowledge or information ... what experiences ... what observations will influence who we're going to be?

What have we learned about ourselves today?

We integrate all of this into our "playbook" and carry that wisdom with us into the next day - when we'll have another opportunity to become that new personality, creating that new personal reality.

One day is one lifetime. Each morning, we have the opportunity to begin our life anew. Each evening, we have the chance to celebrate ourselves and let go of the day. And then, we bring the wisdom from today into tomorrow. Into our next lifetime.

AS WE CHANGE, OUR LIFE CHANGES

When we begin our day with resolution, and end our day with reflection, it's important to be kind and loving toward ourselves. This daily practice of setting intentions and taking inventory isn't meant to be punitive - or induce feelings of shame. Without pressure, we commit to our new way of being. Without judgement, we evaluate our practice and our progress.

We ask ourselves, "If I just had another opportunity; another chance to demonstrate who I want to be; what would I do differently? What could I do better?" We cultivate a mindset of continuous improvement - in a loving way.

Some days, we're in routine - in the comfort zone of our familiar, habitual ways. We're not stretching ourselves. These aren't "bad" days; it just might mean we didn't make much progress toward the goals we'd set with our morning meditation.

Other days, we hit the mark. We're in flow. We rise to challenges. We embrace the unknown. Our thoughts, feelings, and behaviors match our intentions. And when we practice our evening meditation, and look back on how we did, we know we're closer to that new personality - that new personal reality.

When that happens, we endeavor to remember that feeling. And carry it with us into the next day.

For many of us, it's common to spend the majority of the day unaware of our automatic thoughts, actions, and feelings - and to believe those habitual programs are who we are. When we decide to make a different choice - when we enter the unknown and abandon the familiar self - we break that continuity. We break the habit of being ourselves.

And as we change, our life changes. That's the experiment.

It's my great pleasure to share these Morning and Evening Meditations with you. I hope it brings meaning and inspiration to the new personal reality you're creating each day.



ABRAHAM HICKS

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Esther Hicks

Well, that never works, it just makes you exhausted. Where, if you let your inspired actions be what's dominant in your experience, then there's all that leverage that we've been talking about all day here today. So the words that we offered to **Esther** that have really helped her to make this bridge are **Esther, there is nothing more practical that you might do than daydream today because there's leverage.**

So imagine a crew and they're going to build a big waterfall kind of fountain, and there are huge boulders. And this crew has put straps on the boulders, and they have a crane, and they're using the leverage and the physics that they've learned from long before any of you were born, and they pick up these big boulders and they place them. That's leverage. Or they could all struggle and get enough people together that they could drag something to a new place. But you understand leverage.

There's leverage in a fulcrum, or do you just want to pick it up with your own muscles? In other words, there's so much leverage that you understand, so why not access the leverage of the Universe that creates worlds by doing the most leveraged or practical thing that you could do, which is get yourself into a good feeling place and let the most productive, powerful path of least resistance thought download into your open and free and non-resisted mind? Or you can struggle your way.

QUESTION: I've been doing the struggling, and I guess through meditation is what you're suggesting, maybe to allow that.

ABRAHAM: It is, but here's the difference between meditation and what we're talking about - for a long time we found that it was easier to think no thought than to think **Pure Positive thought** because you have a reason for every thought that you're thinking, sort of like two competing conversations, where they believe one thing and you believe another and it just becomes a sort of battle where you both dig into your positions and no light ever shines on the subject.

Well, a lot of times you have that tug of war going on within you, and so, when we encourage you to quiet your mind, often the thoughts that we're asking you to quiet are resistant in nature, and if you think that you're going to talk yourself out of those beliefs, you're not going to do it any time soon.

But you could focus upon the air conditioner and therefore cause those thoughts to not be active, and when those thoughts aren't active, then it's easier to change them. Does that make sense?

Here's a statement we've never made before:

You cannot change in this moment an actively vibrating thought to something else because the Law of Attraction is going to continue to produce more of the vibration that is active. Did you follow that?

So, what are you going to do? You have to take that actively vibrating thought and deactivate it so that **Law of Attraction** isn't pulling it that way, and then you can take it easily this way.

We've never said that before - did you follow that?

That's that leverage of thought. When you allow yourself to tune into this powerful **Nonphysical Energy** where the true leverage is, and you make the association between that, then you have a powerful tool that you can utilize.

So here's the difference between the meditation that we've been encouraging you toward, and the daydream that we're talking about here today - are you interested?

QUESTION: Yes.

ABRAHAM: Meditation helps you to get out ahead - meditation stops the resistance and puts you in a receptive place. And then, in that receptive place, the ingredients from the **Vortex** can be received by you in the form of a thought or impulse.

And that's what we're calling the **daydream** - it's coming from somewhere, it's coming from all of the beautiful things that you've been asking for, it's coming from the carefully crafted and carefully honed and carefully sifted pile of life experience. It's the culmination, it's the best of what you've asked for even before you came into this body and since you got here, and it's been being tended by your Inner Being and focused upon by your Inner Being.

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ABRAHAM HICKS

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Esther Hicks

And when you get your vibration just right, then it can occur to you in this blissful daydream.

You used to do it when you were kids; you daydreamed all the time until somebody told you that you were lazy.

You daydreamed all the time until somebody told you your dreams weren't practical.

You daydreamed all the time until what-was got more of your attention and seemed more practical.

But there is nothing more practical or more powerful than the daydream.

QUESTION: Very good. I'm going to do more of it.

ABRAHAM: So, what is the daydream? It is **Law of Attraction's** momentum on a vibration.

What's the nightmare?

It's **Law of Attraction's** response to a vibration. The **Law of Attraction** is at the heart of either the daydream or the nightmare, it's just about what influence are you under when you're daydreaming and what influence are you under when you're nightmaring.

Have you ever got on one of those rants? Have you? Somebody mentions something, you've lived something like that, you think about it, and then you think about something else, and then you mention to somebody - they've lived it - and before you know it, it's all around you. And all it is is a response to the vibration that you started without needing to. Yeah. Something more?

QUESTION: No, I think that's it.

ABRAHAM: So, what did you get just now?

QUESTION: To allow - to allow the vibration from the Vortex, from Source, to be more dominant. and to drop the other end of the stick.

ABRAHAM: And there's nothing more practical that you could do than that. There's nothing more productive or practical than to utilize this leverage. And we really want you to think about it - don't go out there and pick up big things and move them around, it's just not necessary when there's cranes and stuff. (Fun)

DAYDREAMING AND NIGHTMARING

QUESTION: So, in terms of like, if you have a particular person in mind, you've talked about, like, the concept of blurring the lines and daydreaming, and I get that that is something to do when you are under the influence of Source. But I guess I would like a little bit more clarification just on that subject in general, and I guess in relationships as well.

ABRAHAM: Here's where we thought you were going to go, because you all like to think...in other words, you are creative beings and focusing is what you were born to do, and so you don't want a still mind, you want to focus.

And you will focus, we're just asking you to get out ahead of it and choose your vibration before you focus.

Can you feel that?

Because if you're not tending to whether you're out ahead of it or whether you're not, your impulse to focus will still reign supreme, and you'll focus on something; you're never standing still.

You are, in every moment, either making your world better or you're making your world worse. And by your world, we mean your personal world in every moment - in other words, you're never standing still.

So the question that we're asking you is, are you under the influence of **Source**, in which case the focus that you're focused upon is collecting things from your own vibrational reality, from your **Vortex**, and are you really moving in the direction of what you've already vibrationally created, in which case you feel enormous satisfaction?

Or is your impulse to focus (and it is a strong impulse to focus) taking hold even though you didn't get out ahead of it - you listened to something, you talked to somebody on the telephone, you got off on some negative jag and now off you go?

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ABRAHAM HICKS

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Esther Hicks

So here, this is the distinction that we're asking for: We're asking you to daydream, not nightmare.

Now, just think about it - if you're under the influence of **Source**, thoughts are just dropping into your mind, pure thoughts about improvement or thoughts about beauty or thoughts about fun things to do, or maybe thoughts about entertaining or thoughts about traveling or thoughts about improving something or thoughts about remodeling or thoughts about purchasing something that is delightful to you or thoughts about making love with someone or thoughts about having a wonderful conversation with someone - when you're tuned-in, tapped-in, turned-on, and you're receiving those thoughts, that's what those thoughts feel like.

But if you are not under the influence of **Source**, but still the **Law of Attraction** has hold of you, now you're thoughts are thoughts about worry and what's going to happen with this, and I wonder **where that's leading to, and what's going to become of them, and what are they going to be like when they grow up, and if they don't understand this, then where are they going to go?** And sometimes you get on these jags where you're worried about somebody that you care about, or you're worried about yourself, or you're feeling sorry for yourself, or you're feeling sorry for someone else.

And what we want you to stop and do when you catch yourself doing that is saying "Oh my God, I'm nightmaring right now - I'm not daydreaming, I'm not under the influence of **Source**, so I'm not allowing the wonderful reality that I've created to come more into fruition, I'm allowing the reality that I don't want that I've created to come into fruition," because something is taking form all the time, it's the nature of this Universe of motion forward. Evolution is happening - you get what you think about whether you want it or not.

So really, this conversation (best conversation ever, by the way) is about finally getting out ahead of it, which means care about how I feel, care about what influence I'm under, care about where the thoughts are coming from that I'm receiving and that I'm downloading, care about what momentum I've stepped into and that I'm adding clarity of thought to. You want to direct your

thought. That's why, for many people, when we talk about meditating, they don't really want to meditate because they don't want their mind to be quieted. And we get why - your minds are active, and you've trained them to be so, they are responsive to what's going on around.

Sometimes people say "I'm very sensitive to Energy," and we would like to say instead of saying I'm sensitive to Energy, say "I'm susceptible to Energy; I'm susceptible to it. So if I'm not tuned-in, tapped-in, turned-on, then I could be susceptible to somebody who feels sorry for themselves or somebody who doesn't like something about me or somebody that's worried about this, and off I go on a train of thought that is unproductive and self-destructive. And then I come to conclusions that are flawed and erroneous, such as I must not be blessed, I must not be loved," when it's all about what you are choosing to set your tone on.

DAYDREAM IT INTO PLACE

QUESTION: We've been considering changing homes. We've paid for ours and we're going to sell it and move more out of the city. We're both retired and want to get away from the hustle and bustle in the city, and we want to move up a little farther north.

ABRAHAM: So just now you did some daydreaming that's helpful and some daydreaming that isn't. **Esther's** begun calling it am I daydreaming or nightmaring, because sometimes she'll find herself on a train of thought and it gets a little bigger, and suddenly she'll think to herself "What in the world am I doing?" And so, when you're thinking about what you want, that's helpful. When you're trying to get out of the hustle and bustle of the city, that's not so helpful because it contradicts the vibration, yeah?

QUESTION: Yeah, that's right.

ABRAHAM: So here's our question to you, and you really help us wrap this all up into a way that can be very helpful for everyone else: Do you think that you are willing, capable, do you think that you're at the place where you could do this, where you could just let the ideas come to you - dream it - and hold off on trying to make anything happen or take any action? Do you think you could do that?

QUESTION: I believe we could; I really do.

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ABRAHAM HICKS

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Esther Hicks

ABRAHAM: The reason we ask is because (and here's the distinction) if you really have the hang of dreaming, then you're happy right where you are, and it just gets bigger and bigger until you can't help but move into an even more pleasing place. But if you don't have the hang of that and you're trying to fix something that isn't quite right, then you keep dragging that other stuff into it and wanting to take action too soon. Can you feel the distinction? If what you're looking for is a better feeling place to live, then isn't what you're really looking for just a better feeling place? So, our question to you is can you find the better feeling place without the urge to make a move right now to turn the better feeling place into something that is a reality that everyone else can see?

QUESTION: Well, both of us are very pleased with the house we're in...well, not very pleased, but it's... (Fun) We're looking for a better place so it can't be very big, but...

ABRAHAM: But we really want to drive this point home in a way that you can really hear it. If you think about what it feels like to be in a really good feeling space, what comes most to your mind?

QUESTION: Nature.

ABRAHAM: Can you, because you're already in that vibration of alignment, can you let yourself receive non-resisted thoughts of that? Can you daydream around that and nothing other than that for a moment?

QUESTION: Well, I more than daydream about that - we just...

ABRAHAM: So, describe that to us just for a moment.

QUESTION: Well, live close to an open space...

ABRAHAM: We just want the daydream - nothing real or practical, just the daydream.

QUESTION: The daydream is to walk out my front door and I get a sunrise experience.

ABRAHAM: Or maybe not even out of the door, just be out there, and what does that out there feel like?

QUESTION: Connection, alignment...uh...

ABRAHAM: What does it smell like?

QUESTION: It feels like I'm amongst the creature teachers that show me the way.

ABRAHAM: Pure Positive Energy, surrounded by Pure Positive Energy. And what does that feel like?

QUESTION: Bliss.

ABRAHAM: It feels like alignment and bliss and eagerness. And in this dream, do you want to look out and see anything? And what do you see? Vistas, hardly anything, grass is blowing, maybe a critter over there and a critter over there.

QUESTION: Lots of critters, lots of critters.

ABRAHAM: And so, as you just stay with that for a little bit, as you let that vision just bliss you out and not try to turn it into anything productive, but just enjoy the feeling of that, now you are out ahead of that; now you own that vibration. And that vibration will lead to another thought of non-resistance and another thought of non-resistance and another thought of non-resistance.

So you might do that every day for a while, until in that non-resisted state, something is offered to you that just feels familiar like that feels. Your practical mind isn't saying where actually is it or how many square feet is it or how many vehicles can I park there or how long does it take to get there or where are the roads and are the roads open or how much does it cost, because all of that is irrelevant, because under that blissed-out state, nothing would come to you that goes cross-ways in any way from what's in your Vortex or what is a probability.

Do you follow this? If you can trust that, the easiest thought, which was the one of nature, and really nothing else - if you can trust that that thought is enough because of the vibration that it produces it within you, and so you are out ahead of it with your vibration, that out ahead of it vibration will bring all of the other details, and you will recognize them when you see them. Can you hear that? But if you try to find them before they just come to you, if you try to find them from the place of not knowing where they are, then you get cross-ways of it, and then it gets hard again, and then it slows everything down. Are you following?

QUESTION: You sound just like my wife. (Fun) So there lies the problem, is...

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ABRAHAM HICKS

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Esther Hicks

ABRAHAM: Oh, let's not nightmare. (Fun) Even if it's for fun, let's not even do it a little bit, not even for fun.

QUESTION: Yeah, it's not a problem, but my question is about practicability, it's about...

ABRAHAM: We just led you on the most impractical journey that will bring you everything that you want; the most impractical journey that will bring you everything that you want.

QUESTION: OK.

ABRAHAM: And when you become like **Esther** and want to make it practical, that's when you start mucking it up, and then you have to get over that again. So, we're just asking you, which is easier, to find a problem and fix it or to start in a place of no problem? Which is easier? And do you believe that you can start in a place of no problem? You really can, you really can. Your **Vortex** is so magnificent, and your **Inner Being** and all of us are all over it. And we've seen it and experienced it, and we know it, but you can't know what we know completely because we've been non-resistant for so long that we can see the exact precise path of least resistance that you will follow. But if we told you even a little bit of it, you'd get off on a wild goose chase. If we told you that you can be or do or have anything that you want, money would come into your mind and you would kill the dream. If we told you that the perfect place has already picked you out, and that your Inner Being will guide you right to it, not in the fastest way but in the most satisfying way...

We've enjoyed this interaction more than our words can explain to you. We are eager about what lies before you, not because the manifestation is so important, but because the dream about it will be so satisfying along the way. Your dreams will feel good to you if you will let yourself dream a little bit. And do not underestimate the power of that. And as the dreams flesh in a little more fully and a little more fully, you'll get hooked on that non-resistant, non-action, non-practical state of being.

And then we will tell you what we've been telling **Esther** for a little while: There is nothing more practical or productive that you could do than let yourself daydream. It is the most productive and practical use of your time. Put yourself into a place where it's easy to do - go to places where you feel the best, set yourself up for the success of the dream, pat yourself on the back every time you catch yourself even a momentary glimpse of it, take pleasure in your thought and feel the fullness of all of us who surround you, and then enjoy the inevitable, absolute certain manifestations that must follow.

DAYDREAMING AND RECEIVING

QUESTION: I want to know about the daydreaming. So, I daydream about finding a partner, I daydream about being a father, and I put into the Vortex and I do that. And I find myself getting...

ABRAHAM: But here's the thing - we have a question for you, because we think you're misunderstanding our reference. Let's think about the dream, like being asleep and dreaming. Did you write the script and go to bed and then perform it in your dream? Or did you just receive it? A daydream is the same way. We don't want you to dream about it in the sense "I'm dreaming about being a father, and I'm dreaming about a relationship." That sounds like you're planning it and you're deciding it, and this is the difference that we want you to hear: You already dreamed it, you already thought it into being through not having a partner, by not being a father, by seeing other people with children. In other words, your life has caused you to put it there. Now your work is not to think it into being - you're not the thinker in this case, you're the receiver of the thought.

So the only question that we want you to ask and we want you all to try to find the answer to is do you believe that the Vortex is real? Do you believe that there's a Vibrational Reality there? Do you believe that there's something there for you to receive, or do you think that you've been put here to make it all happen yourself? Is there something there for you to receive, is it real?

Because if you believe, if you know that there's something there for you to receive, then you might put yourself into the mood or mode of reception. But if you think you have to demand it into place or hammer it into place or plan it into place or talk it into place or convince it into place or defend it into place or justify it into place or effort it into place or sacrifice it into place, then that's going to come to you, but it's going to be piddly and small.

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ABRAHAM HICKS

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Esther Hicks

But if you can accept the reality of this **Vortex** and the perfection of how big it got through this lifetime and others, and you be happy for the contrast that causes you to focus it there, and now you can say "Now I'm going to focus on the **Receiving Mode**, now I'm going to meditate for 15 or 20 minutes once a day and I'm going to find that mode of detachment, and I'm going to make lists of positive aspects, and I'm going to get on rampages of appreciation, and I'm going to tune myself emotionally," you are moving in the direction of it.

"What are you doing, are you working on that project?" "No, I'm just tuning myself." "What?" "I'm just tuning myself emotionally." "What do you mean?" "I'm tuning into my power." "What do you mean?" "I'm trying to think things that make me feel happy." "So you're working on the project." "Well, sort of. I'm tuning myself, and if I see something that makes me feel good, I'm like a dog on a bone, I focus on it and focus on it and focus on it until it wanes a little bit."

That's what deliberate creation is, it's understanding that the creating is done, that you've asked and it's been answered, and then you just do anything and everything you can to get into that Receptive Mode and follow the impulses.

We think you're going to like it once you really get the hang of this, but you have to give up some things: You have to give up how you think you look to others, you have to give up the marks on the chart, you have to give up performing for the opinion of others, you have to stop caring about their approval because their approval will lead you into resistance, won't it? People say us "**Abraham**, you teach selfishness and we're not sure that that's such a good thing." And we say if you're not selfish enough to care about how you feel and to hook up with your true power, you don't have anything to give anyone anyway.

Yeah, we do teach selfishness, but then others will say "Well, we don't think you should be selfish." And what they mean is "You shouldn't follow your path to your happiness, you should do what we conditionally need for ours." And we say that's pretty funny isn't it, that they're saying don't be selfish on your behalf, be selfish on mine. It would be different if you could be selfish on their behalf and they could get happy, but they can't.

They can't because satisfaction comes from only one place - having an intention and moving in the direction of it, lining up with your own Inner Being. And you can't stand in as stand-ins for others.

Has anybody ever done something for you, and while you appreciated it, it wasn't the same as when you did it? You didn't say I'll go forth and see how many hand-outs I can get because that would be like saying "I'll go forth into my physical body and I'll see how much I can show myself that others have the ability to create for me and I have no ability to create."

Not one of you said that - you are so on the opposite end of that. Every one of you said "*I'm going to go forth and I'm going to mix it up and I'm going to launch rockets of desires and I'm going to have a good time doing it and I'm going to get a handle on my emotions and I'm going to feel the power of who I am and where I really came from. And I'm going to be the reason that my Inner Being expands because I'm out here on the Leading Edge of all of that, and my Inner Being is going to stand in a place of such steady connection that I'll always be able to find my way to it. And when I find it, I'll be conscious and deliberate about it, and I'll do it on purpose, and I'll mostly feel good; most of the time I'll feel really, really good.*" That's what you said.

MUSIC PASSION VS. HIS JOB YOU DON'T WANT TO DO JUST ONE THING

QUESTION: I knew the second you picked me I was going to come up here. Ah, well, where to begin.

ABRAHAM: That's very good - "I knew as soon as it manifested that it was manifested." We appreciate the enormity of the humor in that. (Fun) Most people do live that way - I'll believe it when i see it.

QUESTION: Yeah, it's true. All of us, I think, at some level. I'm one of those fortunate people that has passions, and I know what they are. And I've been driven by those passions for most of my life.

ABRAHAM: Called by them.

QUESTION: Yes, 100%.

ABRAHAM: There's a big difference. "I'm called by them," because they're over there, they have the **Vortex** calling you. The **Vortex** has already gathered all of its cooperative components, and you're a cooperative component that it's gathering. And when you allow yourself to go, that's what you're describing. Really good.

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ABRAHAM HICKS

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Esther Hicks

QUESTION: I'm getting to that age where I know that I haven't lived it to the full potential.

ABRAHAM: Well, let's say that differently - "There's been enough momentum calling me that now the momentum is really calling, and when I pull against it, it feels strong to me." It's not about time or age, it's about the momentum.

QUESTION: True. I work on music; it's a hobby. And I can't feel any more connected to the Universe than when I'm in that creation zone. Like it's the most divine feeling I could ever feel. So why am I working in insurance? (Fun)

ABRAHAM: Because the music is unquestionably your path of least resistance to your greatest joy. But the insurance, for some screwy reason, is your path of least resistance to abundance right now. And there's nothing wrong with following paths of least resistance, just don't condemn one. Even if you could, you would not do music all day every day.

Have you noticed (we know you have, but we want to get this out here where you can all feel it, and especially where you can acknowledge it), some *momentum* happens (and you could say *forces gather*) and things line up, and thoughts turn to things and inspiration comes? And you can't be on that peak of receiving that inspiration of every moment of every day. And sometimes the other things you're doing, like insurance or like living life - all of the other things that you do - are the catalyst for the momentum that comes that you like so much in the music. Do you see what we're getting at?

It's like people are always wanting to retire so that they can write that *Great American Novel*, and they could have been writing it at any time because they weren't doing so many other things that they couldn't have always been doing it. It's all about mind set. So don't push against your insurance, because all that does is hold you in a place of resistance, which you don't do when you're involved in music.

So the question that we really heard you ask is "*Why do I allow myself to flow with one subject and not allow myself to flow as well with another subject?*" We say that's a good question for you - if we were standing in any of your physical shoes, we would allow ourselves to flow in all subjects.

QUESTION: That's a revelation I've had recently. I'm my greatest product.

ABRAHAM: Yes you are. You are the creator of You. You are the creator, but you're also the creation that the creator is creating. Isn't that nice to know? Yeah. So when you asked that question... So let's dig into it just a little bit - *what is it about insurance*, what are the redeeming characteristics of insurance?

QUESTION: Well, it's really just a...I feel it's a security blanket that I put up for myself, and...

ABRAHAM: All right. So let's say that in different words: It's a path of least resistance for financial security. Is that such a bad thing?

QUESTION: No.

ABRAHAM: Because we didn't hear you say "I love music - oh, **Abraham**, I love music - but mostly what I do all day is breathe air. (Fun) And sometimes I eat food. Can you explain to me why I spend any of my time breathing air and eating food when my true passion is music?" It's almost the same question, isn't it?

You don't want to do one thing and only one thing, you do lots of different things. Just don't decide that you're going to push against one thing. That would be like in this city there are so many magnificent restaurants, and that would be like going to your favorite restaurant in this city, and the whole time you're eating feeling bad that you can't be at that one and that one and that one and that one. Instead, just enjoy this one. Yes?

QUESTION: Yes. Absolutely. It feels good.

ABRAHAM: And after a little while you discover that no matter where you're eating, it can be ecstasy, because you're out ahead of it and you just can't show up at any place that isn't wonderful. The Universe just won't let you go in - the door will be blocked, there'll be a condemned sign on the window (Fun), all the seats will be full... Did we get to where you wanted to go?

QUESTION: Yeah, I think so. Absolutely. It's just keep following your passion.



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

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On a physical level, the **mooladhar** is situated at the base of the spine. When the **kundalini** is awakened, like a rising snake, it raises its head, pierces the **mooladhar chakra** and ascends through the **sushumna** canal. As it rises it pierces the various astral nerve plexuses which are situated along the **sushumna** canal.

These plexuses are known as **chakras**, or **wheels**, or sometimes referred to as **lotuses**. As **kundalini** pierces each chakra, it vitalizes and awakens its latent powers. Every individual has great potential power which is known as **kundalini power**. In an ordinary person this power remains latent.

The **mooladhar plexus** is at the base of the spine. **Svadhishthana** is about an inch above it. The **manipur plexus** is in the navel region. **Anaahat** is in the heart region. **Vishuddhakya** is in the neck region. **Agnya chakra** is between the two eyebrows and **sahasrar** is the crown of the head.

Through meditation and yogic techniques, this kundalini nerve can be stimulated to function. In an ordinary person it does not function to its fullest capacity. When pressurized through one-pointed concentration and deep meditation, it begins to move, vibrate and function a little. The results can be observed through slight changes in personality, experiences, and behavior. These are brought about through yoga and meditation. Even as a plant buds and changes into full blossom, a person may reach Divinity, the goal of human evolution.

All the lotuses in the beginning are in a slightly closed form. They start opening up due to the meditational pressure on the fine nerves which knits the lotus

The chakras



around the main nerve called **sushumna**, which runs from the **mooladhar** up to the **sahasrar**. **Sushumna** is accompanied by **ida** and **pingala**.

When the left nostril is flowing more freely than the right, **ida** is active.

If the right nostril is flowing, the **pingala** is functioning. The confluence of the two causes **sushumna** to function. The flow of **ida** gives a message of gain, while the flow of **pingala** is good for effortful work.

To activate the chakras, we use breath. **Ma Yogashakti** in her book **Swara Yoga** explains: "*Prana shakti, which is influenced by cosmic currents of energy, flows in and out when one inhales and exhales air. In the yoga scriptures, breath is known as the prana vahini nadi - the river of vitality. Breath is a vehicle for the circulation of prana shakti - the life currents that run throughout the body. In pranayam a person is taught to control prana. Swara means vital breath - energy, or prana vayu - that continually passes through the nostrils as inhalation and exhalation.*"

Alternate nostril or polarized breathing is essential to awaken and purify the nadis. Before practicing **pranayama** or breathing techniques, a yogi is asked to practice **nadi shuddhi**, an alternate nostril breath to a specific rhythm, to cleanse the nadis. It is even spoken of in the **Bhagavat Gita**.

Without the purification of **ida** and **pingala**, the powerful force of **kundalini** can not be awakened to rise into the sushumna to awaken the chakras to their full potential.

When awakened it brings various changes in a person's life. These changes can be physical, emotional, and spiritual. Once awakened it will lead to greater self-awareness and higher levels of consciousness.

No matter if one practices yoga, any purification process will begin to awaken the **kundalini** in an individual. **Saint Theresa of Avila** outlined the process in her work "**Interior Castle**."

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ARIES – (March 19 – April 18)

ARIES: ASTRAL CLIMATE FOR SEPTEMBER 2023

A rather studious month, you have to review your methods, adapt to a new schedule, to new hours. You'll see things more clearly once the school year is over. You want to have intensive exchanges with your partners and interlocutors whom you are trying to influence, to convince of the relevance of your ideas and proposals. If financial interests are at stake, you are not lacking in arguments or assets to rally people to your cause.

Mood

ARIES: MOOD FOR SEPTEMBER 2023

What's to stop you from exulting? The planets seem to be lining up to give you a place of honor. You take advantage of this opportunity to progress, enrich yourself and show others that you are up to the task and that they can count on you.

Love

ARIES: LOVE FOR SEPTEMBER 2023

If you were wondering about your love life, your relationship with your children, you are beginning to receive clear answers that make you feel good, especially since your financial situation is evolving to your advantage and you feel like pampering those you love. Not too much, though.

IN COUPLE: you aspire to improve your living conditions and you benefit from ideal conditions to achieve this. If a sentimental situation seemed questionable, it evolves towards more harmony.

SINGLE: you can hope that a recent crush will evolve in the right direction. After a few questions about the legitimacy of a commitment, you will see things more clearly and enjoy a climate favorable to your fulfillment.

Money

ARIES: MONEY FOR SEPTEMBER 2023

You evolve in an environment that favors your rise to power. You use your talents and your performance pays off. Don't throw money away.



Work

ARIES: WORK FOR SEPTEMBER 2023

Negotiations evolve to your advantage, your goodwill bears fruit. You benefit from a climate favorable to your growth. Whether it is a question of finances or talents, doors are opening wide. Do not be too greedy, too demanding.

Leisure

ARIES: LEISURE FOR SEPTEMBER 2023

There is nothing to stop you from having fun, spending your money to please yourself, spoil your loved ones, celebrate, and have a little weekend away with friends or lovers. Just keep your sense of limits.

Key dates

ARIES: KEY DATES FOR SEPTEMBER 2023

-The 4th: Your initiatives pay off. You are doing useful work and you are benefiting from it. This is the time to deploy your talents in order to score points. In love, some questions are beginning to be answered.

-The 8th: persevere. It is by rolling up your sleeves and collaborating, by teaming up that you accomplish feats and hit the jackpot.

-The 16th: you do not hesitate to put your abilities that are out of the ordinary at the service of the community. A commitment, a dedication to the cause allows you to change things as you hope.

-The 17th: if you are overflowing with love, if you aspire to seduce, do not ask for too much. You risk worrying those whom you solicit and who find you too demanding, too greedy.



-The 29th: in love or in business, you do as you please, but not everyone wants to follow you.

Advice

ARIES: ADVICE FOR SEPTEMBER 2023

A rather pleasant month awaits you. You do not balk at the task and your commitment pays off. In love, you fully express your feelings. What more could you ask for?

TAURUS – (April 19 – May 19)

TAURUS: ASTRAL CLIMATE FOR SEPT 2023

No question of blending in with the crowd, of going unnoticed. You want to seduce. If some of you are starting a new cycle of expression, others are looking to free themselves from the ties and ways of the past. This will be an active, bubbling month where you are not likely to be bored.

Mood

TAURUS: MOOD FOR SEPTEMBER 2023

Jupiter exalts your enthusiasm, your thirst to open a new chapter in your personal history, while the sky boosts your creative energies and your desire to impress the gallery. This context lifts you off the ground and consequently reinforces your faith in existence and in your own powers.

Love

TAURUS: LOVE FOR SEPTEMBER 2023

Charismatic, voluble, absolutely charming, you leave a mark on minds and hearts. A new cycle of expansion begins and you are enthusiastic about it. If you intend to improve your living conditions, avoid going over budget.

IN COUPLE: you are found irresistible, you please. You have the impression that life is opening up wide, that everything is possible again. Don't take advantage of this to throw money out the window

SINGLE: it's time to play your cards right. You can seduce anyone you want, and the astral climate is ideal for you to hit the bull's eye, not to exceed your means.

Money

TAURUS: MONEY FOR SEPTEMBER 2023

If you ask, you will receive. Count on your assets to make an impression on the world and convince them to bet on you. People can't resist your arguments.

Work

TAURUS: WORK FOR SEPTEMBER 2023

Creative, inspired and gifted at showcasing your talents and merits, you attract attention. You will use your radiance and eloquence to impress the crowds and turn your interlocutors into fervent admirers. This is an opportunity for rapid and beneficial developments, not to be missed.

Leisure

TAURUS: LEISURE FOR SEPTEMBER 2023

It's not about shaving the walls, it's about showing off. It's time to go out, to party, to have fun and to enhance your image.

Key dates

TAURUS: KEY DATES FOR SEPTEMBER 2023

-The 4th: you have no trouble seducing. Your radiance bewitches whoever you please or wish to charm. Rely on your verve to leave a mark on people's minds and hearts.

-The 8th: no shadow on the picture, you dazzle the audience and fully enjoy the moment. This is the time to show who you have become and to shine.

-The 16th: If you aspire to expose a new facet of yourself, to break with the past, take advantage of your power of seduction, of an intense magnetism to make your message understood.

-The 17th: you want to improve your living conditions, but remain discreet in the distribution of your largesse. A little modesty and restraint on your part will be more appreciated than a tendency to overdo it.

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-The 29th: do not impose on your people a way of thinking, seeing, living that challenges their habits and tastes. Your current need for change is not necessarily shared by everyone.

Advice

TAURUS: ADVICE FOR SEPTEMBER 2023

Use the month to get your future on track. Feel free to splurge, but avoid spending all your money.

GEMINI – (May 20 – June 19)

GEMINI: ASTRAL CLIMATE FOR SEPT 2023

Exchanges with the siblings are becoming more fluid. Some questions are answered and the flow is better. You communicate, you explain, you convince and you can count on your power of seduction and your offensive dynamism to rally the votes. You will ensure your back and prepare what will take shape by 2024 at the latest.

Mood

GEMINI: MOOD FOR SEPTEMBER 2023

You are not lacking in charm to convince those around you that your projects are solid and that your loved ones would be well advised to follow you in the adventure. An infectious enthusiasm and an undeniable will are your assets to spend an excellent month.

Love

GEMINI: LOVE FOR SEPTEMBER 2023

Discreet projects evolve positively and concern your personal and family development. You will manage your stewardship with ease to improve your living conditions soon. Do not embellish the picture in order not to disappoint anyone.

IN COUPLE: you communicate with your family about your intention to close ranks around a project that you are preparing carefully and that will emerge next year, perhaps a child to come or a real estate investment.

SINGLE: the current passes well between you and yours, you make dream those who share the prospects with which you associate them. A climate of trust that should not be altered by over-promising.

Money

GEMINI: MONEY FOR SEPTEMBER 2023

If you are short of funds to finance your projects, you go to the right people and get their support. Don't ask too much of them, or they may find you demanding.

Work

GEMINI: WORK FOR SEPTEMBER 2023

Even at work, you remain focused on family matters that mobilize you body and soul. You can count on your creative energy and your strong will to impose your ideas to stand out from the crowd and make a mark.

Leisure

GEMINI: LEISURE FOR SEPTEMBER 2023

You want to spend time with your family. Your personal affairs are at the center of your concerns. Take the opportunity to organize a meal or a weekend with your family.

Key dates

GEMINI: KEY DATES FOR SEPTEMBER 2023

-On the 4th: you discuss with your family projects that are in progress or ready to emerge. Rely on those who, in the shadows, support your cause and remain confident in the future.

-On the 8th: you act discreetly in order to improve your living conditions and you benefit from a favorable astral climate to prepare your plans.

-On the 16th: important changes are in the offing, you aspire to more freedom in your stewardship and you express yourself to a family that listens to you and lets you off the hook.

-The 17th: avoid making promises and family commitments that you are not sure you will honor. Review your expectations, otherwise the best may become the enemy of the good.

-The 29th: you risk generating tensions, even conflicts, or disappointing those close to you if you are stubborn. Reconcile your desire to evolve as you please with the general interest.

Advice

GEMINI: ADVICE FOR SEPTEMBER 2023

The month is moving at the speed of light, so many ideas in your head and things to do to prepare for the future. This is the time to lay the groundwork for your future in the best possible conditions.

CANCER – (June 20 – July 21)

CANCER: ASTRAL CLIMATE FOR SEPT 2023

You're very good at getting your message across in a way that makes a difference. Whether you're looking to do something you like, to reinvent your future, or to satisfy your thirst for change, you'll impose your views on a family that's supportive of your expectations. Don't go over budget to maintain your popularity.

Mood

CANCER: MOOD FOR SEPTEMBER 2023

You will benefit from a good launching pad to move forward and even launch yourself without delay. A project on the drawing board and exciting prospects will put a smile on your face. An optimistic atmosphere to be maintained while avoiding to plummet your finances

Love

CANCER: LOVE FOR SEPTEMBER 2023

You are excited about a project and you talk about it a lot with your family. You can't stand still and you're looking forward to involving your loved ones in your exciting plans. Don't get carried away by your enthusiasm, at the risk of sinking the budget.

IN COUPLE: you are enchanted by common perspectives. You mobilize your close relations who answer present and accompany you in your step without being made pray if you do not exceed the allocated budget.

SINGLE: you want to share with those around you an important project that will orient your life in another way or elsewhere. You will be fully supported in your achievements, but do not throw money away.

Money

CANCER: MONEY FOR SEPTEMBER 2023

That's the problem if, blinded by your enthusiasm, you spend lavishly. You may regret it later.

Work

CANCER: WORK FOR SEPTEMBER 2023

You are not lacking in positive energy to defend a project that brings people together. You are clearer about the state of your finances, about the means at your disposal to concretize your plans. But keep an eye on your investments and expenses that are flying off the shelves.

Leisure

CANCER: LEISURE FOR SEPTEMBER 2023

There's no risk of being alone, your good mood and energy will attract friends, family and new acquaintances to you. It's a great month to get out, socialize and have fun.

Key dates

CANCER: KEY DATES FOR SEPTEMBER 2023

-The 4th: You motivate your loved ones, you make them want to believe in you and follow you. Rely on your enthusiasm to bring them on board in your adventures and lay the groundwork for a project you like.

-On the 8th: With eloquence, you will plead your cause and present your prospects in a flattering light. You will be able to rally support and lay down some promising groundwork.

-On the 16th: You are weary of routine, of a small, narrow life. You dream of breathing in the fresh air and projecting yourself into a future filled with exciting opportunities.

-The 17th: Do not commit yourself financially beyond your means. Stay reasonable in your estimates and keep your feet on the ground.

-The 29th: don't manage your finances in a too fanciful way, exalted by perspectives that fill your thirst for novelty, you risk forgetting the limits that should not be exceeded.

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Advice

CANCER: ADVICE FOR SEPTEMBER 2023

A great start to the new year is the time to believe in yourself, to take a step forward and to involve those you love in the adventure. On the other hand, calm down your spending frenzy.

LEO – (July 22 – August 21)

LEO: ASTRAL CLIMATE FOR SEPTEMBER 2023

Determined to defend your interests, to express your potential, you go beyond yourself to obtain a promotion or to change your social and professional destiny. If some of you have to deal with financial obstacles, others enjoy ideal conditions to move forward. But avoid using your charm to get your way.

Mood

LEO: MOOD FOR SEPTEMBER 2023

Jupiter favors your advancement and your hierarchy wants to trust you. This dynamism allows you to move up to the top. But don't use your charm too much to support your files

Love

LEO: LOVE FOR SEPTEMBER 2023

Your charm and thoughtfulness will bear fruit and lead you to focus on the essentials in love, even if you are most interested in the smooth running of your business. Avoid using your influence to strengthen them.

IN COUPLE: if you were wondering about your commitments and the legitimacy of your relationship, you draw the right lessons from these questions and you review your approach of the link.

Single: you are approaching love, strengthened by the lessons learned from a step backwards which has allowed you to review your priorities, to better define the image you wish to give of yourself.

Money

LEO: MONEY FOR SEPTEMBER 2023

Nothing stands in the way of your progress, you plead your case with talent and success. This is the time to dare, to value your skills so that you are granted what you are asking for.

Work

LEO: WORK FOR SEPTEMBER 2023

You are exploiting and expressing your talents which allow you to excel in your field and make a strong impression in high places. If you want to take a step forward, get a promotion or a raise, now is the time. On the other hand, avoid being a smart aleck.

Leisure

LEO: LEISURE FOR SEPTEMBER 2023

With predictable success, you want to treat yourself, to spend your money to improve your image, for prestige. Don't give in too much to the temptation to show off.

Key dates

LEO: KEY DATES FOR SEPTEMBER 2023

-The 4th: you negotiate well and people cannot resist the long list of your talents and merits. Doors are opening in front of you.

-On the 8th: a raise, a promotion in sight, you bet on your social influence to make an impression and to get the job of your dreams, a social position that exalts you.

-The 16th: If you want to change your job, your direction, or even your life, seize every opportunity that comes your way. Whether you want to break with the past, take an original path or simply change your methods, you have everything you need to take a step forward.

-The 17th: avoid using your charm to reinforce your progress. This kind of initiative sows doubt, even mistrust, in people's minds.

-The 29th: Endowed with a great power of seduction, do not take advantage of this radiance to influence events to your advantage. Continue to rely on your talents and merits, it is safer.

Advice

LEO: ADVICE FOR SEPTEMBER 2023

This month offers you great opportunities to earn more, to stand out from the crowd and to impress the gallery. An evolution, a growth, to be maintained by taking care of your performances and by avoiding to play the star.



VIRGO – (Aug 22 – Sept 21)

VIRGO: ASTRAL CLIMATE FOR SEPT 2023

A new cycle of expansion begins with your determination to defend your interests, to deploy your potential for progress and to obtain the reward for your talents and merits. You are not standing back, you are asserting yourself. This trend does not affect your love affairs, which are flourishing in intimacy.

Mood

VIRGO: MOOD FOR SEPTEMBER 2023

Enthusiastic, determined, ambitious and inspired, you make others want to believe and follow you. Rely on your current strength to rally support and transmit your contagious enthusiasm. You spend the month surrounded by those who approve of you.

Love

VIRGO: LOVE FOR SEPTEMBER 2023

Count on your charm to make the other person want to follow you wherever you go. If you aspire to embark on an adventure with the one you love or to change the relationship, or even your idea of love, you have the means to do so. However, take a step back to make sure you're pursuing the right dream.

IN COUPLE: you want to reach an ideal, to widen your horizons, to pursue together the same objective. You can count on the situation and on your charisma to achieve this.

SINGLE: rely on your charisma to find the rare pearl, someone who inspires you and makes you want to surpass yourself, to take flight, to evolve.

Money

VIRGO: MONEY FOR SEPTEMBER 2023

You raise awareness among those who hold the funds you need to finance your ambitions, your noble cause. It's only a short step from there to their willingness to make things easier for you.

Work

VIRGO: WORK FOR SEPTEMBER 2023

You are not satisfied with little, the sky exalts your desire to rise, to surpass yourself. You plead your cause

admirably and gather around proposals that please your hierarchy. However, avoid manipulations that could disappoint them.

Leisure

VIRGO: LEISURE FOR SEPTEMBER 2023

If you've been dreaming of a far away getaway, now is the time to pack your bags. Whether you're traveling for business or pleasure, you like to be somewhere else and push the boundaries of what's possible.

Key dates

VIRGO: KEY DATES FOR SEPTEMBER 2023

-The 4th: ambitions to defend and a good disposition to argue in your favor allow you to win a clear success and to direct your destiny in the right direction.

-The 8th: you have no trouble motivating those around you in the pursuit of goals that considerably broaden your horizons. Your enthusiasm, your desire to elevate yourself is bearing fruit.

-On the 16th: your ideas are out of the ordinary and you have the desire to break the codes, to break with conditionings that prevent you from moving forward. You are not afraid to act with determination to change things.

-The 17th: Rather than claiming victory too quickly, keep the necessary distance to put your love on the right track, without trying to rush things.

-The 29th: You will not succeed in seducing the other person by rushing them. Pass on your messages gently, take advantage of past experiences and do not destabilize the relationship.

Advice

VIRGO: ADVICE FOR SEPTEMBER 2023

The beginning of the new school year opens doors for you, an almost unlimited field of possibilities. Take advantage of it to place yourself in the right place and to seduce those who cross your path. The desire to evolve animates you.

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LIBRA – (Sept 22 – Oct 21)

LIBRA: ASTRAL CLIMATE FOR SEPTEMBER 2023

To start a new cycle of expansion, begin by taking a step back from events. You can handle them better and more productively if you don't rush into anything. If the outside world is sending you positive signals, take time to reflect before making the right decisions.

Mood

LIBRA: MOOD FOR SEPTEMBER 2023

If you do not rush and if you sharpen your angles of action without revealing your final intentions, you will manage to realize them and you will draw from this exercise a certain secret pleasure. This will help you to wait for something better.

Love

LIBRA: LOVE FOR SEPTEMBER 2023

You are inclined to reflect, to optimize external events that bring about changes that could improve your status and even your income. Unless a project dear to your heart is about to bloom, you are impatiently waiting for your time. Whether it is to love or to build, to maintain or to light the flame.

IN COUPLE: if a project was dragging on, it will take its course more actively. Whether it is the conception of a child, a home, a new living environment, you are preparing in the shadows what is to come.

SINGLE: whatever your expectations are, you will skillfully lay the groundwork without revealing your batteries and secret assets. The road is beginning to open up under your feet.

Money

LIBRA: MONEY FOR SEPTEMBER 2023

Rely on negotiation to get what you want. Don't make your initiatives known, act in the shadows to turn the situation to your advantage

Work

LIBRA: WORK FOR SEPTEMBER 2023

You're quietly laying the groundwork for an important project that will face some delays this summer. For the time being, don't reveal your plans, act behind the scenes to help them come to fruition, obtain the credits and support you need to finalize them.

Leisure

LIBRA: LEISURE FOR SEPTEMBER 2023

Wait until you've done what's important to you before you treat yourself to a pleasant escape. Venus is sharpening your desire for pleasure, but do you have time to give yourself over to the dizziness of love?

Key dates

LIBRA: KEY DATES FOR SEPTEMBER 2023

-The 4th: External events help you. Don't rush anything and move forward under cover to prevail in the long run.

-The 8th: you act in the shadows and your strategies pay off. It is by moving forward discreetly that you have the best chance of succeeding, without arousing the distrust of those who think they are in charge.

-The 16th: the unexpected manifests itself to your advantage, you take advantage of unexpected opportunities to discreetly change things to your advantage.

-The 17th: Some exciting projects may involve expenses that may exceed your possibilities. To maintain your trust, agree to cut costs.

-The 29th: unforeseen events will destabilize your plans. You are not safe from a setback that could affect your program. You will have to get used to it...

Advice

LIBRA: ADVICE FOR SEPTEMBER 2023

The month favors initiatives that you carry out discreetly and efficiently. Whether it is a private or professional project, act and negotiate discreetly. The less noise you make, the more you will steer the game in the right direction.



SCORPIO – (Oct 22 – Nov 20)

SCORPIO: ASTRAL CLIMATE FOR SEPT 2023

A project in progress mobilizes your attention and your vital forces. Whether it is private or professional, you need the help of others to move forward, because your projects involve the participation or the approval of your loved ones. Take the time to organize yourself, to plan your interventions to evolve at best.

Mood

SCORPIO: MOOD FOR SEPTEMBER 2023

Your enthusiasm is contagious in this beautiful autumn. You gather around you partners, friends, relations and various interlocutors. Take advantage of these energies to reinforce your popularity.

Love

SCORPIO: LOVE FOR SEPTEMBER 2023

You share with enthusiasm a project with the other. The current is flowing between you and your loved ones and the climate is festive. If you've just made a commitment, you're in a state of bliss.

IN COUPLE: you have the same desires and desires as the one you love. Whatever the project (baby, installation, moving), the lights are green.

SINGLE: no question of going it alone. If you don't have anyone in mind, you won't let your friends out of your sight and make plans together. If you like someone, don't hesitate to take him or her along in your dreams.

Money

SCORPIO: MONEY FOR SEPTEMBER 2023

Well surrounded, appreciated by all, you obtain funds if you have cash flow problems. If a common project requires financing, the group and the company respond.

Work

SCORPIO: WORK FOR SEPTEMBER 2023

You benefit from an ideal springboard to get started. Whatever your goals are, they are in line with the expectations of the company, your associates, the group and they are unanimously supported. Don't make it all about you.

Leisure

SCORPIO: LEISURE FOR SEPTEMBER 2023

You want to have a good time in excellent company. Whether you want to take off for a distant destination or plan an escapade, a weekend elsewhere, you will choose to leave with your partner or with friends.

Key dates

SCORPIO: KEY DATES FOR SEPTEMBER 2023

-The 4th: You communicate enthusiastically about a project that you like and that you want to share with your associates or a life partner ready to follow you in the adventure. These prospects make everyone happy.

-The 8th: the current passes well between you and the other. You are looking in the same direction together and you agree on what is essential. Whether your projects concern the private or professional sphere, they are unanimously approved.

-The 16th: You aspire to renew your relationships and are considering a project that could change things. Whether it is for your relationship or for a professional association, you will direct it to your idea.

-The 17th: Do not abuse your charisma to force anyone's hand. It is better to convince people with arguments that hold water than with the grace of your beautiful eyes.

-The 29th: it is not by playing with your power of seduction that you will reassure your loved ones. Show your potential, your talents, your plans of action that make others want to collaborate much more than your charm.

Advice

SCORPIO: ADVICE FOR SEPTEMBER 2023

During this lively, buoyant, even enthusiastic month, you will live at a hundred miles an hour, but take a step back before making a decision, a little reflection and restraint would be useful.

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SAGITTARIUS – (Nov 21– Dec 20) **SAGITTARIUS: ASTRAL CLIMATE FOR SEPT 2023**

You aspire to break away from a daily life that is too bland for your taste. You have the opportunity to break out of the deadlock and get back to an activity and social life that you enjoy more. You want to open up the future to your liking and change things. Some people, however, have to deal with heavy family responsibilities.

Mood

SAGITTARIUS: MOOD FOR SEPTEMBER 2023

Buoyed by circumstances and a situation that meets your expectations, you can count on an irresistible strike force to accelerate change and impose yourself. This buoyant dynamism, this will to prevail, will ensure your success and good morale.

Love

SAGITTARIUS: LOVE FOR SEPTEMBER 2023

After a period of reflection that has borne fruit, you feel capable of changing your relationships, of making the right choices. There is no question of lowering your standards, but rather of doing everything possible to reach your ideal.

IN COUPLE: you are ready to make the relationship evolve, to look together in the same direction. There's no question of falling asleep, but rather of experiencing an inspiring bond, one that doesn't just function on a daily basis. But don't fantasize too much about your prospects.

SINGLE: you are following a dream that is becoming reality, you aspire to find the rare pearl, but you must put your quest into perspective, because no one is perfect.

Money

SAGITTARIUS: MONEY FOR SEPTEMBER 2023

If you need money to finance a project, you're asking the right people. You can also count on an increase in income to help you turn your accounts from red to green.

Work

SAGITTARIUS: WORK FOR SEPTEMBER 2023

You'll come across opportunities to seize a few chances to improve your status through a raise, a promotion, a new and more rewarding position. Be ready to act, as discussions in high places lead to positive results.

Leisure

SAGITTARIUS: LEISURE FOR SEPTEMBER 2023

You ask your friends and acquaintances to organize a little outing, gather around an activity that allows you to unwind in pleasant and stimulating company.

Key dates

SAGITTARIUS: KEY DATES FOR SEPT 2023

-The 4th: Negotiations concerning your daily work evolve to your advantage. If you are offered a more interesting position, accept to jump on the bandwagon.

-The 8th: there are opportunities for promotion, for a raise. Your hierarchy recognizes your talents and merits. Your daily life is immediately affected and offers you great opportunities to rejoice, to fully enjoy the present moment.

-The 16th: you need a change, the daily routine weighs you down, you feel stuck in a routine that depresses you. Open your eyes, someone will make you an advantageous proposal, likely to break the vicious circle of boredom.

-The 17th: if your ambitions are exponential, you may find it difficult to be satisfied with what you are offered. Don't miss the opportunity to step up your game just because it doesn't tick all the boxes.

-The 29th: your daily life opens new doors for you, so don't ignore opportunities to change your surroundings, even if they are not ideal. You will disappoint those who are holding out their hands to you if you are difficult.

Advice

SAGITTARIUS: ADVICE FOR SEPTEMBER 2023

This month you are active, offensive and ready to take on any challenge. You expect a lot in love and you also receive a lot on the professional front. It's a month for moving forward.



CAPRICORN – (Dec 21 – Jan 19)

CAPRICORN: ASTRAL CLIMATE FOR SEPT 2023

This month, you have ambitions in love, a beautiful creativity and a great desire to open yourself to happiness. You can count on a favorable climate to help you fulfill your desires. But do not abuse the favorable climate to ask for more and more, at the risk that the best becomes the enemy of the good, which would be a shame.

Mood

CAPRICORN: MOOD FOR SEPTEMBER 2023

Nothing tarnishes a charming picture, everything smiles on you. You shine and seduce, you climb the ladder and expand your horizons to realize some of your dreams. What more can you ask for, except that it lasts?

Love

CAPRICORN: LOVE FOR SEPTEMBER 2023

Your high aspirations in love are fulfilled, your radiance attracts all the successes. If you don't demand too much of the other person, you have all the ingredients to start the new year on a high.

IN COUPLE: an exceptional complicity and a one-way ticket to happiness, some enjoy the present moment to the fullest while others think of conceiving a child, of enlarging the family.

SINGLE: rely on your irresistible charisma to make a beautiful meeting. It's only a short step from there to considering a future together.

Money

CAPRICORN: MONEY FOR SEPTEMBER 2023

Don't hesitate to ask for the recognition of your talents and merits. If you don't go overboard and remain realistic, you won't be denied anything.

Work

CAPRICORN: WORK FOR SEPTEMBER 2023

Your creativity, your will to achieve your ambitions, it's a winning cocktail that you enjoy tasting while congratulating yourself for having won the round. Don't overdo it so as not to arouse jealousy.

Leisure

CAPRICORN: LEISURE FOR SEPTEMBER 2023

If you are an artist, expect your talents to be recognized and rewarded. Whatever your field, give it your all, don't be afraid to show what you can do.

Key dates

CAPRICORN: KEY DATES FOR SEPTEMBER 2023

-The 4th: You convince whoever you like to come on board with you. This is an ideal day to succeed in love as well as in business, you benefit from an exalted creativity.

-On the 8th: rely on the sky to broaden your horizons, push your limits and take off without delay, whether in the delightful company of the one you love or any other person who turns into a fervent admirer.

-The 16th: you need to spice up your relationships and express your originality to break with what is conventional and boring. Count on your fantasy to shake up the established codes.

-The 17th: your aspirations, desires, ambitions are great, but must be channeled so that you are not reproached for being too demanding, too eager for everything.

-The 29th: avoid destabilizing your partner or collaborators who find you too daring. Moderate yourself so that they follow you without reserve.

Advice

CAPRICORN: ADVICE FOR SEPTEMBER 2023

Back to school leaves you with some memories and confidence in yourself and your potential. Don't miss any opportunity to be noticed, loved and elected.

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AQUARIUS – (Jan 20 – Feb 17)

AQUARIUS: ASTRAL CLIMATE FOR SEPT 2023

You work for change things in your family. A birth, a real estate purchase or a move occupies your mind and devours your time. You lack neither energy nor the desire to expand your horizons and you aspire to achieve your ambitions. Count on your strength to achieve your goals. This month asks a lot of you, but gives you a lot in return.

Mood

AQUARIUS: MOOD FOR SEPTEMBER 2023

Active, determined to move forward, to progress, you deploy considerable energy to achieve what is in your mind and heart. You lack neither energy nor enthusiasm to follow a busy schedule, but one that motivates you, even exhilarates you.

Love

AQUARIUS: LOVE FOR SEPTEMBER 2023

Family life is in full evolution. A real estate purchase, a birth, a move will shake up your daily life. Stay tuned to your loved ones and take their opinions into account so that your projects are unanimously approved.

IN COUPLE: a rather pleasant climate accompanies changes which put you of the balm in the heart. You can rejoice, you are making a difference.

SINGLE: a move to a place that you like, the foundation of a home or an investment in real estate is fulfilling for you. All projects related to your personal well-being are favored.

Money

AQUARIUS: MONEY FOR SEPTEMBER 2023

If you need money to finance a family project, real estate or other, you negotiate. Discreet income, a credit granted, nothing and no one will slow down your progress.

Work

AQUARIUS: WORK FOR SEPTEMBER 2023

It's a busy autumn, between your personal projects that demand your attention and your desire to progress, to achieve your professional ambitions, you have little time to breathe, but you're doing well. Count on the sky to evolve positively.

Leisure

AQUARIUS: LEISURE FOR SEPTEMBER 2023

You devote your free time to improving your living environment by soliciting the support of your loved ones to get the job done. Your leisure time is devoted to embellishment, to enlargement, you change everything for the better.

Key dates

AQUARIUS: KEY DATES FOR SEPTEMBER 2023

-The 4th: Successful negotiations are likely to help you realize a private project. If you want to buy a property, you will get a large contribution or an advantageous credit.

-The 8th: Things are evolving in the family and in the right direction. Exchanges are fluid. This is the moment to ask for the support of your banker or a lawyer to ratify a development that enriches your private world.

-The 16th: If you dream of breaking with your family past, with habits that are suffocating you, you have the courage to take action.

-The 17th: stay tuned to your own, you want the good of all, but sort out your priorities to evolve without overestimating your possibilities and please everyone.

-The 29th: Prepare your loved ones for the changes you wish to make in your family, which must evolve. It is by putting the forms there that you make better pass your projects.

Advice

AQUARIUS: ADVICE FOR SEPTEMBER 2023

The sky of re-entry makes your daily life and your environment evolve quickly and pleasantly. You negotiate, you ask for help and your entourage responds, do not hesitate to ask for it.



PISCES – (Feb 18 – March 18)

PISCES: ASTRAL CLIMATE FOR SEPTEMBER 2023

Don't hesitate to take a step towards the other, dialogue is in the spotlight. You want to communicate, whether it's to assert your originality, expand your circle of followers or create a warm atmosphere in your family. Others have to deal with a less cheerful mood and want to show a new identity based on the experiences of the past.

Mood

PISCES: MOOD FOR SEPTEMBER 2023

Nothing stops you, all lights are green. This is the time to have fun, to go out, to connect pleasantly with others, to convince and seduce your various interlocutors by shining all your lights.

Love

PISCES: LOVE FOR SEPTEMBER 2023

You take pleasure in exchanging with those around you, you are the champion of communication. Take advantage of this pleasant disposition to go out, to have fun. Surround yourself with benevolent people and renew your power of seduction which brings you success.

IN COUPLE: you benefit from complicit exchanges with your partner and a communicative good mood. You're having a good time, surrounded by your loved ones and meeting new friends. Don't miss any opportunity to party and get closer to your loved ones.

SINGLE: no risk to spend the month alone in your corner. Your radiance attracts and allows you to seduce.

Money

PISCES: MONEY FOR SEPTEMBER 2023

If you ask, you will receive, we do not ask more than to please you and we accede to your requests. On your side, be generous to those you love.

Work

PISCES: WORK FOR SEPTEMBER 2023

If you have to present a project to your hierarchy, to a client, to an associate, rely on your charisma to get your messages across and they are well received. If you don't exaggerate, you will be appreciated.

Leisure

PISCES: LEISURE FOR SEPTEMBER 2023

No need to lock yourself away, but rather to have fun in pleasant company. We are looking for your company and you have plenty of choices to occupy your free time.

Key dates

PISCES: KEY DATES FOR SEPTEMBER 2023

-The 4th: rely on your eloquence to engage in constructive dialogues. Whether it's with close friends or business partners, you get your message across and everyone agrees.

-The 8th: You are a marvel, you are the only one to be seen. You attract attention, it's a great time to plead your case and get what you want.

-On the 16th: you don't want to blend in with the crowd, to go unnoticed, you distinguish yourself by your originality, your audacity that surprises everyone. This is the time to stand out from the crowd and make your mark.

-On the 17th: do not be too demonstrative to be admired, lower your tone, at the risk that the best turns into the enemy of the good.

-The 29th: do not frighten those around you who appreciate your humor, your quirky side, but not your tendency to destabilize others. Don't try to do the interesting .

Advice

PISCES: ADVICE FOR SEPTEMBER 2023

You start the new school year with enthusiasm and continue the month in top form. September rewards your initiatives and reinforces your influence.

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.

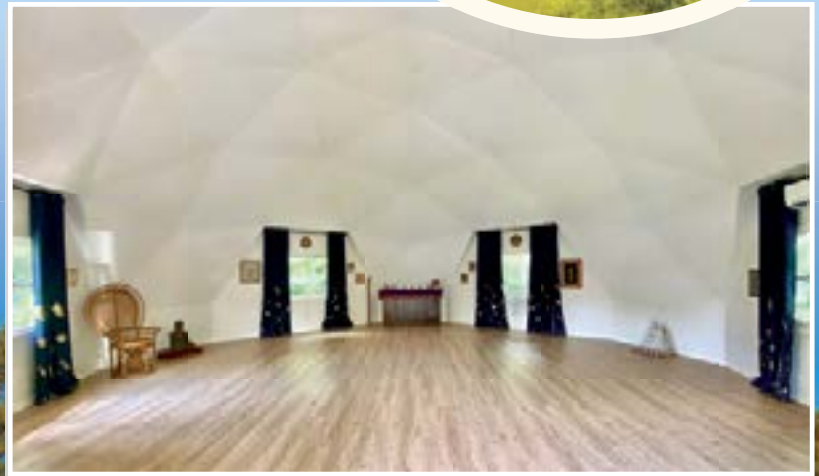


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