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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar 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 for the **God of our understanding**.

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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Andrea de Michaelis

On the Cover
AI Autumn Equinox

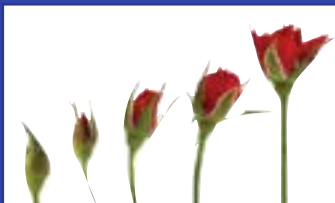
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Co-incidence has meaning. If you find yourself reading these words, there is a message for you.

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



Horizons thanks everyone willing to take the risk

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

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

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Andrea de Michaelis
Publisher

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."*

HELLO AND WELCOME TO THE SEPT 2024 HORIZONS. I've been viewing my physical energy system as a chemical experiment. The last month I've been laying off bread and starches to see how my system operates without them. I can tell that definitely sinus congestion and joint inflammation disappears. Every few days tho I'll have a piece of toast or a few crackers or a spoon of sugar in coffee. On those days, my sinuses fill up and my weight STOPS dropping. My intent with taking a break from the starchy carbs was not to lose weight but it's a great side benefit, in 6 weeks I lost 15 lbs.

For me, the experiment is not only to determine how the chemistry of my body's fuel system works, but also about reviewing behaviors that no longer serve me. I've got another 25-30 good years left in me and I want to make the most of them by keeping my energy level high enough to keep doing the things I want to do. One thing I wanted to do was rein in my cravings for bread and starchy white foods and, 2 months in, so far so good.

If you want evidence of God or Spirit or Source or The Universe or your Higher Self or your Inner Magician -- or whatever name you call it -- take 15 seconds of your time, bow down and say "if you're real, make yourself real to me, speak to me." Then take everything that comes after that as a response and your evidence will unfold.

For the most part I'm over the craving for rice, bread, tortillas, noodles and potatoes. I'm eating more cheese and beans which took some getting used to but I know it's better for my glucose and triglycerides. It's deffo a fascinating experiment, learning how my system processes its fuel and how much control I have over my behavior.

ARE YOU FAILING TO MEET OLD FRIENDS' EXPECTATIONS?

A long time friend mentioned my **Facebook** posts now are mostly about cats and cooking. She preferred when I wrote about the celebrity authors and speakers in the mag. For 20+ years I worked the convention circuit and shared stories of behind the scenes antics. She also preferred when I'd post on **Facebook** about psychic reading questions & answers. Cats and cooking don't interest her, she also didn't like when I was in my gardenening phase and wrote about the yard projects.

I smiled as she said it. I knew what she meant. I have friends who used to be MUCH MORE ENTERTAINING than I find them now, when they were out in a world I didn't inhabit and had interesting interactions with people I was curious about.

I'm not apologetic for failing to meet her expectations. I'm kinda living my dream right now. I've got a cozy home in a cool neighborhood in my own little patch of woods, I earn enuff to pay my bills, I'm healthy. I've got a supercool housemate. I write about whatever interests me at any given time. Sorry I don't have famous names to drop anymore. Some see as my life as being much less exciting now while I find it much more interesting and fulfilling.

BE GLAD YOU'RE NOT ATTRACTING A PARTNER WHILE YOU'RE IN THIS STATE OF MIND

I dunno who needs to hear this but if you're continually whining about not having a partner and making passive aggressive **Facebook** posts to tick off your ex and let him know you're not taking any more sh*t and 'the next one will appreciate you,' be glad you're not attracting someone new right now.

Be glad the universe is not sending you a partner who is a vibrational match with your anger and frustration and heartbreak. That is only going to bring you more anger and frustration and heartbreak.

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ABRAHAM-HICKS



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

WHY DO WE FORGET?

QUESTION: I have some of a deeper question: So, when we go into this pure Nonphysical all that we are, why do we forget when we come back here? And couldn't we do it better?

ABRAHAM: It can't be done better. What could be better than endless consciousness asking for the next new, and then that new being transported and understood by Nonphysical and being the basis from which all come forward? How could that be wrong? And how could anything be better than sifting and sorting and deciding, and then beginning anew with the premise of Pure Positive Energy?

So what you're talking about is not that - your real question is how could we, once we get here, be less resistant and more tapped into who we were when we came? And we say it takes a personal life experience to cause that desire in the moment. It's not very satisfying to have someone say to you "It really is a really good plan," but what comes to your mind fastest - what is your biggest complaint about how it is?

QUESTION: I'm really enjoying life, so I don't have a complaint.

ABRAHAM: That's not what we asked you. Yes you do have a complaint, or you could not have asked that question. Within that question there is strong complaint - a complaint about how it all is set up, a complaint about the way the entire Universe works. Couldn't it be done better - you don't hear that as a complaint? (Fun)

QUESTION: Uh, no, I'm saying why do we forget? I'm saying if we come in as Pure Positive Energy as children and we're uncomplicated...

ABRAHAM: You couldn't possibly forget if you realize that when it feels good it's you moving in the direction of it, and when it feels bad, it's you moving away from it.

So if there's a specific answer to this important question (which we are really appreciating from you), the answer to that is because you have lost your place that it is good to feel good, because your emotions will always lead you to the path of least resistance, and the path of least resistance and the path of most allowance are the same path.

But think about what your human mind does even to the statement path of least resistance - "Really? I'm supposed to do it the easy way? I'm supposed to do it the lazy way? I don't think I'm supposed to do it the easy way, I think I'm supposed to struggle and strain and bleed so that others will look at me and revere me."

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NON - RELIGIOUS SPIRITUALITY

Jim Palmer is the Founder of the Center for Non-Religious Spirituality. A critically acclaimed author, Jim also writes for professional journals and major publications. Jim is an adjunct professor of Ethics, Philosophy of Religion and Comparative Religion. He is a Spiritual Director, Founder of the Nashville Humanist Association and Chaplain with the American Humanist Association. He is a trained religious trauma and spiritual abuse counselor. <https://nonreligiousspirituality.com> & <https://jimpalmerauthor.com>

5 THINGS I LEARNED FROM THE 'BARBIE' MOVIE

It seems that everything that could possibly be said about the Barbie movie has been said. I wanted to share five things I learned from it.

1. IT'S NOT ALL ABOUT ME

There were some men who were not happy because they felt that the **Barbie** movie cast a bad light upon them. I personally did not feel this way, but everyone has a right to feel what they feel. But here's the thing, in my view, the movie was about **Barbie** and by extension, the struggles and hardships around what it really means to be a woman outside the confusing, contradictory and unrealistic expectations of society, particularly male culture.

To investigate this idea further one could read, **The Second Sex by Simone de Beauvoir**. But I learned it's not all about me... as a man. It's okay for there to be a **Barbie** movie, it's okay for women to give voice to their journey and struggle to fully be themselves.

Though I didn't feel the film was man-hating, it's wasn't the job of the **Barbie** movie to coddle men and not offend them. If men are this upset by it, go make a **Ken** movie to tell the story of the difficulties of being a man.

2. IT'S ALL ABOUT ME

I couldn't watch the **Barbie** movie as a casual observer. It forced me to own the ways I have been complicit in perpetuating harmful patriarchy. Doing so consciously or unconsciously, the harmful consequences are the same. My religious conditioning programmed me with an untrue, flawed, inadequate, and harmful view of women. I have documented this before.

For example, here are at least several ways religion corrupted my view of women:

- Women brought sin and death into the world
- Women are to blame for the fall of the human race
- Women are inferior to men physically, mentally and spiritually
- Women were intended to be subservient to men
- Women are not capable of exercising authority and leadership
- A godly woman is a silent, submissive, and domestic woman
- Women are responsible for the sexual temptations and transgressions of men
- Women are weak, emotional, and irrational
- Women are expected by God to stay in demeaning, damaging, destructive, or abusive relationships
- Women should deny and repress themselves in order to serve and satisfy others
- Women who act assertively and defiantly, enforce personal boundaries, or express anger are ungodly

The **Barbie** movie pressed upon my heart a deep sorrow for any belief, mindset, attitude or action that perpetuated a damaging view of women, or placed

...continued on page 22



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

YOU CAN GET THERE FROM HERE

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

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

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

As I stop making negative emotional states a huge deal, they will start to shrink. And I'll speed the process by basking in the times I feel buoyant and light-hearted. With appreciation, I then affirm, "Yes, I want more of this! It feels so good to feel good!"

More attention to what I want more of. Less attention to what I want less of. Lousy grammar, but it will take me anywhere, anywhere, I want to go.

THE SHINING

In what areas of my experience can I feel bad enough to make things go well?

If I make myself sufficiently stressed at work, will I guarantee advancement? If I feel adequately guilty about past mistakes, will it reduce the likelihood of future blunders? If I goad myself with anxiety in order to get projects done, allowing myself to relax only upon completion, will I eventually get caught-up with my work? If I worry enough about what other people think of me, will I guarantee acceptance and respect?

I may have labored under the assumption that life will reward me for feeling bad. Thankfully, the opposite is true - life rewards me big-time for feeling relaxed, letting go of mistakes, taking a calm approach to getting things done, and making my own opinion of myself far more important than anyone else's appraisal.

Feeling good is good for me, and through the Law of Attraction, it ever places in my path the circumstances that I consider good.

Now I've gotten a grip on cause-and-effect. Now I can shine.

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO SEPTEMBER 2024

September brings us the Autumn Equinox and a flurry of festivals and religious observances around the world. While we worship and celebrate, it also seems we pause to feel the shift of the weather and time. We can reflect on the balance of our life, on a day when the dark and the light are equal.

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity. **Carl Jung**

September 2: New Moon in Libra. The new moon = new beginnings, a more introspective time and represents new beginnings as we plant seeds for the future. It's a good time to set clear intentions for the month ahead, clarify your goals, start new projects, and acknowledge your growth since the previous new moon.

September 15 eve - 16 eve, Mawlid: The celebration of the birth of the Prophet Muhammad in the Islamic faith

September 17: Full Harvest Moon in Pisces. The full Moon that happens nearest to the fall equinox (September 22 or 23) always takes on the name "Harvest Moon." Unlike other full Moons, this full Moon rises at nearly the same time—around sunset—for several

evenings in a row, giving farmers several extra evenings of moonlight and allowing them to finish their harvests before the frosts of fall arrive.

September 17- Oct 2: Pitru Paksha, Hinduism. Ancestor remembrance.

Sep 17, 2024 Moon Festival, China - A Time for family reunions. Ancient Chinese Emperors worshiped the moon in Autumn to thank it for the harvest.

September 22: Autumn Equinox The autumn equinox, known as **Mabon** in some pagan traditions, is a time of gratitude for the bountiful harvest the earth has bestowed upon us. To celebrate this, gather your loved ones and partake in a sumptuous feast. The table should be adorned with the rich hues of autumn, from deep reds to golden yellows.

Sept 29: Feast of St. Michael also known as Michaelmas or the Feast of the Angels. This Western Christian holiday honors Saint Michael the Archangel, who is said to have defeated Satan in the War in Heaven. It also celebrates the angels who fought alongside Michael, Gabriel, and Raphael, to banish Satan from Heaven

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HERB CORNER

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

HERBS TO ENHANCE HEALTH AND VITALITY

Diet, exercise, and rest have always been essential for the maintenance of good health. Now more than ever herbs are necessary for the maintenance of our health.

For thousands of years, plants have been used to increase energy, boost the immune system, provide nutrition, enhance mental clarity, increase physical stamina, and enliven the libido. Fortunately for us there are thousands of plants that have these abilities.

ASTRAGALUS as an energy tonic herb helps the body adapt to physical exertion and stress and for people with low energy it helps boost metabolism. It has been used for over 4000 years as an herb to strengthen the immune system fighting bacteria and viruses.

GARLIC fights bacteria, viruses, fungi, Candida, and yeast. One of the reasons it can do this is because its enzymes detoxify the body of carcinogens. In the circulatory system regular use of garlic can raise HDL's, lower LDL's and lower triglyceride levels, and for many people it helps lower blood pressure.

TURMERIC, when taken regularly acts as a powerful anti-inflammatory, for some it works much better than the long-term use of cortisone because it protects the flora of the digestive system and the liver. Studies on **Turmeric** have shown it to be five times stronger than Vitamin E in its antioxidant properties and to be beneficial to dementia and high cholesterol.

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CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

SCHADENBLENDE

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. See her [Facebook page at SharronRocks](#)

Welcome to the fall, everyone. Those of us here in **Florida** are well aware that the heat is on and hurricane season is ramping up - a perfect metaphor for these times - but the **Fall Equinox** is on the way. I usually consider this to be a time to regain balance. The day and night are equal as the summer heat yields to cooler weather as we give thanks for the full fruits of the harvest. This year feels different. Most folks I know are not anticipating a time of respite so we can take a breath and relax for a while. Chaos is swirling all around us and it is beyond challenging to understand what actions to take to make things better. When I looked to the mineral realm to uncover some rock solid assistance to get us through these times, the stone that presented itself to me is **schadenblende**.

Schadenblende is not as well known as many of the crystals known and loved by metaphysical practitioners and light workers but it has long been used and loved by those lucky enough to find some for their crystal toolkit. It is a concretion of **sulphide** found in lead and zinc mining areas composed of **sphalerite, marcasite, pyrite, galena** and **wurtzite** that forms when sulfite gel crystallizes in low temperature hydrothermal vents.

When nodules of **schadenblende** are sliced and polished, you can see swirling layers of brown, tan, gold, grey and black. The finest **schadenblende** is found in **Europe, Germany, Belgium, Slovakia** and **Poland** have large deposits of it. The presence of **galena**, a primary ore of lead, makes **schadenblende** fairly heavy - both grounding and protective.

The metaphysical uses of schadenblende are many. During times of great confusion **schadenblende** assists in bringing clarity, allowing you to discover previously hidden solutions to problems believed to be unsolvable. Alleviating frustration releases mental blocks, freeing the mind to reconnect with your core values. Not only can this strengthen confidence in your own judgment, it may help you feel protected from the corrosive lack of trust that comes from lies and intentional



Schadenblende, Poland

deception. **Sphalerite** resembles the brain and is believed to enhance powerful thought, so it can be very useful in strengthening your intentions. Moving beyond negative thinking not only provides relief from mental exhaustion, it promotes the birth of greater awareness of your own truth which leads to self confidence.

Many experienced crystal practitioners feel that **schadenblende** can protect people from being deception, manipulation and misinformation. What better stone ally for moving through this time of chaos and confusion? You should be able to find **schadenblende** in any good rock shop and you can find it on line if you have a trusted vendor. Small pieces are usually not expensive although fine specimens can be a few hundred dollars. It also makes lovely jewelry and a **schadenblende** pendant would be perfect to wear over your heart this fall. Keep the faith.

Many blessings to you all.



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,

I've found it fascinating and I've done much research on Past Lives and how they affect us during this lifetime. Recently I learned of "Progression" a type of reading that goes into a future life. What is your feeling on the possibility of seeing future lives for a soul?

TimeTraveler in Tucson

Dear TimeTraveler,

As you can imagine, eternity is a long time and the prospect of many future lives is inevitable. So yes, tapping into a future life is possible. Only on a handful of occasions "The Masters" revealed a future life during the course of a reading. I find that this is helpful to a soul when they are on track in this life and are working towards a goal that will help them in their next incarnation.

Such was the case when I read for a Doctor that was doing his own research to find a medical cure. Clearly I was given visions that he would become a well-known scientist in his future life and make great discoveries. This information was very valuable to him.

God and The Ascended Masters oversee **The Book of Life** and the overall journey for each soul. Looking into a future life is rarely given because it's usually difficult for our limited human mind to comprehend really advanced knowledge: imagine explaining to a Caveman the concept of a laptop. **Past Life** and **Future Life information** is granted not of mere curiosity but when there is a higher purpose.

...continued on page 32 ...

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SELMA SPEAKS!

SELMA SPEAKS! When I Found Out that One of My Mother's Friends Was a Student of Prem Rawat. Out of the mouths of Jewish grandmothers..

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)

My mother, Sylvia, was a Jewish mother. She played canasta. She ate bagels. She got her hair done once a week. And, knock on wood and spit three times, she thought I could do no wrong.

That is, until **1971**, when I received Knowledge from that “**boy Guru,**” **Maharaji, (now known as “Prem Rawat”)**).

Bottom line, my mother had no way to relate to the whole thing. First of all, he wasn't **Jewish**. Second of all, he was from **India**. And third of all, see reasons #1 and #2.

Of course, my over-the-top proclamations about **Self-Knowledge** and my young teacher's perfection didn't help matters in the least. Nor did my sudden habit of lighting incense in my parent's home.

It wasn't enough that my girlfriend wasn't **Jewish** (a **shiksa!**) – now I had an **Indian Guru**. As they say in the old country, “Oy Vey.”

All of which led my mother, one fine Spring day, to forbid me – for all time – from ever speaking about “**the Guru**” in her home.

“No problem, ma,” I replied, affecting my best suburban yogi's attempt at being non-attached. “Mum's the word.”

Five years passed.

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Life was good. I was happy. I was grateful. And I was practicing the techniques of **Self-Knowledge** that I had learned from “that young boy from India.” Plus, my long-standing adolescent need to convince my parents of anything had vanished.

Then I got word that **Prem** was coming to **Florida** for a weekend event at the **Miami Beach Convention Center** – an event I absolutely wanted to attend. This, I figured, my parents didn't really need to know, so I simply told them I was flying in to visit them that **Sunday**. I didn't want to push their buttons.

As usual, when the golden boy, **Jewish** prodigal son returns home, his parents invite their friends to celebrate the return. All the regulars were there: Blanche, Shirley, Ellie, Irv, Bert, Seymour, Solly, and some new friends of theirs that I hadn't yet met.

Inspired by listening to **Prem Rawat** for two days, I was feeling especially alive and in the moment when I arrived at my parent's home in **West Palm Beach**.

Taking a deep breath, I knocked on their door and let myself in, surveying the room and enjoying that sweet moment of arrival before the slightly deflating reality of visiting one's parents truly sinks in.

An elderly **Jewish** woman in the back of the room stood up and smiled at me – someone I'd never met before.

“Oy gevalt, **Mitchell,**” she said. “Wasn't **Maharaji** beautiful? I could have plotzed!”

(I later learned that this woman - **Selma** - was a student of the one whose name shall not be mentioned in my parent's home).

I looked at my mother. My mother looked at me.

“Hey, Mom,” I said, shrugging. “She's YOUR friend. I didn't say a thing.”

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SETH SPEAKS

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SETH ON PLANT CONSCIOUSNESS THE SECRET LIFE OF PLANTS

As to **Jane's** feeling about the tree having certain consciousness, of course, this is the case. What you have here is much latent energy and vitality and capacity, with much of it withheld or suspended momentarily.

The tree is, of course, dissociated in one manner. In some ways, its living forces and consciousness are kept to a minimum. It is in a state of drowsiness, on the one hand. And, on the other hand, it focuses the usable portion of its energy into being a tree. The state of consciousness involved here is dull as compared to the highly differentiated human ability in many ways.

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However, in some other manners, the experiences of the tree are extremely deep, dealing with the inner senses which are and properly also properties of freedom. There is something here difficult for me to explain clearly. The inner senses of the tree have strong affinity with the properties of earth itself. They feel their growing. They listen to their growing as you listen to your own heartbeat. They experience this oneness with their own growth. And, they also experience pain. The pain, however, while definite, unpleasant, and sometimes agonizing is not of an emotional nature in the same way that you might experience pain.

In some ways, it is even a deeper thing. The analogy may not be a perfect one, far from it. But, it is as if your breath were to be suddenly cut off. In a manner, this somewhat approximates pain for a tree. The tree makes adjustments as you make adjustments. The tree listens to its growth up from the earth and listens also to the murmur of the growth of its roots beneath. It adjusts each root ending according to what impediments might lie in its way. Without the so-called mind of man, it, nevertheless, retains this inner consciousness of all its parts above and below the ground and adjusts them constantly.

The tree is also innerly aware of its environment to an astonishing degree. It maintains contact awareness and the ability to manipulate itself in two completely different worlds, so to speak, one in which it meets little resistance growing upward and one composed of much heavier elements into which it must grow downward. Man needs artificial methods, for example, to operate effectively on land or in water. But, the so-called unconscious tree manages very nicely in two worlds, as diverse certainly as land and water, and makes himself a part of each. I am speaking now of a tree as a "he" for reasons that I will go into in a further discussion.

And, as far as motion is concerned, the tree moves upward and downward. It is quite unfair to say that it can not transport itself, since it does so to an amazing degree, the roots and limbs moving in all directions. The inner senses of all plant life are well attuned, alert, and very important. All these fragments have consciousness to a rather high degree, considering that man holds them in such ill repute.

If you will remember what you know of the trance state, you are, for example, in a light trance, able to maintain awareness of yourself, your environment, and your place in it. You simply behave somewhat differently, not bestirring yourself in any direction unless the suggestion to do so be given you.

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SPIRITUAL GRAFFITI

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

Think of your triggers as ghosts from your experiential and ancestral history. They are ghosts who have not yet found their peace.

They want to—that’s why they keep showing up in your life—but they need your help. They need you to get in close, and listen as they share their unresolved past with you. They need you to see them, in just the same way you want to be seen.

If you keep ignoring them, they won’t go away. They will just show up more often.

And your life will become a kind of ghost-fulfilling prophecy, one where every choice you make will haunt your days.

Perhaps it's time that we accepted that we are the haunted house that we fear. In each room, a ghost that is ready to be liberated.

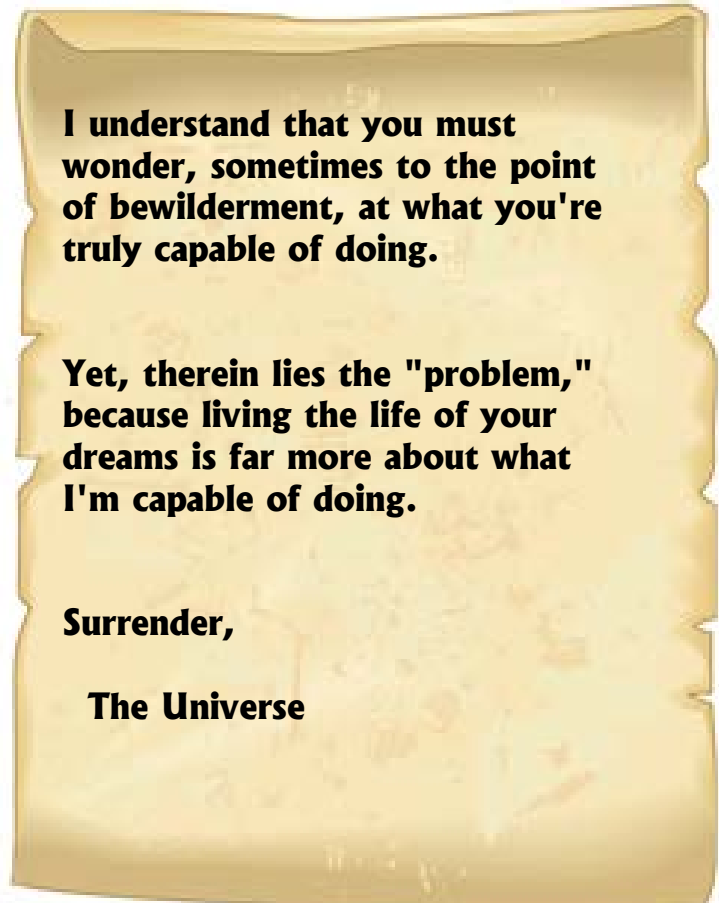
In the basement, the unconscious that is ready to be revealed. We don’t need to give ourselves candy on Halloween.

We just need to give ourselves permission to heal. That’s the sweetest gift of all.



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>



I understand that you must wonder, sometimes to the point of bewilderment, at what you're truly capable of doing.

Yet, therein lies the "problem," because living the life of your dreams is far more about what I'm capable of doing.

Surrender,

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THE BLANK PAGE

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 hiking in nearby woods. You can follow him on Facebook: www.facebook.com/david.cronin.79/ and Instagram: www.instagram.com/david.a.cronin/. He can be reached at: davidcronin490@gmail.com. He took all the photographs accompanying his articles.

I am a big fan of journaling. The process of journaling frequently allows me to tap into truths and understandings that may be lurking beneath my conscious mind. I find this especially true when journaling about some uncomfortable occurrence.

The mind loves stories and can easily get lost and confused when many emotions are swirling around over something that has happened. Journaling, taking the time to put pen to paper in a quieter space, helps bring to the surface the key elements. It's a wonderful way to begin the process of understanding what is within you that is asking to come forward for healing and/or expression.

A little trick I have come to incorporate in my journaling is to leave a blank page after writing about anything I know I need to go deeper into to come to peace over it. The blank page itself becomes a sort of an affirmation that you want to understand more, uncover more, and perhaps even change the way you are holding the experience in your heart.

How you hold anything in your heart will determine your experience of it. If you want to change your experience of anything, or anyone, change the way you hold you hold it, or them, in your heart.

The blank page allows you to go back, after you have done the work to understand what the story was all about

and write an updated ending or confirmation from a higher perspective.

It may have been a process of forgiveness, from yourself towards others or from others towards yourself. (The **Ho'oponopono** prayer is wonderful for this.)

Or it could be about speaking your truth or becoming better at hearing the truth spoken by others. It could be simply a deep surrender to **Grace**, asking that you see the situation, not as you see it, but as **Grace** would have you see it.

Once having done the inner work around what originally started as an uncomfortable situation I tend to land in a place of gratitude. I realized the situation actually proved to be a doorway into growth and expansion.

I find the updated entry on the blank page is often very short and meaningful. Usually, it's simply:

"Thank you."



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YOGA SUTRAS SERIES: STUDY OF THE MIND BY SAGE PATAJALI

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Sage Patanjali understood the mental process to such a degree, that he could take the mind and evolve it to a higher consciousness just through this study. The text is written to be practiced, and through practice it brings deeper wisdom and awareness of our own mind. I am hoping that the reader will reflect on the contents and begin to understand how our mind works and how we can harness its power.

WHAT IS YOGA

Patanjali defines yoga as the one who has perfect control over the waves of the mind. But when we think of yoga we think of postures, breathing, meditation and other practices. But in reality all those practices are for us to have control over the mind.

The sutras of **Patanjali** have very few words, but each is very important. Therefore we must explain each word. In his statement:

“Yoga chitta vritti nirodahah”

One who has perfect control over the waves of the mind is a yogi.

The word yoga means “to yoke” or unite. **Yoga** is the unification of man with God or the individualized Soul

with the Master Soul. We were created in the image of **God**. Which means the Divine energy resides in everything and everyone, including us. We call this energy a fragment of the Divine, or our “Spirit.” Since we are only a fragment, we wish to return to wholeness or what we call our Real “Self.”

This may be called Christ Consciousness in Christianity, Self-Realization or Moksha in Hinduism, Nirvana in Buddhism, Najat in Islam, Redemption in Judaism.

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Yogashakti Ashram
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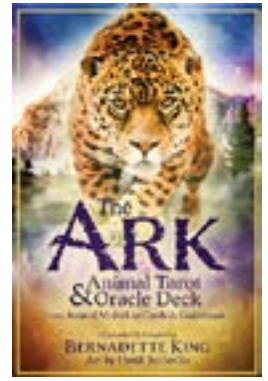
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WHAT IS MY SPIRIT ANIMAL



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

Need to protect what is yours? Looking for a space that's all your own? Griffin, as a Spirit, Totem, and Power Animal, can help! Griffin teaches you how to safe keep all you cherish while showing you how to establish your sacred space. Delve deeply in Griffin symbolism and meaning to find out how this Animal Spirit Guide can stimulate, animate, and revitalize you.

GRIFFIN SYMBOLISM & MEANING

The mighty **Griffin**, also spelled as **Gryphon** and **Griffon**, derives its name from a **Greek** word meaning "curved," referencing the creature's curved beak. The word **Griffin** also has roots in the **Akkadian** language, deriving its name from a term translating as "Winged Creature." Depictions of the mythic beast reveal **Griffin** with the head, beak, claws, and wings of the Eagle. It also features the body, legs, and tail of a Lion. The shape of the creature gives it ties to the Earth and Air Elements.

Occasionally, artists depict **Griffin** with feathered ears. Though rare, sometimes the **Griffin** appears as having no wings at all: The depiction earns the creature the title of "Keythong." Writers diverge on what the wingless **Griffin** represents, with some people suggesting its female and the others, vice versa. The female is most common in art and iconography. In contrast, the male **Griffin** appears in heraldry, where it represents Christian concepts symbolizing the Power of God and a creature that guards the Divine.

When a **Griffin** image appears in heraldry, it is named after **Opinicus**, featuring a Camel's tail, the wings of the Eagle, a Lion's body, and the head of a Dragon. Some researchers believe the creature as a real-world connection to the dinosaur: **Protoceratops**. With so many features coming from real-world animals, the **Griffin** is chimerical and symbolizes shapeshifting, ancient wisdom, and paradox. It also embodies mystery, the monstrous, and the magical.

In essence, the **Griffin** joins two natural forces together into one embodiment: The Lion, which is the King of the Beasts, and the Eagle, which is the King of the Birds. Here, **Griffin** becomes a symbol of power, might,



the majestic, nobility, and leadership. Being a creature of great strength, in various myths, the beast protects priceless treasures from would-be bandits and thieves, so **Griffin** also symbolizes protection.

The **Griffin** usually has ears that are large, with some depictions appearing like Lion's ears, while others are more akin to the ears of a Horse: This proves an odd feature seeing Horse is **Griffin**'s enemy. Here, Horse symbolism may offer additional insight into the meaning of **Griffin** as a Spirit Guide.

There's much lore originating from the Medieval Era regarding the behaviors and attributes of the **Griffin**. First, the creature is one that chooses a single mate for its lifetime. When one **Griffin** dies, the other one lives on alone and without taking on another mate. Here, **Griffins** are a symbol of fidelity, loyalty, marriage, and lasting love; Christians also considered such attributes as serving as an icon symbolizing the opposition to remarrying.

Some lore suggests the **Griffin** can heal; its feathers can remedy blindness, and its claws also offer remedial relief. It was common for people in European Courts during the **Medieval Era** to use vessels in the shape of **Griffin** claws and to consume **Griffin** eggs, which were the eggs of an ostrich, to invoke the creature's healing properties.

In **Greek** myth, **Griffins** were creatures originating from **Central Asia** where there were gold deposits. Pliny the Elder wrote of **Griffins**, suggesting the creature would place its nest in underground burrows, and within the creature's nests, one can find gold. One of



WHAT IS MY SPIRIT ANIMAL

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the main coins in the city-state of **Abdera**, in **Greece**, was the “**Griffon**,” so named because it features the chimerical beast on its front. As such, **Griffin** is a symbol of material wealth and prosperity.

GRIFFIN SPIRIT ANIMAL

Griffin arrives as a Spirit Animal when you need protection. The creature is at the ready with fierce talons to destroy or ravage anything it attacks. **Griffin** materializes when you need help tearing through obstacles or breaking down anything that stands in your way, particularly when it blocks you from achieving emotional balance or spiritual progression.

The **Griffin** swoops in as your Spirit Animal when you need enlightenment. When the creature comes to you as **Ziz**, the **Gryphon** from **Jewish** myth, it is a creature so large, it blocks sunlight, but it can equally allow the sun to shine down upon the earth when it chooses. **Griffin** arrives in this guise when you do not see what you need to in a situation or relationship, or the creature comes to reveal hidden elements about a condition, circumstance, or relationship.

Deities, including **Hera**, **Artemis**, **Athena**, **Nemesis**, **Apollo**, **Zeus**, and **Astarte**, all hold the **Griffin** as sacred. As **Lord of the Earth and Sky** and a Divine Guardian, **Griffin** helps you hone your psychic senses. So, if you’ve lost focus on your spirituality or you want to develop a more intense connection with Spirit, **Griffin** can show you the path to do so. **Griffin** will also appear to you when messages are coming from otherworldly realms.

GRIFFIN TOTEM ANIMAL

With **Griffin** as your Totem Animal, you have a majestic presence, a vibrant aura, and people look to you for guidance. You have Eagle-like vision, both in a physical and extrasensory sense, so you can see things clearly or foresee conditions before they unfold.

You have the mind of a scholar. People with the **Griffin** Animal Totem haven an unquenchable thirst for learning, particularly when you’re studying subjects of a metaphysical sort. With **Griffin** as your Birth Totem, you make an exceptional role model and often protect those who find themselves the underdog. If someone crosses you, however, you’re not one who forgives or forgets with ease.

You love all things of beauty and have an eye for the luxurious. The belongings you have are your treasures, which you cherish greatly. You will protect what you own at all costs.

GRIFFIN POWER ANIMAL

When you’re in a situation requiring a leap of faith, invoke **Griffin** as your Power Animal. The creature is the King of All Birds and the Lord of the Sky. **Griffin**’s intimate connection with the Air Element makes it the ideal Being to support you when you must override tumultuous emotions with cool intellect and just jump right into a situation or relationship with both feet.

Call on **Griffin** as your Power Animal in matters requiring mental or brute strength. **Griffin** is as strong as eight Lions, and one hundred Eagles—there are stories of the creature carrying away full-size oxen and horses to its nest. The mythic beast supports you when you are facing rigorous tasks requiring vigor but also when you must steel yourself against an emotional storm.

Petition **Griffin**, as a Power Animal, whenever you want to establish sacred space. The creature makes its nest out of gold and hides precious gems within it, thereby building a home of the finest materials on earth. It then defends the space most fiercely from would-be intruders. **Griffin** is, therefore, the ideal Animal Ally for defining your boundaries and creating an area that’s uniquely your own.

GRIFFIN DREAMS

Griffin arrives as a Spirit Animal when you need protection. The creature is at the ready with fierce talons to destroy or ravage anything it attacks. **Griffin** materializes when you need help tearing through obstacles or breaking down anything that stands in your way, particularly when it blocks you from achieving emotional balance or spiritual progression.

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Jim Palmer

NON--RELIGIOUS SPIRITUALITY

... from page 8

unfair limitations and expectations about them. The world (men and women) have suffered greatly as a result of preventing women from actualizing their fullest potentialities and possibilities.

I discovered in the movie that I was completely ignorant about **Barbie** the doll. The **Barbie** doll represented all the possibilities of what it could mean to be a woman. As early as **1965** there was an **astronaut** and **space scientist Barbie**.

Barbie has been a teacher, veterinarian, member of the armed forces, business executive, doctor, police officer, computer engineer, architect, paleontologist, judge, etc. **The Barbie doll line** has evolved over the years to be culturally diverse, body image diverse, has included women with disabilities, and been inclusive all around.

It was men who sexualized and objectified **Barbie**. Yes, the original **Barbie** was petite, shapely, and had long legs. This was partly so the doll could be played with easily - for example, the long legs so that **Barbie** could be walked around in play.

The **Barbie** creator (**Ruth Handler**) was not intending for **Barbie** to be sexualized. *Look people (men) Barbie was a fuckin doll. Women have breasts and may be shapely in other ways. So. Get over it. There's nothing wrong with that. That doesn't mean a shapely woman (or doll) was created to be a sex object.*

Religion has historically required women to cover up their body so as not to tempt men. Maybe men instead should address the root issues that cause them to objectify women.

3. AND THEN THERE WAS ALLAN

There has been a lot of discussion about who **Allan** was meant to represent in **the Barbie movie**. The **Allan** doll was named after the son-in-law of **Mattel co-founder Ruth Handler**. The first **Allan** doll was released in **1964**. He was marketed as **Ken's** friend. In the **Barbie** movie, who **Allan** represented to me is someone who doesn't fit in... someone who is always on the outside looking in, someone who no one takes the time to really get to know, someone who doesn't feel they belong, someone for whom the labels and categories don't make sense, someone that is hardly noticed, someone who wants to be accepted, celebrated, desired and loved for who they are, someone who is likely to befriend the marginalized, victimized and oppressed because they can relate.

The **Allan** character in **the Barbie movie** deeply touched my heart, and I could relate to this character in many ways. It's that feeling that you weren't really made for this world and there is no place where you truly seem to fit. I always have my radar up for **Allans**. I consider it to be one of the greatest gifts in life to express to a **Allan** how special, worthy, and loved they are.

4. IT'S NOT EASY BEING KEN

In my view, **the Barbie film** also depicted how difficult it is to be a **Ken**. Some of the key questions for men I got from the movie are:

What does being a man mean, once the traditional patriarchal scripts are torn apart?

What would it mean as men to heal our broken mindsets, attitudes, beliefs and relationship with women?

What would it mean to not be threatened by women or competing against women, but to see women as our allies and cultivate mutually empowering relationships?

Where or what is our true source of worth and identity as men?

What would it mean to grieve and heal from the confusion, hurt, dysfunction and loss of how we once did manhood and masculinity?

...continued on page 33

HERB CORNER

... from page 11...

psoriasis. In the digestive system it helps promote healthy digestion; it enhances appetite and reduces gas and bloating.

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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.



ABRAHAM HICKS

... from page 7...

Esther Hicks

Isn't that the way it goes? So the reason that humans lose their way is because they're looking for love in all the wrong places - they're looking for guidance from the humans that surround them rather than the Source from which they came. But no one ever temporarily loses their way without feeling negative emotion, so isn't the answer explaining what the negative emotion means, and then encouraging someone in the direction of positive, good feeling emotion?

QUESTION: I'm all for the positive good feelings. I just think that as a jumping off point into this creation of all that we are we could have a little more innate sense of who we are from the get go, and hold that easier I guess is...

ABRAHAM: It's innate, but you know, you enjoy a meal after you've been hungry so much more than when you've been satiated for days and days and days and days. We don't want to say to you it's just that way, accept it, but it's just that way (Fun), accept it. It's just that way, accept it. We want to help you to tip toe into it by acknowledging that satisfaction does feel good, and to begin noticing the correlation between the way you feel and the thought that you've been thinking.

We break it down to you, and there's always a teacher among you who will explain the bigger picture to you. And it's like our friend was explaining - she's walking down a hallway on her way to something else when a light is blinking that says "Here's part of your path, here's part of your path." Now, she stopped; she stopped. But your question implies there's no path. Well, there is a path - she prepped her path, set herself up a meditation spot and was walking past it when it called her in a way that she could receive it.

Isn't the question (and you said it pretty well) why am I oblivious to my Guidance? And we say because you're willing to not feel good. And then you say why am I willing to not feel good? And we say because you're willing to please someone else rather than yourself.

Well, why was I willing to please someone else rather than myself? Because they have puffed up really big, and they have laid down rules really strong, and they have become a driving force among the masses that is doing it the hard way, but they have some momentum going. And most humans would rather feel negative emotion than no emotion at all, because you can feel power in that anger, you can feel power in that mob; you can feel power in it.

Well, how do you ask for that softer, sweeter Energy if you haven't experienced something that you innately know is different? In other words, when someone is offering hate, the reason that it hurts you so much is because you innately know that you are the basis of love and that they are, too.

So, you never lose your Guidance, and sometimes you have a sort of rough time, and then you call the likes of us or the likes of you, and we all do our best to explain it to each other. But really, everyone is born diving in or jumping in, as you say, with this triad of intentions of freedom and growth and joy - you are so free that you can choose bondage, expansion or growth is inevitable, but that joy is a choice.

And that's what we wish for so many, that they could at least accept that it is good to feel good. And how you ever got cross-ways of that, that's the big question - "How did I get cross-ways of believing that if it feels good that it isn't, and that if it feels bad, that it is good? How did that get going?" And that's a question that you might want to ask.

This may answer this question easily: Humans, in your quest for answers and success (from our perspective success is joy, but you get to choose what you think it is), you want to catalog and pigeonhole everything, so you make piles of everything.

So your humanity, from the perspective of most of you, is there's a pile of Republicans and there's a pile of Democrats, there's a pile of Catholics and a pile of Protestants, and so forth. And there are piles and piles and piles and piles and piles and piles and piles and piles and piles and piles and piles and piles, and whatever pile you're standing in usually you think is the correct pile, and you usually feel some distress about all the other piles.

...continued on page 29 ...



ABRAHAM HICKS

... from page 28...

Esther Hicks

And you bang around with each other and create wonderful Vortexes in the process, but then you revert to your miserable piles.

We want you to understand that from the perspective of Source there are two piles - with all of humanity in this moment (which is all there is, is this moment), Source sees all of humanity in one of two piles, either under the influence of Source or not.

That's it. And in every one of those other piles, there are those under the influence of Source or not; in every one of those piles. With Democrats, some of them are under the influence of Source and some not, as there are with Republicans. There are really only two piles, and it's happening in this moment. And the answer to what you're reaching for is to approach life with sensitivity to how the Source within you is viewing your moment in time.

Now, consider this - you said something so right: Coming into this physical body you were very excited and very eager, and very knowing your power and your strength and your worthiness - you knew all of that. And so, in you come; splat. And then you move around and you come to some of your own decisions and determinations about things, and you add to your Vortex (which is already well underway even before you got here).

And as you're moving around in your physical body, everyone from Nonphysical - all those dearly departed (especially those who have something to do with you, whether it's a subject that you're interested in or even a family bloodline, it doesn't matter) are, from their Nonphysical perspective, right out here with you on your Leading Edge; right there with you every step along the way. You're not separated from them other than that you might not know that they're there and you might not be feeling for them.

So then the question is (what we like to put to all of you) are you feeling for that influence, or are you checking out the opinions of the other physical humans? Which pile are you a vibrational match to?

As you recognize this Nonphysical Energy, and you associate what it feels like when you are in vibrational alignment with it, then your heading gets stronger, then your readings are stronger, then you can tell where you are more, so that it's not the loudest voice that you're following, it's the voice that resonates the most within you. It's not the largest pile that entices you, it's the moment in time the feels the best.

Nothing is more delicious than to be in your physical body just dancing from pile to pile to pile while in tune with Source Energy, finding the best in everyone because that's what your Inner Being sees, and that's only what your Inner Being sees.

And then there's a sort of tipping of the fulcrum, a sort of flipping of your attitude about physical life experience, and then your question is "How could anyone not be just deliciously devouring this physical experience, where anything and everything that you've sifted out and put into your Vortex, your pile of what you're asking for, is being offered to you at precise and perfect times so that there's just this steady acknowledgment of my human personal value as the Universe graces me with one more wonderful thing and another and another and another and another and another and another."

And I make this promise to everyone who's listening who's interested or not, I like this Leading Edge, and I'll always come to this Leading Edge, and the contrast is the best part of the Leading Edge, and the contrast builds the Vortex, and I have within me Guidance that has always been there, and I've always known it was there. And nothing will lead me back to my Guidance of feeling good faster than not feeling good."

It is working. It's working just right, don't you think? It's working just right. Can you imagine it working better? If you can, it'll be that. If you are in these bodies and you are imagining it better, then you're putting it into the Vortex, and all that is Source is behind you on that, and that's why life gets better and better and better and better and better. And it does, and it does.

...continued to page 44...



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

... *from page 19*

Yoga is meant to be the process of unification. In this treatise, **Patanjali** explains a precise method of achieving this union no matter what faith one has. It is not a religion as believes in one Divine Essence.

Chitta is most important to understand. It is a storing disc, a disc of consciousness, a disc full of knowledge. A disc in the subconscious mind which has all our past experiences. We cannot access it because we do not know the code words. The **chitta** is like a computer and unless we have a program we also cannot access our computer hard drive which has everything in it for us to use.

We have sense organs, like eyes, but they do not see, they need the organ of sight, but still they do not see. Only when the mind processes both with the help of the ego do we see. The **chitta** or mind stuff takes these and creates circular waves of the mind or **vrittis** according to the programs within the chitta.

We also have impressions left behind in our subconscious mind. These may be referred to as mental and emotional patterns which we acquire from our day-to-day activity or from previous lives that make up our conditioning and traits. These subliminal impressions, or neuropathways, create grooves that are difficult to resist.

Thoughts travel through them and create either positive traits like the desire for selfless actions, or they can also be negative, as in the mental patterns that underlie low self-esteem and self-destructive relationships. They are not passive but a highly dynamic force in our psychic life. They constantly propel consciousness into action and create **vrittis**.

These subliminal impressions in our mind may not be what we are really thinking of or wish to think of. There is a background of thoughts that we may or may not wish to have. The question remains "are we really our thoughts?" Our mind never stops thinking.

When we are not actively engaging the mind these subliminal impressions are running in the background. Since every thought sends out a vibration and becomes a magnet for similar vibrations, we hope to be aware of what we think. But we are not!

These groves are created by our neurons. We have three main ones, motor neurons that control the muscles, sensory neurons that stimulate our senses and inter-neurons that are pathways for connecting them together.

These process the information that we receive and propel us to act, respond emotionally and create sensations. These become imprinted pathways of memory.

These pathways are like road maps and travel the most frequent paths without our knowledge and affect how we respond to situations and thoughts.

Every response to external stimuli then falls into the most dominant groves, which we may or may not be in tune with at this particular time in our life.

Every thought we have creates a neuropathway. This is how our brain stores thoughts. Repetitive thoughts travel the same pathways. Just as we usually travel the same route to work or any other place we go frequently, these pathways also take the same route over and over. This then will create habits.

When as a child we associated reward with a cookie to feel good then now when we wish to feel good we automatically reach for a cookie. Each time it deepens and strengthens this neuropathway, which eventually becomes an automatic response without thought. Part of our lives are lived without consciously making it happen. This is why it is so difficult to change habits and to change our so-called destiny.

... *continued to page 31...*



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

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If we follow the same path of the mind we will attract similar situations and our mind. We will also attract similar people and situations, confirming our choices without our knowledge. Hence the saying “birds of the same feather flock together.” The good part is that the brain can change and adapt; it is called **neuroplasticity**. This change requires vigilance. This is why **Yoga** requires we have control over our mind.

The **chitta** or our mind stuff is only an instrument that sends out thoughts. The real person, the Soul, is the force working behind this mental instrument, allowing it to work. Therefore, the Soul, is acting behind the mind, our instrument.

Although **chitta** exists in every animal, from the lowest to the highest, it is only in the human beings that we find the intellect. It is our intellect that can take us back to our purest state. The **chitta** is always trying to get back to its real state, but the senses draw it away.

Our senses and desires create more and more thoughts and groves which subconsciously affect how we see the world around us. Essentially we are a prisoner to our neuropathways. When we study the mind we can become a free agent to program and reset our neuro pathways, forming desired real change.

Patanjali has outlined a program of **Ashtanga Yoga** that will set us free and clear our mind of unwanted pathways and bring us back to our Real Self, the true person we really are.

In the next article we will discuss **vrittis** or thought waves as a continuation of this question “what is **Yoga?**”



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MICHELLE WHITEDOVE

...continued from page 13...

DEAR MICHELLE,

I've heard of people being able to access their past life records to help them heal from traumas. Is this an effective method?

~ **Counselor in Chicago**

Dear Counselor,

Most people have reincarnated thousands of times: we spend eternity refining our soul through joyous events and difficult spiritual lessons. As a pioneer in Past Life Regression, psychiatrist **Dr. Brian Weiss** found that that he could hypnotize a client and take them back in time to the person's trauma. Once his client re-experiences the event as the cause of their modern day fear or phobia, then the person may release that pain and heal. This is a wonderful method although many people are not easily hypnotized.

A reputable spiritual medium who accesses past lives can be an effective method for healing. Because "Spirit" is leading the session, great detail can be given about past life trauma, what was the deeper lesson and how to let go of pain that no longer serves the soul.

Just know that glimpsing a past life is not usually glamorous; it's going into the trenches to re-experience a misdeed or hardship. The emotion that is brought forward helps to heal your wounded soul by understanding the difficult lesson for personal growth... but it's well worth the journey.

DEAR WHITEDOVE,

Brought up as devoutly religious, the concept of reincarnation is totally foreign to me. Why do most religions scoff at the notion but many New Age people believe that we have more than one life?

~ **Growing in Georgia**

Dear Growing,

Many religions debate whether Reincarnation is fact or fiction. Eastern philosophies have maintained their belief in reincarnation and soul migration throughout the centuries but in the Western world it's a newer concept. As we individually evolve and grow spiritually it's important to examine our core beliefs. Through my connection to Spirit, I discovered that reincarnation is truly a central element of our eternal journey.

In fact the concept of reincarnation as justice for earthly misdeeds is an excepted truth by **Jewish Kabbalists**. They believe that souls reincarnate to complete a certain task, repay a debt, or to rectify a wrong doing.

Even though the **Christian Bible** has been edited and oppressed throughout the centuries, you can still find traces of reincarnation. In **John 9:1-3** The disciples observe a man who was BORN BLIND, and asked of **Jesus** whether the man himself or his parents sins, that caused his blindness. This question asks: if a baby was born blind, was it his previous sin that caused it or his parents. Previous Sin would mean previous life sins because a newborn baby could not sin.

Then in **Matthew 17:11-13** The disciples tell **Jesus**: the scribes say that The True Son of **God** will not come until **Elijah** returns. **Jesus** replied: "I tell you that **Elijah** has already come, and they did not recognize him.' Then the disciples understood that he was speaking to them about **John the Baptist**." This is a reference by **Jesus** that **Elijah** was the reincarnation of **John the Baptist**.

I've come to realize that my personal belief system is ever evolving. I know that **The Law of Reincarnation** is the journey of the soul, lifetime after lifetime of polishing and refining our spirit to perfection in Heaven and on Earth.

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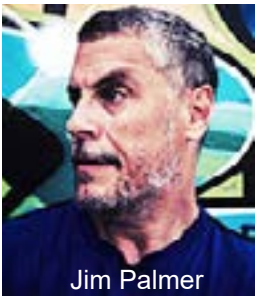


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NON-RELIGIOUS SPIRITUALITY

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5. TAKE MY HANDS. CLOSE YOUR EYES. NOW FEEL.

I don't think I can ever forget the ending of **the Barbie movie**. There **Barbie** was - wanting to give up all the scripts, and the pressures to be perfect, all the denials, pretense, inauthenticities, filters, and fake smiles of her made-up **Barbie world**. She asked **Ruth** what she needed to do to say goodbye to **Barbie world** and be human in the real world. She was told to close her eyes and feel... to feel it all... to feel what it really meant to be human.

The deal with being human is that there is 10,000 joys and 10,000 sorrows. You don't know what will kill you first, the beauty of the world or the sorrow of it. The sorrows don't prevent the joys, and the joys don't spare you of the sorrows. Look, it's not easy for anyone to leave **Barbie world** and be real. But after seeing and feeling all of it, **Barbie** said, "Yes." What is that "yes"? It's the "yes" of truly being present for it all. Being all there.

Maybe what I learned most from **the Barbie movie** is the need to say "yes" to being human and lived human experience... all of it. Maybe that means learning how to say "yes" to the joys and sorrows of your own life, and saying "yes" to the process of healing and becoming more whole inside. Maybe it's also men and women saying "yes" to each other - "yes" I am sorry if I hurt you, "yes" I want to start over and learn what it means to truly accept, love and be there for each other.

I love my daughter more than anything else in this world. I am so proud of the woman she has become and is becoming each day. There are so many good, beautiful, extraordinary and brilliant parts of her. The deepest wish in my heart is for her genuine happiness. The **Barbie** movie invited me to carry that wish in my heart for every woman.

"Yes."

Jim Palmer



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."

... from page 6

Find something fun to do or go volunteer and help somebody but take time off with some worthy endeavors so that you can get your head right so that when you DO attract this new partner, they're not a complete drama queen and you don't once again repeat the klusterfuk of a relationship you've been through the last four times.

YES, I GET MY BUBBLE BURST AT TIMES

I was asked, "When I'm all happy and content, how can someone come along and burst my happy bubble?"

**** Answer **** Because mindfulness is a moment by moment choice. They will be just a passing blip on the screen of your life, unless you detain them and flood them with power-giving attention.

If someone irks you, that just means you've let your focus wander. Get your self talk back under control and your aggravation will soon drop. You'll notice your pain is caused, not when a troublesome thought surfaces, but by your conscious choice to follow the troublesome thought.

By your conscious choice to re-activate your pain by staying on the topic both in your mind and with your friends. Stop being ticked at anyone you think can steal your happiness. They don't have that much power over you until you give them power by your repeated thoughts and words. They were just a passing blip on the screen of your life, until you detained them by giving them attention.

"As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those." Louise Hay.



Andrea

For me, it's a daily practice. Enjoy our offering this month. Hari Om.

HOROSCOPES SEPT 2024



ARIES – (March 19 – April 18)

Aries: Astral Climate for September 2024

For some, it's about managing the return to routine and household matters to ensure everything runs smoothly within the family. Others grapple with conditioning, fears from the past, finding themselves stuck in their daily actions. Some are finally settling lingering matters that hinder them from envisioning the future.

Aries: Mood for September 2024

You feel like you're dragging anchors. A certain weariness sets in facing the responsibilities to be shouldered. Don't let yourself be overwhelmed by a gloom that fades away towards the end of the month.

Aries: Love for September 2024

Venus urges you to be attentive to the expectations of others, but you struggle to break free from a burdensome daily grind. Various conscious or subconscious blockages weigh you down. You regain the energy to innovate starting from the 22nd.

In a relationship: a somewhat gloomy return where you struggle to get going again. It's only towards the end of the month that you feel the desire to break free from a past that holds you back.

Single: you feel stuck, but await a more dynamic end of the month that could liberate you from recurring burdens.

Aries: Money for September 2024

Don't expect a stroke of luck to lift your spirits. Just do what you can.

Aries: Work for September 2024

You still feel tethered to emotions from the past, which bind you in a climate more constraining than fulfilling. Put things into perspective; by the end of the month, energy and motivation return.

Aries: Leisure for September 2024

Instead of going around in circles, break free from a depressing routine. Don't hesitate to hit the pause button from time to time. You'll find that the world doesn't collapse as a result.

Aries: Key dates for September 2024

The 3rd: beware of clumsiness due to haste. Think before you speak and act. The new moon invites you to approach the return with a willingness to serve the community.

The 12th: don't place too much importance on yourself, as doubts arise regarding your selflessness. Redouble your zeal and efficiency in managing family affairs.

The 15th: an atmosphere of tenderness and complicity fulfills your romantic expectations. So, capitalize on this supportive sky to reignite the flame, confess your feelings, or charm.

The 21st: if you're unsure about the relevance of your initiatives, refrain from acting rather than risk making a mistake, speaking out of turn.

The 30th: engage in constructive dialogue in business or at home. You assert yourself with authority and succeed in addressing sensitive topics within the family.

Aries: Advice for September 2024

You feel like you're dragging and approach the return with a more gloomy than enthusiastic mood. Don't let yourself be beaten down because starting from the 22nd, energy and determination return.

TAURUS – (April 19 – May 19)

Taurus: Astral Climate for September 2024

Some are engaging in lively yet creative exchanges with their loved ones. Others encounter resistance when trying to present their projects. Yet others wield their arguments to achieve their goal: asserting their worldview and the independence they claim. It's up to them to convey their messages without offending sensitivities.

Taurus: Mood for September 2024

Facing your desire to express your talents, to show what you're capable of, you cope with blockages that restrain your momentum. Don't give up, because from the 22nd, Mars gives you the ability to convince even the most reluctant.

HOROSCOPES SEPT 2024

Taurus: Love for September 2024

If you want to help the whole world, you may encounter personal obstacles in realizing your projects. By the end of the month, you're assertive in making yourself heard.

In a relationship: You struggle to involve your partner in your dreams, to convince them to support your projects, but you don't hesitate to make decisions for everyone.

Single: The atmosphere slows down and blocks your momentum. Despite a desire to charm, to shine, you deal with obstacles that frustrate you. You become more convincing towards the end of the month.

Taurus: Money for September 2024

If a lack of resources is hindering your progress, wait until the end of the month to restart discussions. Your determination will help you get what you demand.

Taurus: Work for September 2024

If you're not lacking in ideas, enthusiasm, or creativity, your return may be hampered by exasperating delays in executing your plans. Keep the faith, because from the 22nd onwards, you'll gather arguments to bounce back.

Taurus: Leisure for September 2024

If you notice that nothing is changing socially, temporarily retreat into your own world. Cultivate a hobby, develop your creativity.

Taurus: Key dates for September 2024

The 1st: Expanding your horizons is yet to be finalized, it's a freedom to seize and a mode of operation to reconsider to turn a new page in your personal story.

The 7th: Expect discussions and tensions in the family, as your desires for change and autonomy are neither understood nor accepted. To be welcomed favorably, present them diplomatically.

The 8th: Some obstacles slow down a project that will only be accomplished over time. Be patient without feeling trapped by events.



The 15th: Your goodwill, your desire to serve the interests of the community, simultaneously serves your own. Rely on your open and benevolent spirit.

The 22nd: Your talents and charisma exalt your merits and promote your social ascent; you climb the ranks.

Taurus: Advice for September 2024

The month progresses slowly, and this pace frustrates you. Be patient until Mars restores your energy from the 22nd onwards.

GEMINI – (May 20 – June 19)

Gemini: Astral Climate for September 2024

Some are expending their energy to address financial matters and managing household affairs efficiently. Others are facing hurdles in their professional lives that are negatively impacting the atmosphere at home. Yet others are channeling energy that leads to clumsiness and hampers a real possibility of expansion.

Gemini: Mood for September 2024

Your return isn't very cheerful. You struggle to meet demands at work, tempted to give up, and your low morale affects your family's mood. Thankfully, towards the end of the month, you regain the desire to fight.

Gemini: Love for September 2024

Obstacles are slowing down your progress in your professional life and dampening your spirits. Forget about work-related issues at home to avoid bringing down the mood. Towards the end of the month, you'll start picking up momentum as you resolve your problems.

In a relationship: Leave your work worries at the office, don't bring them home, preserve a bubble of tranquility to recharge yourselves. Starting from the 22nd, you can bounce back.

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HOROSCOPES SEPT 2024



Single: Too preoccupied with your slow-moving affairs, you're not feeling very proactive romantically. Preserve yourself by indulging in relaxing moments with family. From the 22nd onwards, your energy returns.

Gemini: Money for September 2024

It's only towards the end of the month that you regain the strength and energy to defend your interests effectively. In the meantime, keep your spirits up and have faith.

Gemini: Work for September 2024

Saturn slows down the pace. You feel overwhelmed by the responsibilities, unable to rise to the challenges. Wait until the 22nd, you'll be able to showcase your talents and merits once again.

Gemini: Leisure for September 2024

Do you really feel like distracting yourself? Yet it's by putting temporary problems into perspective, giving yourself some breathing room, and enjoying good times that you escape this prevailing gloominess.

Gemini: Key dates for September 2024

The 3rd: Don't try to force your way through; you might go astray and sow mistrust in the minds of your superiors or those around you who don't appreciate your methods.

The 12th: Sure, you have charisma that helps you leave an impression, but don't overdo it. If you need to discuss finances with family, show authority without seeking to dominate the discussions.

The 15th: An ideal day to talk about love, rekindle the flame, or ignite it in the heart of someone you're interested in, don't miss out.

The 21st: If your projects, your ideals seem unclear to those around you who doubt you, don't impose your worldview on them. Wait for your moment.

The 24th: Unconscious elements, surprising events help you clarify somewhat opaque family relationships. Trust your intuition to uncover secrets or facilitate exchanges.

Gemini: Advice for September 2024

Focus on doing what you can, but without exhausting yourself or feeling guilty about relative powerlessness.

CANCER – (June 20 – July 21)

Cancer: Astral Climate for September 2024

Some have a beautiful energy and easily convince those around them, while others encounter resistance that slows down their activity. Finally, some wait to have a clear mind before diving in, to avoid overestimating their power and improve their living conditions at the end of the month.

Cancer: Mood for September 2024

Don't get discouraged and wait until the end of the month when the energy returns, and courage soars.

Cancer: Love for September 2024

You're experiencing difficulties communicating about your ideals, nothing is easy, neither your words nor the listening you receive. By the end of the month, you regain the desire and strength to assert yourself and overcome the hesitations.

In a relationship: exchanges with your surroundings are not perfect. Wait until the end of the month to restart discussions.

Single: it's not the best time to seduce. The connection struggles between you and others. Count on regained energy at the end of the month to regain confidence.

Cancer: Money for September 2024

Be content with what you have and wait until the end of the month to demand anything.

Cancer: Work for September 2024

It's difficult to convey your messages without encountering misunderstandings. By the end of the month, you reconnect with a more combative mindset.

Cancer: Leisure for September 2024

Take time to recharge and distance yourself from the surrounding gloom.

Cancer: Key dates for September 2024

The 7th: beware of risky speculations, your bold projects are too costly. Seek compromises through essential exchanges instead.

HOROSCOPES SEPT 2024



The 8th: rely on communication to overcome obstacles hindering your path. Your ambitions are legitimate, but they will only come to fruition with time. Don't give up.

The 15th: behind the scenes, things are evolving privately. You have every reason to hope for discreet yet effective support in your projects.

The 19th: there is a good rapport between you and an entourage eager for your ideas and projects. Present your arguments to make people want to follow you.

The 26th: you convey your messages in a way that strengthens, improves, and transforms your couple, associations, and connections.

Cancer: Advice for September 2024

Wait until the end of the month to regain energy and get back in the game.

LEO – (July 22 – August 21)

Leo: Astral Climate for September 2024

Some leverage their strategy to progress, calmly preparing for the future while others struggle to evolve in the face of financial obstacles that resist. Some must moderate their fervor if they wish to see their situation evolve without offending anyone.

Leo: Mood for September 2024

Harmony seems to reign within a circle open to dialogue, but you encounter resistances that depress you a little on the material plane. Hold on tight.

Leo: Love for September 2024

Venus fosters harmonious exchanges between you and your loved ones, but you are absorbed by financial matters to resolve. You don't have much time to spare for your loved ones.

In a relationship: while you debate to promote your values and defend your interests, you lack availability to devote to your loved ones.

Single: you have a lot to do to address certain pending material issues. You don't have time to test your seductive power on those you like.

Leo: Money for September 2024

Saturn currently blocks any attempt to broaden your horizons. Wait until the end of the month to activate levers that work and open up perspectives.

Leo: Work for September 2024

Saturn slows down your progress, reduces your means, or freezes your finances. You encounter insurmountable obstacles. Wait until the end of the month to take actions that could unlock the situation.

Leo: Leisure for September 2024

Avoid withdrawing into yourself when you realize your powerlessness to change things on the material plane. While waiting for better days, gather around you loved ones and friends who cheer you up.

Leo: Key dates for September 2024

The 3rd: before committing to a project, make sure you have the means, secure your back to avoid misjudgments.

The 12th: it is by negotiating in the shadows, by acting discreetly that you will succeed in positioning yourself fairly and proportionately. The time is right to test your strategic talents.

The 15th: you communicate with enthusiasm about a project that opens up perspectives. Your contagious enthusiasm allows you to win the support of your loved ones.

The 18th: the full moon invites you to transform what needs to be done to move forward. Some must avoid asking for too much, risking hitting a wall.

The 30th: it is by using your energy, quietly advancing your pieces. Rely on your eloquence to convince and seduce.

Leo: Advice for September 2024

It's a stressful month, but don't give in to discouragement. If nothing moves, if you feel stuck, from the 22nd, the tide turns.

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HOROSCOPES SEPT 2024



VIRGO – (Aug 22 – Sept 21)

Virgo: Astral Climate for September 2024

Some are rushing to accomplish a project, while others are facing communication issues. Nothing is straight-forward, and exchanges seem empty. Some are seeking to advance their careers but must not overdo it if they want to be accepted by all.

Virgo: Mood for September 2024

If you feel ready to embark on a new cycle of expansion, you're hardly accompanied in your endeavors. You find it difficult to convince your partners to follow you or even to listen to you. This atmosphere is somewhat depressing, but don't despair, as from the 22nd, you'll regain your vigor.

Virgo: Love for September 2024

You aspire to make yourself heard, to express your expectations, but you may encounter obstacles. It's only through your determination that you'll manage to reconnect by the end of the month.

In a relationship: you feel somewhat alone in the world, communication with your partner is difficult, if not severed. You'll only succeed in reestablishing genuine constructive dialogue by the end of the month.

Single: you struggle to establish a connection with a circle that doesn't understand you and frustrates your expectations rather than fulfilling them. Wait until the end of the month to try again.

Virgo: Money for September 2024

This isn't the ideal month to seek support from anyone. Wait until you've regained some energy and confidence to ask for help.

Virgo: Work for September 2024

Whether in love, friendship, or at work, you feel lacking in support and restricted in your ambitions. You only regain a conquering energy from the 22nd onwards, allowing you to communicate more assertively, with the assurance of being heard.

Virgo: Leisure for September 2024

Opt for recreational activities to enjoy solo since you're not very solicited, and if you are, your partnerships don't meet your expectations.

Virgo: Key dates for September 2024

The 8th: Try to step out of your bubble so that exchanges don't fall apart and aren't at a standstill. If communication seems difficult, it's not a reason to withdraw into yourself.

The 15th: Your talents and merits are recognized, praised, and rewarded; your popularity reaches new heights. Don't hesitate to showcase yourself.

The 19th: You aspire to broaden your horizons, to change jobs, or even your life. Rely on your personal radiance to assert your ambitions and convince others it's in their interest to follow you.

The 21st: Don't disrupt the frequency by making everything about yourself, risking sowing doubt. Avoid saying too much to maintain your credibility.

The 26th: You find the words to evolve your relationships. Whether with your loved one, your children, or someone you want to attract attention from, your words leave an impression.

Virgo: Advice for September 2024

The beginning of the school year is marked by gloom rather than an Indian summer. To avoid getting depressed, don't try to make contact. Work alone and wait until the 22nd to resume more productive exchanges.

LIBRA – (Sept 22 – Oct 21)

Libra: Astral Climate for September 2024

Some are stepping back and preparing to launch a new cycle of expansion while others are facing obstacles in managing heavy responsibilities. Some are also not immune to mistakes and must think before speaking and acting.

Libra: Mood for September 2024

You lack enthusiasm, you're quickly overwhelmed by events, and some even feel exhausted. Don't take this situation too seriously because starting from the 22nd, Mars gives you the ability to accomplish a lot, quickly and efficiently.

HOROSCOPES SEPT 2024

Libra: Love for September 2024

Daily life feels a bit sad and gloomy. If you feel burdened, Venus, however, strengthens your personal radiance. Take advantage of this to warm up the atmosphere.

In a relationship: despite undeniable charm, you tend to feel downcast faced with daily tasks that you consider as hindrances preventing you from enjoying life. Consider seeing the glass as half full rather than half empty.

Single: you have no shortage of arguments to seduce, but you don't really feel like celebrating. You have a feeling of helplessness that needs to be put into perspective to end the month on a good note.

Libra: Money for September 2024

To hope to enrich yourself or at least improve your daily life, wait for the sky to clear at the end of the month.

Libra: Work for September 2024

Take a step back from a daily routine that weighs heavily on your morale. Certainly, you deal with an extra load of responsibilities, but if you persevere, by the end of the month, you'll regain control.

Libra: Leisure for September 2024

Take advantage of increased personal radiance to charm others, to showcase yourself. Take care of yourself. A little massage, a thalassotherapy weekend, or simply time at home would do you a world of good.

Libra: Key dates for September 2024

The 3rd: torn between the desire to serve the interests of the community and the desire to assert your ambitions, you're conflicted. If you're unsure about the actions to take, wait until you see things more clearly before making a decision.

The 8th: unidentified and hard-to-avoid obstacles prevent you from acting as you wish. Try to identify where they come from to better overcome them.

The 15th: your charm, your personal radiance serve your romantic ambitions. You can aim high to evolve an ongoing story or find the perfect match.

The 21st: prefer to take time for reflection rather than getting lost and arousing suspicion from your surroundings that doubt your loyalty.



The 30th: a well-used authority allows you to accomplish a lot and meet the expectations of the community as well as your own.

Libra: Advice for September 2024

September doesn't leave you with unforgettable memories, but that's no reason to feel down. Use this downtime instead to take a step back from daily life and draw valuable lessons from the past.

SCORPIO – (Oct 22 – Nov 20)

Scorpio: Astral Climate for September 2024

Some want to shape the future according to their own ideas, relegating their emotional life to the background. Others struggle to balance their desire to broaden their horizons with a certain restraint that stifles their enthusiasm and creativity. Still, others navigate between the desire to fulfill an ideal and the need to consider the desires of others.

Scorpio: Mood for September 2024

You want to evolve in a project that matters to you, but slowness and frustration discourage you. Towards the end of the month, lacking a smile, you find the energy necessary to fight.

Scorpio: Love for September 2024

You doubt yourself and who you love. A long-term project distances you from your partner or your romantic aspirations. You become more persuasive towards the end of the month.

In a relationship: Communication is difficult with your partner, their perspectives divide you, and you're not on the same wavelength. Towards the end of the month, you regain the strength and desire to convince.

Single: More cautious, less spontaneous, you find it difficult to share a vision of the future that is not unanimous. It is only towards the end of the month that you reconnect with the necessary fervor to pursue your own projects.

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HOROSCOPES SEPT 2024



Scorpio: Money for September 2024

You don't think about asking for anything and you know how to make do with little without seeking support. Wait until the 22nd, you quickly get back on track.

Scorpio: Work for September 2024

If you want to express your creativity, everything moves slowly. You lack enthusiasm, confidence in yourself, and in your ability to build a better future. Towards the end of the month, you regain your enthusiasm.

Scorpio: Leisure for September 2024

Your creative impulses are restrained, your talents suppressed, and your morale is low. To escape from the gloom, retreat into your own world and cultivate an art or activity that will distract you from the prevailing dullness.

Scorpio: Key dates for September 2024

The 7th: Avoid saying too much, as you irritate everyone and make those around you want to flee. It's better to remain silent than to add fuel to the fire.

The 12th: You passionately defend a project and don't hesitate to assert your ambitions. Some should avoid forcing things until the tide turns in their favor.

The 15th: Urgent desires drive you, but reflection is necessary. Learn from the past to put your love life on the right track. Some are tempted by a clandestine romance.

The 19th: Some of your ideas inspire others to follow you into new experiences. Take them along into your universe.

The 26th: You share your perspectives. The depth of your thinking and the clarity of your vision convince your loved ones that your proposals are worth considering and that your aspirations are legitimate.

Scorpio: Advice for September 2024

Avoid giving in to discouragement because from the 22nd onwards, your energy will soar, along with your ability to achieve what matters to you.

SAGITTARIUS – (Nov 21– Dec 20)

Sagittarius: Astral Climate for September 2024

Some people use strategy to assert their power. Others, faced with heavy family burdens, see their progress slowed. Still, some must avoid openly challenging authority and their partners if they want to be encouraged rather than hindered in their ambitions.

Sagittarius: Mood for September 2024

You may start the month burdened by family responsibilities that require your attention and commitment. You sometimes feel immobilized, but you don't want to evade. By the end of the month, Mars gives you energy and the desire to push boundaries.

Sagittarius: Love for September 2024

Returning to work without delay and with good resolutions, problems and family responsibilities may weigh heavily. They hinder your professional ambitions. However, by the end of the month, you manage to be effective on all fronts.

In a relationship: Family responsibilities prevent you from acting freely, but you must be present. By the end of the month, you regain a relative freedom of movement.

Single: You don't appreciate the somewhat gloomy atmosphere of a return marked by family and private responsibilities. Wait until the end of the month to get out of this situation.

Sagittarius: Money for September 2024

You probably have other concerns than money, unless you have some financial problems to deal with, related to property, inheritance, or real estate investment.

Sagittarius: Work for September 2024

If you aspire to pursue your ambitions, put yourself at the service of a family that demands a lot from you. Fortunately, starting from the 22nd, Mars allows you to effectively fight on all fronts.

Sagittarius: Leisure for September 2024

You neither have the time nor the desire to have fun because you have too much to do with your family to think about enjoying yourself. However, try to escape as soon as possible to get some fresh air and change your mind.

HOROSCOPES SEPT 2024

Sagittarius: Key dates for September 2024

The 3rd: Tense exchanges within the family. Before imposing anything, clear your thoughts and speeches.

The 8th: Your desire to shine in society is accompanied by family responsibilities that tarnish the picture. Try to put things into perspective.

The 15th: An exciting project appreciated by all. It's time to partner up, get married, conceive a child, or start a family.

The 22nd: Some use their resources to improve their situation, while others should avoid overestimating their financial capabilities.

The 24th: Don't hesitate to use bold methods to make yourself noticed and appreciated. Your originality helps you leave a lasting impression.

Sagittarius: Advice for September 2024

The return seems more autumnal than summery. To manage the responsibilities that await you, start by putting things into perspective, take a step back to find the right solutions without dramatizing.

CAPRICORN – (Dec 21 – Jan 19)

Capricorn: Astral Climate for September 2024

Some find it effortless to defend their positions and interests, while others struggle to establish effective communication with those around them. Don't adopt a too rigid mindset when faced with individuals who are unreceptive to your arguments. Some may overestimate their chances of achieving their ambitions and exhibit their heightened creativity and boldness to score points.

Capricorn: Mood for September 2024

Neither very talkative nor enthusiastic, you simply want to be taken seriously, and you are. Perhaps a bit too much for your surroundings, which might find you austere, even uptight. Count on Mars from the 22nd onwards to assert yourself with authority.

Capricorn: Love for September 2024

There's a disconnect between you and your partner; your demands and austere communication discourage connection. From the 22nd onwards, a rather authoritative Mars helps you defend your viewpoints, but not to smooth things over.



In a relationship: Despite your efforts, convincing your partner to embrace your ideas and projects remains difficult. You present everything in a utilitarian light, which doesn't ignite the other's imagination.

Single: You're not feeling inspired, hence not very adept at charming someone you like. You might come across as a bit stiff, not fun, which pushes others away rather than drawing them towards you.

Capricorn: Money for September 2024

Avoid laying claim to anything. Not only are you not very inspired, but you tend to cool down the atmosphere rather than warm it up.

Capricorn: Work for September 2024

If you have ambitions and aspire to broaden your horizons, your straightforward communication overlooks your colleagues' need to be persuaded. And in terms of glamour, you're not at the top!

Capricorn: Leisure for September 2024

You're more inclined to retreat into reading or any solitary activity. You prefer solitude because it's not certain that others seek your company.

Capricorn: Key dates for September 2024

The 7th: Even if you aspire to spice up your love life, to escape routine, don't inject too much whimsy into the mix, risking a dampened atmosphere and eventual weariness of your demands.

The 15th: Your willingness to serve the community assures you of growing popularity. It's time to rally and bring happiness to all.

The 18th: Difficulty in communication undermines your chances of convincing higher-ups that you're up to the task. It's not the best time to boast about your merits.

The 21st: You're a bit vague in showcasing your goals. It's hard to grasp where you're headed. Before asserting your ambitions, make sure you understand all the ins and outs.

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The 30th: A clear mental clarity and determination to convince allow you to leave a lasting impression. You're relentless in achieving your goals.

Capricorn: Advice for September 2024

A dull start awaits you. Not very open to others, you display a withdrawn attitude, without a real desire to communicate. To avoid feeling lonely in the world, loosen up a bit.

AQUARIUS – (Jan 20 – Feb 17)

Aquarius: Astral Climate for September 2024

Some rely on a sharp strategy to manage their affairs and advance their career plans. Others must contend with slow progress that hinders their momentum and demands patience. Yet others feel that all is well in family and business matters but should avoid putting pressure to achieve more.

Aquarius: Mood for September 2024

The blockages you face are frustrating. Do not let a sense of frustration settle in. At the end of the month, Mars reactivates your fighting spirit and helps you persuade effectively.

Aquarius: Love for September 2024

Venus heightens your romantic aspirations, but you must deal with setbacks that hinder your progress and full flourishing.

In a relationship: You are eager to evolve your partnership, but you are held back by challenging financial circumstances that may curb your romantic gestures.

Single: Venus increases your desire for meaningful connections, but financial issues obstruct your pursuits.

Aquarius: Money for September 2024

Financial matters pose a problem for you. You feel constrained and see no way out of this crisis. Wait until the end of the month to rally.

Aquarius: Work for September 2024

You are not lacking in inspiration or desire to broaden your horizons, but your requests and expectations may encounter obstacles. Wait until the end of the month to regain a more combative spirit and navigate around the issue.

Aquarius: Leisure for September 2024

Try to escape from surrounding pressures by taking breaks outdoors. Take the time to refresh your mind to be ready to bounce back.

Aquarius: Key dates for September 2024

The 7th: Be wary of potential conflicts in the family where exchanges turn into confrontation. If household management doesn't please everyone, listen to others and don't impose anything.

The 15th: You aspire to evolve your relationships, to live meaningful stories. If you're single, keep an eye out and, most importantly, open your heart. If you're in a relationship, it's time to take your partner on an adventure.

The 18th: Your demands fall flat, financial negotiations fail, even if you're convinced you have the right arguments.

The 24th: By employing subtle strategies, you can make changes within the family. If you need money to finance a project, this is the right day.

The 26th: A slow but profound inner transformation allows you to understand how to act to your advantage without making mistakes, to evolve your destiny positively.

Aquarius: Advice for September 2024

The start is complicated by material concerns that persist and keep you under pressure. Wait until the 22nd when Mars strengthens your energies to effectively re-engage.

HOROSCOPES SEPT 2024



PISCES – (Feb 18 – March 18)

Pisces: Astral Climate for September 2024

Some claim their right to decide for themselves, without avoiding the other's speaking time and the possibility of dialogue. Others struggle to keep the lines of communication open. This attitude leads them to a dead end if they refuse to take a step towards the other. Finally, some seek to improve their living conditions but tend to want to control everything without allowing the other to give their opinion.

Pisces: Mood for September 2024

Saturn invites you to prioritize your inner construction. This work distances you from an active social life and eventually weighs down your spirits. You only regain your enthusiasm and desire to convince towards the end of the month. Better late than never.

Pisces: Love for September 2024

You tend to ignore the other person during this time of reintegration where contact with the outside world is difficult. Make an effort to initiate a dialogue that allows you to break out of your isolation. Towards the end of the month, exchanges resume, but in a more of-fensive rather than tender manner.

In a relationship: You are not warm, the connection is problematic. You have difficulty connecting with your partner, communicating. Consent to take a step towards them.

Single: In a rather somber mood, you are more inclined to withdraw into yourself than to exercise your seductive talents. Make an effort not to feel too alone.

Pisces: Money for September 2024

Profit, recognition, the desire to shine, to possess, these are concerns very distant from yours, which consist of knowing who you are and positioning yourself in the world around you.

Pisces: Work for September 2024

If you struggle to communicate with the world around you, you risk boring your interlocutors, colleagues, and superiors who find you uncommunicative, and even a bit useless. Fortunately, at the end of the month, you regain the desire to show your capabilities.

Pisces: Leisure for September 2024

You prefer to play solo rather than frequenting gatherings, mingling with your faithful circles. Unless you find someone capable of understanding and dealing with your moods.

Pisces: Key dates for September 2024

The 3rd: Avoid displays of strength within the family. Your mind is not very clear, and you risk triggering an open conflict.

The 12th: Take a step towards the other, dialogue is advised. Assert your ideas, your desires, but let your interlocutors speak. In the family, refrain from playing the tribe chief.

The 15th: It is by using benevolent strategies that you change things within the family. Opt for a gentle approach to gather support and evolve your private life.

The 21st: People have a little trouble figuring you out, grasping where you're coming from; confusion reigns in exchanges. Dialogue is necessary to reach a consensus on a project concerning your family life.

The 30th: You are not inclined to give up your ideas and projects. Avoid being too self-centered and seek a compromise.

Pisces: Advice for September 2024

A somewhat gloomy reintegration that you are going through rather solitary, both out of preference and out of necessity to focus on the essentials. You seek to redefine who you are based on lessons learned from the past.



Esther Hicks

ABRAHAM HICKS

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A PLANNED TIME OF DEATH

QUESTION: Thank you. OK, here's my question: Do we, as humans, have a predestined way or date of how we die?

ABRAHAM: Nope.

QUESTION: So it could just happen any time.

ABRAHAM: Yup. (Fun)

QUESTION: Any place.

ABRAHAM: We've talked about this Nonphysical part of you that was you before you came into this physical experience, and yes, you have all kinds of intentions coming in. So your Vortex that we've been talking about, this Vortex of deliberate creation, there was plenty there that you put there from your Nonphysical perspective. So then you get here and you continue to add to it.

There are two points of attraction, really - you are really one, but the blending of your vibrations could be described as two points of attraction. In other words, there's your Source Energy - that's who You really are - and there's who you're being in any moment. And the emotions that you feel, whether it's anger or love or some other emotion, is all about how blended you are in that moment of emotion with your Inner Being.

So, as you are living your life, your intentions from Nonphysical are what you would call general by your physical standards - they're things like I want to enjoy myself, and I want to be an uplifter, and I want to be uplifted.

And that's the enjoyment part - I want to be uplifted, and therefore I want to teach by the clarity of my example. I want to uplift, I want to expand, I want to

experience more; I want to deliberately and consciously experience more. And so, those are those general intentions. Then, as you're living in your physical body, to the degree that you are asking and allowing, then you're constantly making new decisions as you move along.

The reason that this question is tricky for human ears to hear is because even though you may have been listening to us and others for a while talking about the eternal nature of your being, and that there really is no death, still, most humans see death as an unwanted thing.

And we want to ask you, do you see complete blending with who You are as unwanted? Do you feel a complete emersion into Pure Positive Energy - is that unwanted? We like it when you say, as Esther says on a regular basis, "Several more decades, please," because she is loving life here and now. She's allowing the wholeness of who she is to focus within her, and so she's experiencing this wonderful hands-on creative experience.

But with someone who innately knows the beauty and the power of their beingness who is not allowing it, then maybe the path of least resistance is to reemerge into Nonphysical.

And it's like when you leave this room at the end of this gathering: So here we are together and we're having a very nice time, and when you leave, you will not stand at the doorways and look back and yearn to never leave this room. You'll be on to what's next, and on to what's next, and on to what's next. And that's really how the Nonphysical feels about you in these physical bodies.

So that's just a sort of underpinning. Now, if you have more specifics, we're happy to address them. You define your time of death in two ways, just like everything else you do: Sometimes it's because you're ready to romp into the pureness of Pure Positive Energy, and sometimes it's because you just can't stand any more resistance. And in either case it's great.

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Esther Hicks

ABRAHAM HICKS

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BUILDING POSITIVE MOMENTUM

QUESTION: I'm looking for some fine tuning on when things need some more gestation - they're in the Vortex.

ABRAHAM: You want something that rings your bells, and the thing that we really want you to hear is that when you let something just be pleasant it's not really a big bell-ringer, but it's not a downer, either. And so, when you find something that's pleasant, something else will follow it, and something else, and something else, and something else, and something else, and something else, and something else.

You see, with that passion that you're looking for, you're really going to like this: So here's this Vortex full of ingredients - they're all in cooperation with one another - and now you've found a stick in your pile that you focused upon that had no resistance in it, and so now you have access to a whole bunch of stuff in your Vibrational Reality. You have access to things in your Vibrational Reality that in your normal, practical life you don't have access to.

And so, if it's enough for you to just feel that calm pleasure of non-resistance, then what happens is you'll begin to receive something more from this. And at first, it won't be really bell-ringing, but it will be pleasant. And if it's pleasant, that's enough.

In other words, let's just say that something that isn't negative, something that doesn't feel bad is enough, because if you can find something that's just neutral and doesn't feel bad, that's the beginning of positive momentum because you're not doing that thing that you usually do that takes it in the other direction. So now something else will come and something else will come and something else will come, but you have to be patient.

The other day we were speaking with a very nice person who was wanting more movement in her work, and she used the word vehicle in her question to us. And so we said imagine that you're in a vehicle and you're moving along, and everything is satisfying - nothing to write home about, it's not ringing your bells, not even - but it doesn't suck. It's OK, it feels pretty good, so you're just moving along.

And in that absence of resistance, the thought's not ringing your bells but it's not resistant, either. Are you following us? She looks over and thinks "Oh, there's another vehicle and it's extra pretty."

So she just moves over there and she just goes down the road a little bit - it doesn't ring her bells, nothing to write home about, but it doesn't suck. And she looks over and there's another vehicle - faster, brighter, shinier - and she just slips right into it because it's right there, and off she goes.

And then off you go, and then off you go, and then off you go. And pretty soon those bells are ringing. Do you see how it is? The breakthrough for her (and it is for you, too) was she wanted to go from this vehicle to that one, and she wanted to do it now, and Law of Attraction just doesn't help you do that, because when you reach for a stick that you're not a vibrational match to, all it does is activate where you are instead of where you want to be.

So something that just feels a little better has to be enough. Do you know why? It's all you have access to. It has to be enough. It has to be enough and it's enough. It's enough - it's the path of least resistance.

The path of least resistance is something that either leaves you where you are or feels a little better - that's the path of least resistance. But when you try to make a bigger jump than you're ready to make, then there's a backlash involved in it that keeps you eternally dissatisfied.

And a striver like you, someone with a clear mind like you have, someone who focuses powerfully like you do, someone who's practical like you are, you keep shooting yourself in the foot. Helpful?



SETH SPEAKS

... from page 16...

The awareness of plant life lies along these lines. In a deep trance there is oblivion afterward. That is, the subject, though fully aware of what is going on while in deep trance, can remember nothing of it afterward.

The awareness of plant life is also like the awareness of a subject in deep trance. Except for the suggestion and stimulus received by regular natural forces on your plane, the plant life does not bestir itself in other directions. But, like the subject in trance, our plant is aware. Its other abilities lie unused for the time and latent. But, they are present.

The awareness is focused along certain lines. The energy is likewise focused. Much of the ability, again, is suspended as for a subject in a trance. But, consciousness is present. Your hybrid plants merely demonstrate this susceptibility to new suggestion which your plant, like your susceptible trance subject, will gladly follow. I will have more to say along this road of thought but am detoured for just a moment as to which fork to follow.

(Break at 21:43. Jane felt that Seth wanted to go on but had so many points of departure to choose from that he couldn't decide which to pursue first. "I can feel him buzzing around," she said just before she resumed dictating at 21:50.)

As you have probably supposed by now, there is consciousness in everything. Visible or invisible to you, each fragment of the universe has a consciousness of its own. Pain and pleasure, the strongest aspects of all consciousness, are experienced strongly by every fragment, according to its degree. Differentiation is, of course, various. And, it is in the degree of differentiation that consciousness is different.

In some fragments, such as much plant life and vegetative life, there is strong use of certain inner senses. Your rocks I will call vegetative. Rocks are far from lifeless. Other types of life, including your own, rely on the recognized outer senses. The ideal, of course, is a consciousness that is adept at using both the inner and outer senses fully.

Your tree lives through its inner senses, experiencing many sensations and reacting to many stimuli of which you are unaware. Minute earth tremors, even the motion of small ants about its lower trunk, are recognized and experienced by tree consciousness. Such invisibili-

ties as humidity, radioactivity, and all electrical earthly values are felt as quite real things by your tree and recognized as being separate from the tree itself.

A tree knows a human being, also. Not only, for example, by the weight of a boy upon its branches but by the vibrations in the air as adults pass, which hit the tree's trunk at varying distances, and even by such things as voices. You must remember my earlier remarks about mental enzymes and my remark that color can sometimes be heard and sight be seen.

In drawing up his list of so-called natural laws, I have said that man decided that what appeared to be cause and effect to him was, therefore, a natural law of the universe. Not only do these so-called laws, which are not laws, vary according to where you are in the universe, they also vary according to what you are in the universe. Therefore, your tree recognizes a human being, though it does not see the human being, in your terms. To a tree the laws are simply different. And, if a tree wrote its laws of the universe, then you would know how different they are.

The tree does not even build up an image of man, which is why this is difficult to explain. I have no intention of going deeper into this matter than you can follow at this time. Nevertheless, the tree builds up a composite sensation which represents, say, an individual man. And the same tree will recognize the same man who passes it by each day.

Beside the recognized outer senses and the inner senses, of which you are just now beginning to gain knowledge, there are other inner and even outer senses, which you are not quite ready to understand.

They deal with finer distinctions than you know now, being somewhat of the nature of your body's ability to sense another person's aggression. As your body senses temperature changes, so it also senses the psychic charge not only of other human beings but, also, believe it or not, of animals.

And, to a lesser extent, it senses the psychic charge of plants and vegetative matter. Your tree builds up a composite of sensations of this sort, sensing not the physical dimensions of a material object, whatever it is, but the vital psychic formation within and about it.

Size, however, is sensed by a tree, perhaps because of its inherent concern with height. The table around which Ruburt (Jane Roberts) now walks senses Ruburt even as Ruburt senses the table. At a later date, I intend to go quite intensively into the means by which other fragments sense each other and man. The abilities of the tree are latent in man as are the abilities latent in the tree.

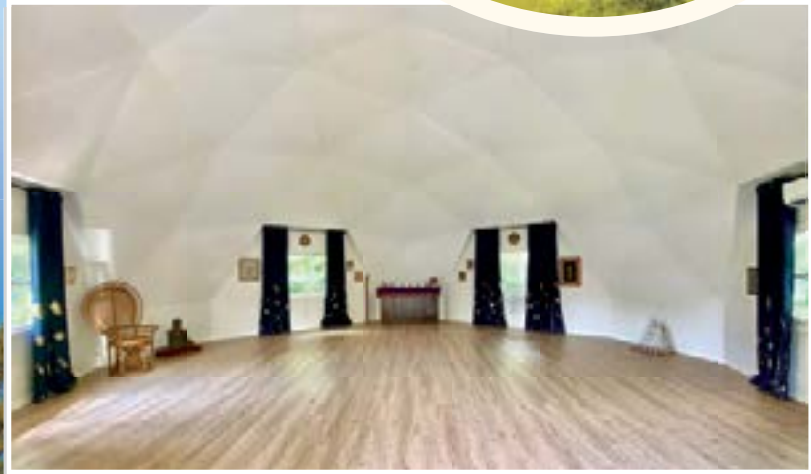


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