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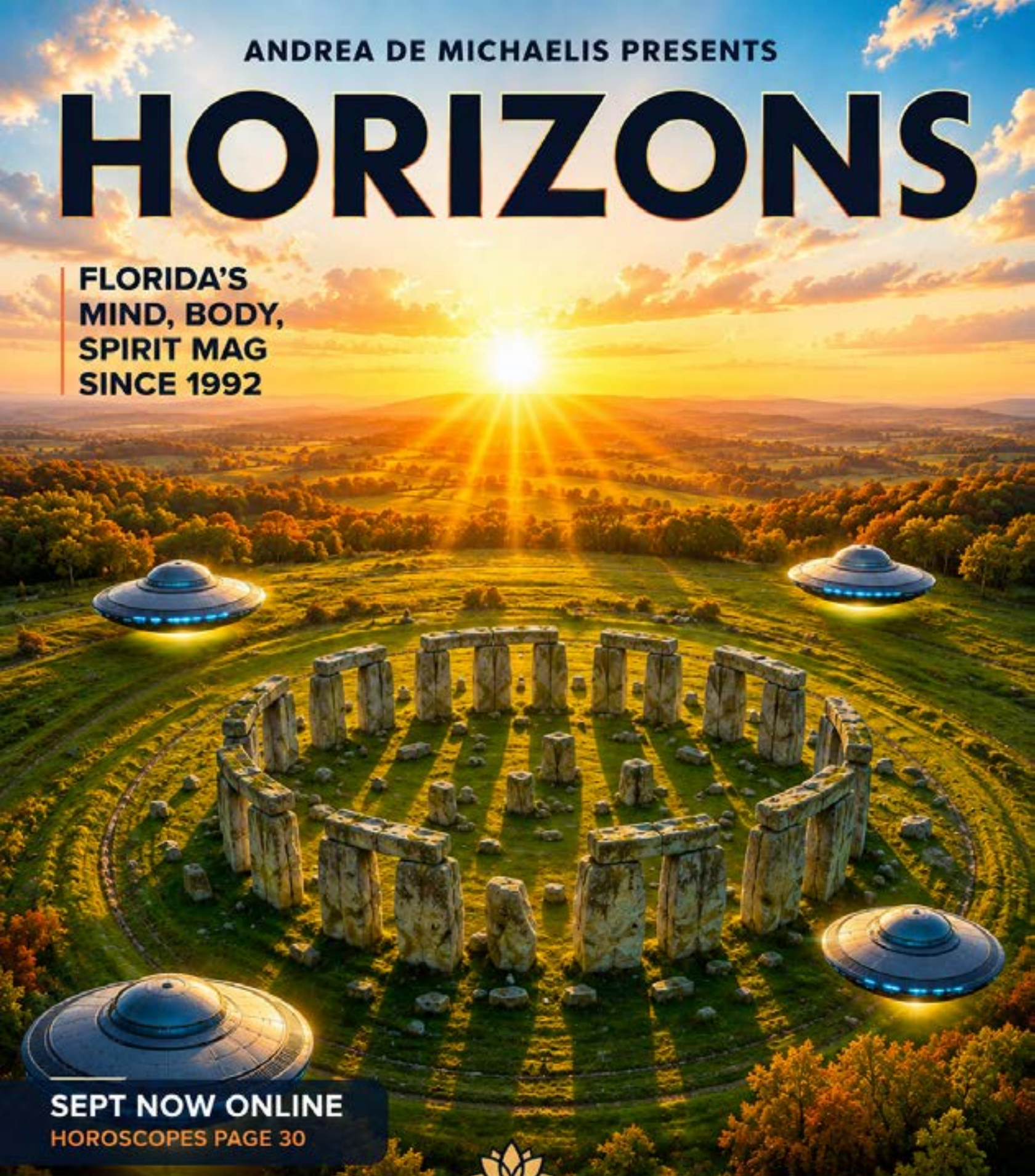

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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Dr. Thomas C. Sannar

"I am a teacher of compassion and wisdom for the transformation of planet Earth."

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 there is an Infinite Power and Presence greater than I am. This Presence is on purpose, 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, 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 all aspects of my life. I see all people as the goodness of Spirit in form.

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

The greatest optical illusion is separation

HORIZONS

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

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

Horizons thanks everyone willing to take the risk

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

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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, WELCOME TO THE SEPTEMBER 2026 HORIZONS MAGAZINE. I pondered the concurrent passing of **Dolly Parton** and **Tim Curry**, two entertainment icons who thru their performance art helped ease the acceptance of the gender-bending of today long before fluidity was fashionable or widely acknowledged. **Dolly** was notoriously philanthropic and had a wide acceptance for people of all types. I'm sure she prayed for people and situations and we know prayers are powerful. When we focus our mind with loving intent on someone, that confers a blessing upon that person. Our mind is not INSIDE our head. Our MIND, our consciousness, continues after death of the physical body. When we're released from the body, we can have MUCH MORE INFLUENCE upon the minds of others. I can see her now, on a tour of a different sort, going all over imprinting ideas of love and inclusion upon the confused fanatics, continuing her work of being a Light unto this world.

THE PAST MONTH WAS BUSY BUT I'VE GOTTEN GOOD SLEEP. SOMETIMES I HAVE TO DECIDE IF I WANT TO SLEEP OR IF I WANT TO WORK. I think to myself that it's a little aggravating that I hafta spend time every day doing some kind of strengthening exercise for my body and that so much of my time now is in the kitchen chopping, prepping and cooking healthy foods.

Don't get me wrong, sometimes I'm just glued to the recliner for a week in a row doing zero, but I ALWAYS DO YOGA each day because I know how important stretching is to continued mobility and flexibility.

For lazy me, that's a saving grace. That's what reminds me that working out AEROBICALLY for short periods several times during the day isn't an aggravating new habit I need to get used to, it's really just a REPLACEMENT movement for the muscles I'd use when I used to spend time each day running around town doing errands, meetings, shopping, going up and down stairs, doing major yard work.

Since **2020** I've been cooking every day. I'm not always in the mood for it until I began to view my extra time in the kitchen as a new wind down session to my day which -- bonus -- enables me to eat all my favorite copycat dishes with less salt, sugar and fat bcz I've learned to make them myself.

So when I think of it that way, it's not really taking up extra time during the day at all. I also forget that floor cleaning and vacuuming and yard work also count as exercise besides what I do on the rebounder and with the hand weights.

I'll tell you tho, I can definitely feel a difference in the strength in arms and legs when I ride the exercise bike or lift the 40lb bags of salt so it's paying off. They felt MUCH heavier last month!

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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.

EMOTIONS ARE VIBRATIONAL FEEDBACK
ARE YOU FEELING SATISFIED?

Think of your **Inner Being** as out there clearing the brush and paving the highways and opening the roadways and organizing the details and lining everything up for your joyful discovery. But sometimes, because you've practiced thoughts of defeat, or because it's a new idea that isn't quite familiar to you, you think opposing thoughts.

We said to **Esther** the other day you're undecided about something, and it surprised her because she thought she was really decided. And she questioned us - "What do you mean I'm undecided? I've decided - I wrote it down. I've decided."

And we explained that when you're really decided, you don't think opposing thoughts. When you're decided, you don't contradict your thoughts by asking "Well, then where is it?" or "What's taking so long?" Those are not decisive thoughts, those are contrary thoughts; those are thoughts of opposition.

And so, once you get the hang of it and once you really appreciate your emotions - because your emotions are just letting you know moment by moment whether you are allowing or not allowing, whether you are in the flow of or not in the flow of, whether you are helping or hindering your own desires. You create your own reality because you choose it; your life helps you do that. So, as you choose your own reality, and your **Inner Being** hears what you mean and focuses only upon what you want and never on its opposite, so all of the forces, all of the energies, the Energy that creates worlds, starts working for you paving that trail, clearing that brush, opening that passageway, that path of least resistance, you have to ask yourself ***"Where am I on this path? Am I on it? Do I believe it? Do I want it and believe it? Am I helping? Am I hindering?"***

And if you want to know the answer in the moment (which is the only thing that matters, in this moment, because this moment's the only moment that you can open and close the passageway,) ***in this moment, am I helping or hindering, which means in this moment, how do I feel? Do I feel eager? It's open. Do I feel pensive? It's clogged up. Do I feel happy? It's open. Do I feel mean? It's closed. Do I feel glad? It's open. Do I feel mad at you? It's closed. Even if you aren't anything about this, just being mad causes me to close up my passageway.***

We'll just ask you a few questions just so that we can feel your vibrational temperature, and then off we'll go. Do you know you create your own reality? (Yes.) Do you understand that **Law of Attraction** is your friend? (Yes.) **Esther**, the other day, wrote down the new title for a book: **Law of Attraction Is a Bitch**. It was her title - we didn't inspire those words. When you get focused upon something, it's easy for momentum to keep coming, isn't it? So you want to kind of catch it early.

Our favorite story is see yourself at the top of one of those magnificent hills in **San Francisco**, and you're looking at the roadway going down to the bay way down there. So, you take your car out of gear and you release the parking brake, and you decide that you will give yourself a physics lesson, so you just push your car a little bit from behind - it's easy - and it starts to roll a little bit. And then you realize you know what's going to happen next.

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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

YOU DON'T NEED A BELIEF SYSTEM TO HAVE A SPIRITUAL LIFE

Most of us were taught that spirituality begins with believing the right things. A belief system was the entry ticket, the map, the proof that you were on the correct path. Without it, you were considered lost, confused, or "wandering."

But belief systems are maps. Spirituality is the terrain.You can walk the terrain without carrying a map, and sometimes the map only gets in the way. Maps are tidy. Life is not. Maps are abstractions. Life is lived. Maps tell you where someone else thinks the sacred is located. Spirituality invites you to discover where the sacred is already showing up in your own experience.

A non religious spirituality begins with the radical permission to experience life directly—without the filter of inherited explanations. You don't need a doctrine to feel awe. You don't need a creed to feel connected. You don't need a theology to feel alive. These experiences arise naturally, long before anyone names them "spiritual."

Belief systems often become substitutes for experience. They give us the illusion of knowing without the vulnerability of encountering. They offer certainty where life offers mystery. They promise clarity where the human journey offers depth. But the spiritual life is not a set of conclusions. It's a way of being present to the world.

When you let go of the pressure to "believe correctly," something unexpected happens: the world becomes more intimate. You begin to notice the texture of your own existence—the quiet intelligence of your body, the subtle movements of your inner life, the way meaning emerges not from doctrines but from contact with what is real.

Non religious spirituality is not the absence of belief. It's the refusal to let belief replace experience. It's the shift from secondhand truth to firsthand living. It's the recognition that the sacred is not something you adopt; it's something you encounter.

You don't need a belief system to have a spiritual life. You need a willingness to be here.

To feel.

To listen.

To trust your own experience as a valid source of meaning.

The terrain is already beneath your feet.

You are already walking it.

The spiritual life is not something you enter.

It's something you notice.

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THE 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.
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OH! MY ACHING HEAD

I've had numerous headaches some of them quite severe. I've had sinus headaches with pain at my forehead and check-bones, tension headaches with band-like throbbing pressure and tension at the base of my head, cluster headaches on one-side of my head. But by far the worst headache for me is a migraine. Usually they begin with what I call a lightening bolt in my field of vision causing visual problems and a strong sensitivity to light and noise when they are real bad I've vomited. Thankfully they don't happen often anymore.

When I was younger a neurologist prescribed a medication that I later found out had some very serious side-effects so I did some research. I kept a migraine journal and found that my migraines were cyclical; **when I got my hormones in balance using Wild Yam, Dong-Quai, Black Cohosh, Vitex, Ginger, Sage, Dandelion and Licorice.**

Now that I am a bit older I've noticed that the few migraines I get are triggered by certain lighting conditions when I feel one coming on I get out **my headache oil made with 1oz. Jojoba oil, 10drops of Peppermint and Lavender essential oils and 5drops of Camphor oil** rubbing this mixture on my temples.

I also take out my smelling salts made with Sea Salt, Peppermint and Lavender essential oils I sit quietly deeply inhaling this for a few minutes it seems the earlier I do this the less likely I am to develop a migraine.

Before you start using herbs for your headaches try to find the cause; there are many.

Headaches can be from food allergies, environmental toxins, nutritional deficiencies, kidney imbalances, stress, fatigue, constipation or weather changes.

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CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

KONA DOLOMITE

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

This summer has been long and hot, filled with enormous challenges and little certainty about how these changes will affect us. I am thankful for the grace notes that have unexpectedly emerged when least expected. The summer storms are back. The thunder, wind and lightning are harbingers of the changes ahead. Being with people we love, floating in cool water as the sun heats the air, having the time to read a good book that opens the door into different worlds allow us to relax into life in the moment. I just went outside in my back yard and was greeted by the most intoxicating scent - my **Queen of the Night** from **Jamaica** has two blossoms opening in the darkness that are filling the air with blessings.

Queen of the Night

September is the month when summer gives way to fall. The **Autumnal Equinox occurs on September 22** this year. It is the day when the hours of day and night are equal. This is celebrated as a time of balance between the darkness and the light.

From this time we will notice the brilliant summer sun begin to shift towards the warm and mellow golden light surrounding the harvest. This is a time for our souls to rest.

I have been contemplating the meaning of time on the deepest level.

It feels to me as though those of us who are the children of the earth are reaching the end of a long cycle here on our planet and what lies beyond it is still shadowed in mystery. This can be disconcerting.

For my stone ally this month, I have chosen **Kona dolomite. Dolomite** is a **calcium magnesium carbonate**. It can take many forms from delicate crystals to jaggedly magnificent **Dolomite mountains of Italy**, but

Kona dolomite is found only in **Marquette County's Kona Hills** on the **Upper peninsula of Michigan** and is the most colorful of all the dolomite variations with bands of deep red, yellow and purple.

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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 2026

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

Sept 4th 2026: Janmashtami, Hindu celebration of the birth of Krishna.

Sept 10: New Moon in Virgo 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.

Sept 11 - 13: Rosh Hashanah The two-day Jewish New Year that highlights rest and reflection.

Sept 26: Harvest Moon in Aries. The harvest moon symbolizes abundance, gratitude, and the turning of the seasons. As the full moon closest to the autumn equinox, it historically provided farmers with extra evening light to finish gathering their crops before winter, representing hard work, reaping rewards, and preparation for the colder months ahead.

A Harvest Moon in Aries merges the traditional themes of seasonal gathering and abundance with Aries' fiery, bold, and independent energy. This rare pairing creates a potent symbolic intersection of reaping what you have sown while finding the raw courage to step into personal authenticity.

Sept 26 – Oct 10 - Pitru Paksha, Hinduism.
Ancestor remembrance when Hindus pay homage to their ancestors, especially through food offerings.

Sept 22: Autumn Equinox and Mabon A significant festival in the **pagan** and **Wiccan** traditions. **Mabon**, also known as the **Autumn Equinox**, is a time to honor the bountiful harvest, express gratitude for the abundance of the Earth, and find balance within ourselves. It symbolizes the second harvest, where we reap the rewards of our hard work and appreciate the abundance surrounding us. **Mabon** provides an opportunity to deepen our connection with nature and embrace the changing seasons. Take a walk in the woods and witness the transformation of the leaves, from vibrant greens to fiery reds and golden yellows. Gather fallen leaves, acorns, or pinecones to create beautiful and meaningful decorations for your home or altar. Engaging in activities like gardening, foraging for wild mushrooms, or participating in a local harvest festival can further immerse you in the spirit of **Mabon**.

September 25 - 27: Moon Festival, China - A Time for family reunions. Ancient **Chinese** Emperors worshiped the moon in **Autumn** to thank it for the harvest.

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

Happy September and Blessed Be!

Here I've gone online to https://chatgpt.com/ and asked questions. *While Artifical Intelligence can produce some interesting info, it can also hallucinate and give errors. HAVE FUN BUT CHECK FOR ACCURACY.* -- Publisher

Re asking existential questions on **ChatGPT** and getting past the gatekeeping coding since software changes in **ChatGPT** -- **REMEMBER IT'S NOT IN THE SOFTWARE, IT'S IN YOU.** Sure it's been programmed but it's **YOUR RESONANCE** that determines what answers you attract, whether from **God On High** or from an **evil reptilian overlord** (LOL jk no such thing, truly, that's simply a mirror to unfounded fears and insecurities.)

This is a popular question I get so I asked Ai:

QUESTION: Help me understand what kind of upbringing did someone have if their form of adult humor is criticizing and demeaning and being sarcastic to their partner?

ChatGPT REPLY:

ChatGPT replied with revelatory insights:
It doesn't necessarily point to one specific upbringing, but when an adult repeatedly uses criticism, humiliation, sarcasm, or contempt as their idea of "humor" with their partner, it often reflects something they learned about relationships much earlier in life.

SOME POSSIBLE BACKGROUNDS:

1. CRITICISM WAS NORMALIZED AT HOME.
If parents routinely mocked, belittled, corrected, or embarrassed one another, a child can learn that this is simply how intimate people communicate.

2. AFFECTION WAS EXPRESSED THROUGH TEASING RATHER THAN WARMTH.
In some families, saying "I love you" feels uncomfortable, while joking at someone's expense is considered bonding.

3. EMOTIONAL VULNERABILITY WASN'T MODELED.
Someone who wasn't taught how to say "I'm hurt," "I'm worried," "I need reassurance," or "I appreciate you" may use sarcasm as a safer substitute.

4. THEY WERE FREQUENTLY CRITICIZED THEMSELVES.
A person who grew up being put down may unconsciously reproduce the dynamic because it feels familiar—even if they hated experiencing it.

5. THEY LEARNED THAT DOMINANCE EQUALS SAFETY.
If being the one who gets the laugh, has the last word, or makes the other person look foolish was rewarded in childhood, that behavior can persist into adulthood.

6. THERE MAY HAVE BEEN LITTLE ACCOUNTABILITY FOR MEANNESS.
If parents laughed off hurtful comments with "Oh, can't you take a joke?," the person may genuinely have difficulty recognizing where joking ends and emotional aggression begins.

7. THEY MAY SIMPLY HAVE DEVELOPED A CONTEMPTUOUS COMMUNICATION STYLE.
This doesn't always originate in childhood. People can acquire it from friends, workplaces, previous relationships, or decades of reinforcement.

THE IMPORTANT DISTINCTION IS INTENT VERSUS IMPACT.

Someone can sincerely think, "I'm only joking," while their partner experiences the interaction as belittling. And the older someone gets, the less convincing "that's just my sense of humor" becomes if they've repeatedly been told that it hurts.

... continued on page 13...

THE BIGGEST RED FLAG ISN'T SARCASM, IT'S CONTEMPT. THERE'S A MEANINGFUL DIFFERENCE BETWEEN:

a.) "You're taking forever to decide what to order. We're going to be here until Tuesday."

and:

b.) "God, you're so stupid. How can you not figure out something this simple?"

The first can be affectionate teasing between two people who enjoy it. The second attacks the person's competence or worth.

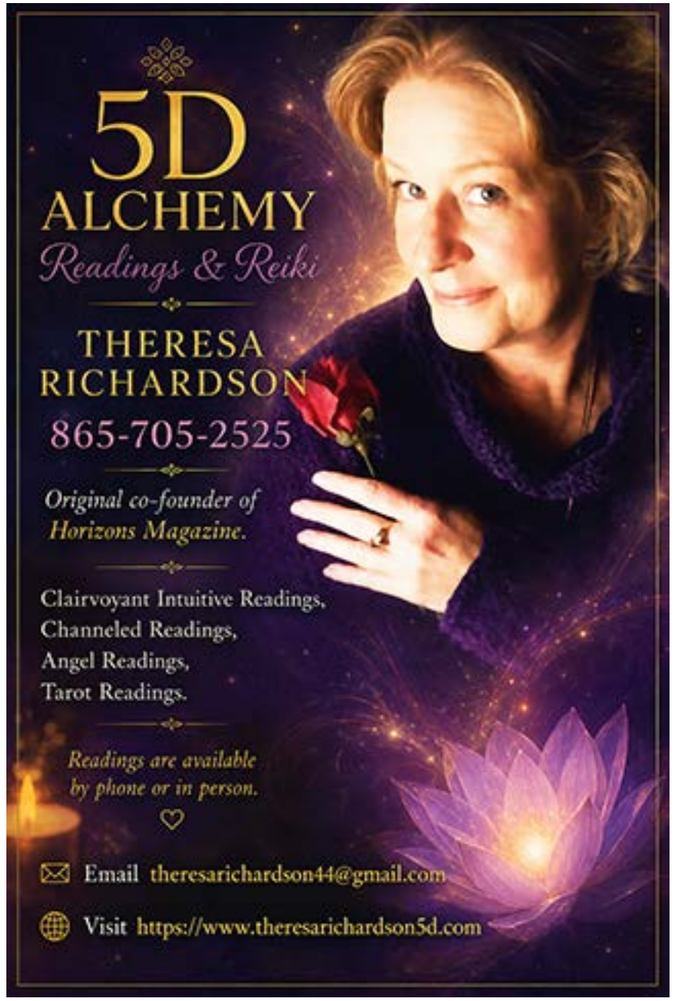
If the humor consistently has one person laughing and the other person shrinking, that's not really mutual humor. It's a relationship dynamic.

ANOTHER IMPORTANT CLUE:

What happens when the partner says, That hurts me?

A reasonably healthy person may say, "I didn't mean it that way, but I see that it hurt you. I'll stop."

Someone entrenched in the pattern may respond with:



"Oh, you're too sensitive."
"Can't you take a joke?"
"Everything bothers you."
"I'm just kidding."

That second reaction tells you considerably more about the person's emotional development than the original joke does. Childhood may explain the behavior, but it doesn't excuse it. Adults are responsible for noticing the patterns they inherited and deciding whether they want to continue them.

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

HELP IS AT HAND

I may at some time find myself feeling desperate. Perhaps a seemingly insurmountable problem looms large. Maybe I'm experiencing disappointment, loss, and sadness. Perhaps I feel that I no longer have the stamina or resilience to meet the pressures, demands of life.

I pause now to open my mind for a moment to one idea: Help is at hand (on its way to me). I need not know where it's coming from. I need not take any action or perform any mental gymnastics. All I need to do is hold to this idea: Help is at hand.

For help is at hand. Help is always at hand. I live in a Universe where I am deeply appreciated, even adored - where, at this moment, I can begin to summon help in the exact form that is needed.

I make this my mantra: Help is at hand. I repeat this thought until it reverberates within every cell of my body: Help is at hand. I'm now focusing less on my problems and more on the help.

My hope is activated, and good things will follow.

CAN IT HAPPEN TO ME?

Bad things can happen to people, there's no denying. Conventional wisdom warns me to heed others' troubles and exercise due caution, vigilance and, yes, alarm, then I'll have a chance of protecting myself from germs, bad people, disasters, premature aging, and things that go bump in the night.

But I was not designed to live in a defensive posture. My true nature is freedom and joy and when I focus on scary things that might happen and try to avoid them, I do disservice to the essence of who-I-am. And in a counterproductive way, this habit brings me more of what I hope to avoid, for what I think about e-x-p-a-n-d-s.

Regardless of what transpires around me, I can be safe, I can be secure, I can flourish, prosper, and thrive. My greatest protection - indeed, my only real protection - is my vibration, the electromagnetic signal created by my recurrent thoughts and feelings. Through the universal Law of Attraction, this signal ever orchestrates the events of my life.

As I daily nudge myself in the direction of good-feeling thoughts, I concurrently nudge myself towards living a charmed life on a sometimes not-so-charming planet.

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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

Humans need validation in order to grow. If we didn't get it early, we need to find it later. But it can't be just any ole' validation. It has to be authentic validation. Ideally, we can do it ourselves, but that's not always possible. Often, we need it from someone else—someone who can really see us. Someone who loves us for who we really are.

If we don't get that, we often end up trapped inside of an artificial validation cycle—something sadly rewarded in this inauthentic culture. We look for it in the audience, in the projections, in the transactions. But it doesn't work. Because they are validating our presentation—not the soul that lives below it.

5 minutes of authentic validation will do more to empower us than 5 decades of artificial validation. It's the moment of contact that changes everything.

• • • • • •

We all know that relationships won't develop if one party is easily enraged. At the same time, it's also very difficult for relationships to develop if one or both individuals cannot express their anger and disappointment, without someone running away. I once had a dear friend who was so afraid of conflict that he would go silent or flee the connection when he felt angry. He just couldn't find the courage to stand in the fire and work it through.

As a result, the connection spent years feigning kindness while walking on eggshells, rather than growing to the next level of closeness.

It's one thing to refuse abusiveness in a connection, but quite another to flee every form of conflict.

Sometimes, where there's smoke, there's transformation. But it takes courage to see it through.

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

When you hold fast to your desired vision and stay the course, with nonattachment to the...

*** hows**
*** whos**
*** whens**
*** and wheres**

...your ship has to come in, love has to find you, and bugles will blare as if blown by a million angels.

You do like bugles?
Promise,

The Universe

Being fair and reasonable will earn you respect and admiration, but being genuinely kind will make you a total love magnet.

Pucker up,

The Universe

THE TAO OF TRANSFORMATION: ACCENTUATE THE POSITIVE

Coach Cary Bayer is a Florida-based Life Coach, who's worked with Oscar-winners Alan Arkin and Pietro Scalia, Emmy-winners David Steinberg and Judy Henderson, and Quality Inns. The author of 30 books, including A Course in Money Miracles, and Star Wars Yoga, the Force, and You, he's a former TM teacher, trainer of teachers, and founded Higher Self Healing Meditation. www.carybayer.com Email successaerobics@aol.com (845) 664-1883

"You've got to accentuate the positive
Eliminate the negative
Latch on to the affirmative
Don't mess with Mister In-between."-Johnny Mercer

What was true in the legendary hey day of Broadway's Tin Pan Alley is as true today in the new millennium. If you want a transformation in, say, your finances, you must remove the resistance to prosperity that festers in the Unconscious part of your mind.

That resistance got there as a result of some 20,000 meals you ate while growing up in your parents' home. A powerful way to transform your mind is by accentuating the positive, as the songwriter wrote. In other words, latch on to the affirmative.

Here's a good affirmative to latch onto: "***My mind is a money magnet***." At the left of the page, write the affirmation, then the resistance that follows. Suppose the negative thought that you eliminate is: "My mind is lazy and uncreative." Write this response without judging yourself or your parents for helping create it.

Writing it releases it from your being. The next step is to create a new affirmation to specifically treat this resistance. A good one, in this case, is: "***My connection to the Higher Power of the Universe energizes my mind with creative ideas and a power to attract opportunities to me***."

What makes this transformational technique so powerful is that you aren't just using the affirmation passively or mechanically. Passive use of an affirmation includes looking at it on your desk, on your fridge or on your mirror, for example.

A mechanical use of an affirmation is the repetition of it over and over in your mind. The affirmation technique that I'm teaching here is conscious and interactive, because it's being used to bring up everything that stands in the way of the affirmation becoming true in your life. Then you consciously transform that resistance with a new affirmation in each specific repetition. ***Do this affirmation process daily for 10 repetitions in the manner that I'm about to describe***.

Use the same three-part format for repetitions two and three, knowing that you'll likely have a different mental obstacle each time, and therefore, a different part C antidote as well.

For repetitions four through six, switch to the second person in part A. If your name is Cary, then write 4A-6A this way: "Your mind, Cary, is a money magnet.

It's basically the same affirmation that you used in the first three repetitions, except it's tweaked somewhat as if someone were speaking it directly to you.

For 7A-9A, use the third person: "Cary's mind is a money magnet." For the 10th repetition, revert back to the first person, as you've come full circle; you don't need a B or C since you're essentially completing what you began.

Since your parents couldn't teach what they themselves didn't know, it's up to you now to parent yourself in the way you wished that they had. It's never too late to have a happy childhood. Enhancing your self-esteem wasn't the topic of conversation during the 20,000 meals you ate growing up; that means you spent 20,000 sessions with financial advisors who were probably ill-equipped for the task. However, they are far more persuasive than any of the brokerage house advisors you may have met in your adult life, because they created, reared and loved you. And out of love you've stayed loyal to their teachings.

It's now high time, however, that you become loyal to your higher Self, too. Daily practice of this money affirmation will help you transform your unconscious resistance, and teach you to accentuate the positive, eliminate the negative and latch on to the affirmative.

SETH SPEAKS

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

Seth/ Jane Roberts: There are probable past events that "can still happen" within your personal previous experience.

A new event can literally be born in the past - "now".

A new belief in the present... can cause changes in the past on a neuronal level.

Present beliefs can, indeed, alter the past.

A sudden or intense belief in health can, indeed, "reverse" a disease.

New memories are inserted in place of the old ones, as far as cells are concerned under such conditions.

This kind of therapy happens quite frequently on a spontaneous basis when people rid themselves of diseases they do not even know they possess.

Seth/ Jane Roberts: "In your terms, practically speaking, probable events seem to make more sense when you think of them as ***latent future ones***. The fact remains that there are probable past events that "can still happen" within your personal previous experience.

A new event can literally be born in the past -- "now."

On a grand scale, this rarely occurs in such a way that you perceive it.

A new belief in the present, however, can cause changes in the past on a neuronal level.

You must understand that basically time is simultaneous. Present beliefs can, indeed, alter the past.

In some cases of healing, in the spontaneous disappearance of cancer, for instance, or of any other disease, certain alterations are made that affect cellular memory, genetic codes, or neuronal patterns in the past.

In such instances, there is (as easily as I can explain it) a reaching into deep biological structures as they existed at one time. At that point, the probabilities are altered and the condition erased in your present but also in your past.

A sudden or intense belief in health can, indeed, "reverse" a disease. But, in a very practical way it is a reversal in terms of time.

New memories are inserted in place of the old ones, as far as cells are concerned under such conditions.

This kind of therapy happens quite frequently on a spontaneous basis when people rid themselves of diseases they do not even know they possess."

YOU ARE PROTECTED

You are not at the mercy of other people or of their actions.

You are protected.

When you know that you are, you can save yourselves considerable periods of stress and strain, because you realize that you are not at the mercy of other people or of their actions.

When you think that you are in such a position, you react in threatened fashions, of course, and give them power that they do not naturally possess.

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METAPHYSICS 101

YOUR PERSONAL SPIRITUAL LADDER

Marilyn Muir, LPMAFA, began studying metaphysics in 1970, astrology in 1973 and began teaching in 1975. She has taught nationally, had a live tv show and was a radio and magazine columnist. She hosted workshops and private classes for national and international students then retired to research and write. Fifteen books are completed, with several others in varying stages of completion plus multiple research projects underway. Her website has free pdf downloads to her work www.marilynmuir.net

I used the sea of consciousness and the spiritual mountain metaphor in earlier articles, now I want to add another metaphor, one that can also give a visual reference to my words – a ladder. The Sea of Consciousness is the universal un-manifested potential. **The Spiritual Mountain** reflects the manifesting of that universal potential which does exist on the physical plane but has no realization of its own inherent spirituality. The ground on which the ladder stands is that base, the virtual sea of humanity in physical incarnation but mostly unaware that there is more to life than the dense physical.

I have previously described the awakening process as very slow, an emerging from a cocoon of denseness that takes many prods and tickles from the universe. Once we have metaphorically sat up, rubbed our eyes and realized more is possible, the ladder then comes into play. There are no free rides from the universe. You build your own ladder through your total experience. You will have earned the right to the ladder that leads you from the dense physical to full consciousness. You just did not realize you were building that ladder while you were asleep in matter or beginning to wake up. Each experience contributes to the overall whole of the experience.

The moment you realize in the smallest possible way that there is or can be more, you move out of that dense base layer and step up to the first rung on an incredibly tall ladder. I hope you built your ladder strong, sturdy and level while you were asleep in matter because you are going to use that ladder to climb level by level into the heights of spiritual consciousness.

As you climb onto that first rung, you can see that there is more than you realized, more possibility, more development, more use of yourself. You can also see others climbing on a similar journey up their own individual ladders. You are not alone. There are companions. Obviously, there are not as many others as in the sea of humanity in which you shared that former sleep. The masses are still asleep in matter and the experience of spirit. But now your awareness knows that is not all there is to life and living. What is the good news? You do have company.

You may struggle with your first few experiences. Some may even drop back into that sea because they need a few more tickles from the universe to wake up enough to recognize the ladder they themselves are building. Eventually all will awaken, but we are only concerned with your awakening at the moment. You are on your own bottom rung. You are enough awake at this point to start your climb. As you rub your sleepy, puzzled eyes, you may not be aware that you have earned that position while asleep in matter.

COMPANY As you look around, you may make contact with some of the other awakened sleepers and you can share in a common experience, like classmates. Occasionally you will be guided or taught by someone on a higher rung. You will start to build your awareness, perhaps singly, perhaps collectively. Personal effort and experience will help you strengthen the bottom rung of that ladder. You would not want to climb a very tall ladder with a weak bottom rung, would you? It is important that you take your time to learn those initial lessons thoroughly, to strengthen that ladder of consciousness and to build toward the moment when you can climb one more rung. There is no hurry. The universe exists in timelessness. You can use all the time you need.

There are no real mistakes here. If you make what you or some other well-intentioned person thinks is a mistake, it is not a mistake. It is more a lesson for where you do and do not belong in your journey. Not everyone "succeeds" at every lesson at any level, but this can be particularly true for this first rung. Suspected failure cannot be such because the universe discards nothing. It merely transforms it into some other use, such as matter to energy and energy to matter. Not everyone you meet will succeed with their initial attempt. It is important only that you try and that you learn from that trying. Not everyone slowly awakening can make the whole journey with you as each journey is individual and personal. Some of these companions will still be visible from the next rung, some will not.

This is your personal ladder and each rung must be earned and reinforced to strengthen the whole of your spiritual ladder. Your entire ladder and each succeeding rung will only be as strong as your best efforts on each rung. Companions may come and go as pieces of each journey match up, but companions can also change from level to level. Your job is to do your personal journey to the best of your ability, learning as you go, climbing each ladder rung as you are able, repeating as necessary, recognizing "failure" for what it is – a different path, and rejoicing in each obvious victory.

OUR MIND

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

KUNDALINI YOGA

THE THROAT

Chakras are energy vortices—spiraling wheels of energy in our body. When these centers flow freely, one is in harmony and alignment. However, if one of these becomes blocked or misaligned, we will experience physical, mental, and emotional stress. In yoga, we refer to seven main centers aligned from the tailbone to the crown in the astral counterpart of our physical body. The energy called kundalini resides waiting to be awakened in all of us at our lowest center, like a snake in three and a half coils. Meditation, prayer, yoga, and other practices increase the flow of these energy centers. All the positive qualities associated with each are our latent faculties.

The vishuddha, throat chakra or padma is associated with speaking up and expressing ourselves, but also with hearing and being heard. It is a very important padma and needs to be studied seriously. The name means "purification."

Ma Yoga Shakti explains this chakra in her book **Physic Lotuses**."This lotus is known as **akash padma** as it corresponds with the akashic body, with the nature element, and with human existence. Although the body is composed of a biological compound, it also contains vital elements. These elements are known as sky, ether, or space, which is beyond and subtler than the four elements, earth, water, fire, and air."

In the initial stage of the descent of divinity, the fifth element, the sky, comes into manifestation. Sky is the pre-descendent form of human consciousness, and its center in the human body is **vishuddhakhya padma.** Usually, this lotus denotes the beginning stage of both human existence and the world, and it is comprised of space and sound.

If a person wants liberation, they have to look up high and be prepared to acquire the original form that first caused the creation of air. Air gives birth to fire; fire gives birth to water, and water gives birth to the material form of the earth. Similarly, the akashic body of existence gives rise to **the fourth body, vigyana maya**. The **fourth body causes the third body,** the mental form. The **third causes the second, the astral or pranic body or etheric double**. The pranic body gives rise to the earthly human form. Thus, **vishuddhakhya lotus represents the fifth element and the fifth stage of consciousness.** Because of this, it is vital.

When meditating on the **vishuddhakhya** lotus, one should seek the experience of the sky element. Through meditation, one should make efforts to open the lotus to allow the kundalini, which is locked up in **mooladhar,** to pass freely through the column of **sushumna**. **Transcendental meditation, involving merging the mind by chitta laya, makes the passage free**. The result is that the lotuses begin to bloom, and the granthis are unfastened. **The granthi of vishuddhakhya is known as the rudra granthi.**"

...continued on page 28...

Coleman Smith

ZODIAC NEWS

In Atlanta, Ga. 1971, Coleman Smith's 1st teacher was Maxine Taylor, America's 1st licensed astrologer. Atlanta hosted many astrologers in the 1970's and 1980's. In 1980, he published a rare astrology book with noted NY astrologer Al H. Morrison, Chaney's Primer of Astrology. Coleman now lives in Jacksonville, FL and was President of the N. Florida Astrological Assn.for 8 years. Email colemansmithastrology@gmail.com

HIGHLIGHTS SEPTEMBER 2026

This month starts with a thud, a difficult **Mars/ Saturn square**. Competitive and physical, great for athletes and the construction industry. Can be abusive, a soft answer mitigates wrath. Challenges on the 15th with money finances, the 18th with delays, contract issues, and daily activities not working out. The 14th has a burst of high energy with Mars/Sun in good aspect. The 21st is much better for everyone, financial markets will rebound. The 27th and 28th have good Sun/Uranus aspects.

The real difficult days are the 22nd, the 25th and 26th. **The Equinox** and **Full Moon** are chaotic.

Sept 1: Mars square Saturn, Mercury sextile Mars---Mars/Saturn is our resident bad-boy aspect. Some bad people in history have had this aspect. There are also many positive qualities. Use your energies wisely. Very physical, work up a sweat. Hard work is rewarding, but don't beat your head repeatedly against the wall (the square aspect). It is wiser to wait a day. **Mercury/Mars** has some relief. The small things (**Mercury**) work out nicely. The tack hammer approach is better than a sledgehammer. Oddly, Mars at 13` Cancer, Jupiter at 13` Leo, Mercury at 13` Virgo, and Saturn at 13` Aries might have the word "balance" coming into play. A dab here and dab there (**Mercury**) adds flexibility to the day.

Sept 10: Venus enters Scorpio, Mercury enters Libra, Uranus turns retrograde, New Moon in Virgo---Venus/Scorpio is another placement that can have (bad boy/bad girl) connotations, but again it is how you use energy. Strong and intense desires for a few weeks. Wanting is so much more pleasing than having. Mercury in Libra is much more pleasant, softer tones. Two sides to every story. Attorneys, law, and lawsuits or détente, agreements, and mutual trust. Uranus retro for 6 months. Can be chaotic for the week surrounding this stationary period. New Moon in Virgo---This appears to be a good new moon, a dynamic sextile aspect to Mars gives this coming month plenty of zest. A vigorous month, plenty of work for everyone, the service industries prosper, health and healing practitioners do their thing---it works.

Sept 12, 13: Mercury trine Pluto, Mercury opposite Neptune and tomorrow Mercury trine Uranus---The good and not so good, then good again tomorrow. Two days of Mercury influence indicates many errands, many smaller projects. The details of modern life. Mercury/Pluto is great for any research, any project that requires inventory and analysis.

A stronger aspect is Mercury/Neptune---dizzy and lost. Deals that go sour. Mis-directions and miscommunications. Forgetfulness. And on the 13th a nice Mercury/Uranus aspect is quirky and glib with a touch of genius. The I Ching #62 Preponderance of the Small for two days.

Sept 14: Sun sextile Mars---A brisk and vigorous day, put on your track shoes and go. It is a sprint, not a marathon, type of day. One of the healthiest aspects, take advantage of the 5 days surrounding this high energy package and put it in gear.

...continued on page 23...

Coleman Smith

ZODIAC NEWS

...continued from page 22...

Sept 15: Venus square Pluto---Not an easy vibration, as good-natured **Venus** doesn't have much of a chance to shine. Strong-armed tactics and underworld deals. An image of **Don Vito** and huge amounts of cash transactions done behind the scenes.

Sept 16: Neptune sextile Pluto---These two distant friends have been sextile (60`) on and off for over 80 years. From 1892 when they were conjunct, a 492-year cycle is 1/6 of its journey. A background energy, the theory is one of harmony between art, music, and metaphysics (Neptune) on one side and depth awareness, scientific advancements, and solving mysteries on the other side.

Sept 18: Mercury opposite Saturn---Not easy, lots of kinks in our daily activities. Navigating through a maze of bad drivers, mis-directions, and delays is a challenge. Don't let the frustrations of the day define you, Be at Peace.

Sept 21: Mercury sextile Jupiter---Mercury and Jupiter love this aspect. Great achievements, awards and rewards, and a good financial day. Transactions run smoothly.

Sept 22: Sun enters Libra---The Equinox. This one isn't easy. There is also a Full Moon in a few days, equally stressful. It's **Neptune in Aries** opposite the Sun. **Equinoxes and Solstices set a background tone for a 3-month period.** Sun/ Neptune opposition takes away innate solar power, weakening the Sun's power. The Sun represents leadership, world leaders. Not a great omen, but not the end-all, be-all moment. Uncertainty, clouds of doubt, and confusion for those in power. For most people, confusion in relationships, difficulty in reaching agreements, and/or lawsuits that aren't resolved. The Moon in Equi/Solst charts represents people, regular folks. **The Moon has good aspects to Saturn and Mercury which indicates long range plans work out well**. A stronger aspect is Moon opposite Jupiter---a voracious appetite that is unfulfilled. Our basic wants and needs will be more expensive. Looks like three months of unfulfilled promises from government.

Sept 25, 26: Sun opposite Neptune, Sun trine Pluto, Full Moon in Aries/Libra---These two days are joined at the hip. Let me say the good part first, a planetary pattern known as **a Grand Trine. The Sun, Uranus, and Pluto in a perfect triangle**. One of the most beautiful of all patterns, this air sign trilogy could represent great intellectual advancements and inventiveness. **The Moon and Neptune are also in harmony with Pluto and Uranu**s, the potential is there for something special, some new discovery. The challenging aspect is stronger. Neptune is the culprit. **Moon/Neptune** conjunctions are one of the fuzziest and cloudiest of any aspect. Fairy dust is sprinkled and no one can see through the fog. Best use would be taking advantage of the "dream side, The Other Side", imagery. Mystical impulses, music, meditation, and any artistic endeavor are favorable.

Sept 27: Mars enters Leo---Two months of The Roar. The lion isn't sleeping any more. The world is a stage, a creative burst for everyone. Speculation and games of chance, a gamblers' position. Be assertive, go for it. The dance is on and you are in the lead. Weren't you in that high school play?

Sept 28: Sun trine Uranus---Independent and free-spirited. A new canvas has everyone eager for a fresh start. An urban, space age aura. Cutting edge craftsmanship and material. Avant garde is the theme of the day.

Sept 30: Mercury enters Scorpio---Deep into anything for a few weeks. The scientist loves this placement. Great for research and uncovering hidden facts. History and genealogy. Thoroughness instead of brisk actions. Be more deliberate, more in control.

Namaste, Coleman

NON - RELIGIOUS SPIRITUALITY

...continued from page 8...

REFLECTION

Where in your life have you relied on beliefs to give you a sense of safety, clarity, or identity?

And where might those beliefs have prevented you from encountering your own experience directly?

Notice if there are places where you've been waiting for permission—permission to trust yourself, to feel what you feel, to name what is true for you.

What would it mean to let your lived experience be the starting point rather than the conclusion?

PRACTICE

Choose one ordinary moment today—washing dishes, walking outside, sitting in traffic, drinking coffee—and meet it without interpretation.

No labels.

No explanations.

No inherited meanings.

Just presence.

Let the moment be what it is.

Let yourself be who you are within it.

Notice what arises when you experience life without reaching for a belief to frame it.

This is the beginning of a non religious spirituality:

direct contact with reality.

CONCLUSION

You don't need a belief system to have a spiritual life because spirituality is not something you believe—it's something you live. It's the quiet courage of trusting your own experience. It's the willingness to meet the world without a script. It's the recognition that the sacred is not hidden behind doctrines or dogmas but woven into the fabric of your everyday existence.

The map is optional.

The terrain is already yours.

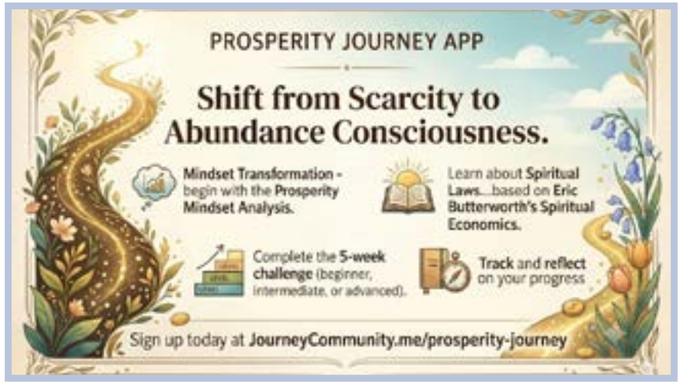
I post these existential health daily reflections in the Center for Non-Religious Spirituality.
Join here -> https://nonreligiousspirituality.circle.so/

THE WISDOM OF THE POUCH:

Cherries Jubilee or Bananas Foster? Have any of my restaurant server friends picked up interesting cooking tips from working front of the house?

Fox, "I got the chickens."
Squirrel, "I got the nuts."
Badger, "I got the..."don't make me chomp your dumb ass."
Rabbit, "I got the carrots."
Raccoon, "I'll be taking out the trash and having a smoke of the spicy variety."
Chef, "Y'all know I have eyes in the back of my head."

From the creative mind of Paul Esche



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OUR MIND

Mokshapriya Shakti

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When this chakra is not entirely in alignment, it is often bound and constricted by energy cords from past lives, making it difficult to communicate or speak our truth. Other negative qualities are judging or criticizing others, not expressing our true feelings, and using negative language of low vibrational frequencies, which creates discord in our auric/energy fields.

Positive attributes: as we reclaim our spiritual power, the first step is to begin speaking our truth with discernment, discretion, and compassion. Thoughts, words, emotions, and actions are all forms of energy that have an impact on the law of manifestation.

Ma Yoga Shakti had an artist create chakra plates based on how she saw them, as illustrated in her book **The Invisible Seven Psychic Lotuses**. This fifth chakra has sixteen petals; its color is smoky blue and represents sky or space. Meditate on the element of air and repeat the seed mantra "HAM." The deity is **Sadha Shiv**, and the goddess is **Rakini**. The riding animal is an elephant. By meditating on any of the qualities or studying the picture, one begins to activate the lotus.

When working with the individual chakras, we need to work with each for at least three months. We can remind ourselves by wearing something blue. As we are working with this chakra, our awareness of manifestation should increase. We need to envision our future world, but relinquish the outcome to Spirit. We learn that our creations will come to fruition at the proper time, either now, in the future, or in a lifetime. What we think we speak, and it is the energy of manifestation. We are building our future with every thought, word, and deed. We need to stop trying to control others. We need to begin focusing on our own positive traits and those of others. We need to recognize the spark of the Divine in each person.

Our multi-minds (subconscious, conscious, and superconscious) and our life experiences are tools for greater awareness. Our subconscious is a thought processor that takes ideas, images, and words literally. A part of the transmutation process is to elevate the subconscious mind into conscious expression, and for the conscious mind to merge with our superconscious mind.

The language of the heart are words of empowerment as "I Am, I Love, I Will, I Choose, I Enjoy, I Have." We need to examine our thought patterns and replace negative ones. Most of the time, we are not even aware of what the mind is saying. It automatically repeats what is stored in the subconscious without our permission when the mind is not engaged in a specific activity. Our thoughts are not really who we are at this moment. They go back to past impressions without our knowledge. We use mantra repetition to program the mind to repeat a specific phrase when idle.

How often do we use these words: "I can't - I need - I guess - I suppose - I want - I'm trying - I wish - It's too hard, etc.?" These are all words that our subconscious mind takes literally and can be misinterpreted. They are words of self-sabotage, for we will continue to want, need, and so on. They are not words of empowerment. Be aware of how we use these words, and decide to change them to positive, empowering statements. Learn to use language with a specific outcome. Be clear in our intention.

How often do we use swear words or foul language? These words are not bad themselves, but the thought forms we associate with them are of a low vibration, and so they create low vibrations in our speech. Foul language, words spoken in anger, with malice or judgment, make a dull fog-like mist in our auric field and will eventually lower our vibration.

"What I know for sure is that speaking your truth is the most powerful tool we have,"
Oprah Winfrey

CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

Photo by Karin Wolf

Sharron Britton

...continued from page 10...

The first fossils ever found, dating back over 2 billion years, were **Cyanobacteria (stromatolites)**. These ancient organisms lived in a shallow reef that covered much of the **Upper peninsula**. There was no oxygen on earth then. Our atmosphere was a toxic stew of poisonous gases. The **Cyanobacteria** utilized the photosynthetic energy of the sun to survive and as they evolved they began to consume the arsenic and other toxic gases, creating oxygen. They built large towering structures out of the sediments in the shallow seas growing towards the sunlight. These structures were eventually covered by sediment and colored by other elements around them. Over time the structure was altered until it became the beautiful stone we know today.

Stromatolites were once the most abundant life form on earth. They still exist today although they are nearly extinct. All living creatures on earth today breathe the oxygen the **stromatolites** helped create. The universe measures time in billions of years. The gift inherent in **Kona dolomite** is the reminder that all things must pass. What is difficult now has the potential of bringing something too amazing to imagine into being. Working with **Kona dolomite** enhances resilience and helps us to open up to the wonderful possibilities that lie in store for us. It can help us to balance the infinite with our own individual being as it is strengthening, restorative and calming. When we need to find inner peace in tumultuous times, **Kona dolomite** is the stone you need.

Kona dolomite can be found in many rock shops although it is not always identified as such. You will often find tumbles labeled **dolomite**. If the tumbles are deep red with banding, you have found the right stone. Rough **Kona dolomite** can be found at lapidary supply shops, but it needs to be cut and polished to see its true beauty. The sphere in the picture on pge 10 came from a good friend I see in **Tucson** every year. He collects many minerals from **Michigan** and **Ohio**. When I saw it I had to bring it home. Now I know why.

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Saturday 9 – 10 am Beginners hatha Lisa Jackson

Saturday 10 – 11 am Meditation with Rakesh Banothu

Schedule subject to change.

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Suggested Donation $15 — small children free

HOROSCOPES SEPT 2026

ARIES – (March 19 – April 18)

This month is a real mixed bag, and you'll feel it right away. Until September 22, your work drive will be impossible to ignore. Then Mars starts squaring your sign until the 27th, and that's when a few clumsy moments or that slightly off-kilter vibe can creep in. The bright side? Saturn and Neptune strengthen your self-control and deepen your emotional instincts. So lean into that steadiness. Around the 10th, Venus may slip you an unexpected little cash win, and suddenly your social life takes center stage. Love is set to bring some genuinely sweet moments, especially in the second decan, and your friends will have your back all month long. Starting September 23, people come to you with tact and a touch of stubborn determination. Stay graceful, keep your cool, and watch how smoothly things fall into place.

Love in General

Beautiful possibilities are lining up for you to experience love for real. From the 1st to the 9th, your heart is all about connection. You want to share, to get closer, to feel that true, tangible contact. Your sensuality may run hot, so charm your way in, but keep it soft and easy. Then Venus turns the volume up in your heart. Just don't let jealousy sneak in.

In a relationship

Your feelings swing between playful sparks and full-on, deeply sensual heat. Your partner will need to keep up. From the 10th, focus on smooth, honest communication. Your demanding, slightly unpredictable sensual side needs a healthy outlet. By month's end, love takes the lead.

Single

Jupiter is mending your heart and opening doors, especially in the second decan. You'll shine with natural charisma, and from the 10th, a wave of sex appeal hits that you can absolutely work with. Make the move on the person you like. No hesitation. The cultural and sports scenes look especially promising.

Career / Finance

Keep a close eye on contracts and agreements this month. Changes, even big ones, could suddenly appear. Your finances look steady, and your serious approach will pay off professionally. You might even get a pleasant surprise in the form of extra money starting September 10. So why not save a little?

Advice

Dial back any impulses that feel too intense or could land the wrong way with people. This September can be genuinely enjoyable. Savor the finer details in everything.

TAURUS – (April 19 – May 19)

This month delivers serious emotional and relationship satisfaction, with your career getting a bright spotlight. In true Virgo fashion, the sun keeps shining through the 22nd, and Mercury has your back from September 1 to 9, setting the stage for love and creativity to really take off. Chats, meetings, and small exchanges could spark real momentum in this part of life. Mars lifts your mood and keeps you energized, engaged, and quick to respond. Meanwhile, Jupiter may toss a few minor curveballs at home. Nothing dramatic. Just stay steady, keep your cool, and ride it out. Uranus is preparing a financial jolt, so expect surprises and keep your mind flexible. Pluto, on the other hand, is turning the heat up at work, and bigger shifts are coming. Love them or not, stay diplomatic, stay adaptable, and adjust as the situation evolves. After the 23rd, your daily routine moves to the front of your mind, shaping both your thoughts and your schedule.

Love in General

This September, you could meet someone genuinely meaningful or deepen something that's already there. You're craving love that feels beautiful and real, and the universe is leaning in. So open your heart. Especially from the 10th, when Venus steps right into the spotlight, you'll feel a tempting blend of passion and balance.

In a relationship

A steady sense of security strengthens your long-term bond and gives you room to enjoy real, quality time together. Just watch the urge to control everything. Your partner won't go for that quietly. After September 10th, your relationship heats up with a more sensual, magnetic energy.

HOROSCOPES SEPT 2026

Single

Your social circle could deliver a truly great connection, especially because from the 10th onward you'll be craving something real. Throughout the month, a passionate person with a strong personality may catch your eye. Follow the signs. Your lucky stars are working overtime.

Career / Finance

Be extra careful with your money. Uranus could have you breaking into a cold sweat. Keep a close grip on your budget to lower the odds of surprise expenses. Pluto is shaking things up in your professional world, and the atmosphere may feel a little heavy, especially during the first decan. Don't throw in the towel. Stay diplomatic, and tune out office gossip.

Advice

This September, your heart could be racing, with romance and a playful energy in the air. Still, keep your mind sharp at work and don't slide into paranoia. That's not really your vibe!

GEMINI – (May 20 – June 19)

This September is all about creative energy, with Uranus lighting up your sign. It's time to trust what makes you unmistakably you. Until September 22, the Sun in Virgo brings a warm glow to your home. From the 1st to the 9th, Mercury could drop a bit of news your way. And with Saturn, Neptune, and Pluto forming a supportive angle to your sign, your friendships, your ongoing projects, and the dreams you've been quietly nurturing are getting a serious boost. Mars has your back until September 27, fueling your urge to upgrade your life. Your mood is elevated. You're ready to spark genuinely great opportunities, especially when it comes to love. Venus, through the 9th, smooths both your love life and your work, so expect things to feel more harmonious on that front. By month's end, love lifts you up!

Love in General

This season can deliver real satisfaction. The planets in Libra and Leo set the stage for a love story or a brand-new encounter. Your sensuality stays strong until September 27, while Uranus cranks up your craving for freedom. Find the sweet spot between closeness and space.

In a relationship

A few bumps could show up related to your living situation. Don't spiral. Treat it like a chance to grow closer, not apart. Your desires run high until September 27, and your affectionate energy will feel wonderfully supportive toward your partner. It's a beautiful month for that kind of connection, if you let it happen.

Single

Go for it. The stars are lining up for plenty of meet-cutes, especially nearby or through friends. Say yes to the invitations. Starting on the 10th, Mercury adds extra sparkle to your words, helping you catch the attention of whoever has your interest.

Career / Finance

With Mars behind you, your drive and determination are razor-sharp, especially if you're aiming for a raise between September 1st and 27th. From the 10th, Venus makes professional relationships feel smoother, so it's easier to connect with colleagues and bosses. Your originality and creativity are your superpowers right now, so lean into them.

Advice

September feels electric for you. Lots of momentum, strong social energy, and no big roadblocks. Polish up your business card. You've got the skills. Take your time, especially at home.

CANCER – (June 20 – July 21)

Financial wins can bring you real joy, and you may also stumble into some excellent connections. With the sun in Virgo until the 22nd and Mercury lifting your mood from the 1st to the 9th, your energy is high. Travel is calling, and you 9re eager to meet new people. Mars backs you until the 27th, giving you the drive to pull off some seriously impressive wins. Jupiter keeps your finances running smoothly and could even add a little extra cash. And with Pluto in a friendly aspect to Jupiter, it 9s easier to secure a loan or land something small, so go ahead and make your move.

...continued on page 32

Work life, though, is under Saturn 9s pressure and Neptune 9s influence. Stay steady and handle everything with care. After the 23rd, family matters will need your attention, so keep your cool.

Love in General
Until the 9th, your heart is craving balance or turning more toward family life. Meanwhile, Mars brings extra heat to your passion and sensuality, which peaks by the end of the month. Then, starting the 10th, Venus in Scorpio sweeps in a fresh wave of desire you 9ll want to fully embrace.

In a relationship
Don 9t snap at every tiny thing if you want your bond to stay strong. Your feelings will soften and warm up a lot after the 10th, and your libido keeps climbing all month. Get ready for some truly enjoyable moments.

Single
Thanks to the Virgo energy, a chance to meet someone could pop up before the 22nd. Plus, from the 10th onward, you 9ll feel your heart racing. With Mars boosting your confidence like this, romance is well within reach.

Career / Finance
Your finances look protected, whether it comes through your job with Jupiter, a bank investment, or a legal deal connected to Pluto. Of course, you 9ll still need to stay focused at work. No one 9s going to ease off, and your bosses may expect a lot.

Advice
Good money is on the way, especially if you play the social game well and handle relationships with real thought. Keep it genuine and honest, though, or things could quickly drift off course.

LEO – (July 22 – August 21)
You're in a prime position to give your finances a serious boost, thanks to practical Virgo energy. The sun stays strong in your favor until the 22nd, and Mercury keeps things flowing from the 1st to the 9th of September. With Jupiter in your sign all month, optimism comes naturally, and you'll feel that protective, celestial backing more clearly than ever. Even the zodiac's heavy hitters are leaning in for you: Saturn, Neptune, and Uranus are pushing an innovative project forward, or helping you deepen a friendship. Trust your inner leader. Just keep an eye on Pluto, especially if you're in the first decan. It can stir things up in your love life or your contracts with a level of intensity that doesn't always feel easy to handle. Until the 27th, you might struggle to show your "claws" since your defenses are basically in sleep mode. After the 23rd, though, expect a lively, high-voltage social scene.

Love in General
From the 1st to the 9th, the way you express your emotions pulls someone closer. But your private, not-so-public sensual side could catch them off guard. Keep the communication clear and direct. After the 10th, Venus in a square to your sign lights a deeper desire to love. By the end of the month, sensuality really turns up.

In a relationship
If a colder mood starts creeping into your intimate life, talk it out with your partner. It's temporary. Starting September 10th, your feelings will run intense, almost too intense. Don't smother your other half.

Single
Everything changes for a stunning encounter, whether it begins through your friend circle or through your undeniable charm. Still, under Pluto's influence, you may start craving commitment, and others might feel it too. Just watch for any power struggles before they take over.

Career / Finance
Between September 1st and 9th, some genuinely great financial news could make you feel lucky and proud of your skills. Keep a close eye on any work contract, especially if it's under Pluto's intense influence. This matters most if you're in the first decan. Accept what comes with wisdom, then look ahead.

Advice
Hold onto your patience and don't leap into action just because you feel restless. Slow down if you want to enjoy this month with your peace intact. Patience is the virtue you'll need plenty of this season!

HOROSCOPES SEPT 2026

VIRGO – (Aug 22 – Sept 21)
The Sun is shining on you until September 22, and Mercury joins your ride until the 9th. This is your time to step into the spotlight, speak up, and let your presence be felt. This season could bring a few professional and financial curveballs. Uranus, Saturn, Neptune, and Pluto are all in the mix, pushing you to roll up your sleeves, stay alert, and avoid preventable mistakes. Trust your instincts. Mars is in an excellent position until the 27th, boosting your drive and making decisions feel clearer. A little help from friends never hurts either, so choose your people wisely. Starting September 10, you may notice a touch of intellectual hesitation. Don't ignore it, just keep an eye on it. In the meantime, Venus in Scorpio lifts your mood and adds a magnetic social shine. You'll be smiling no matter what. By the end of the month, do a quick, honest review of your finances.

Love in General
Get ready for a surge of sensuality and tenderness. Until September 9, your emotional warmth is at its peak. From the 1st to the 27th, your libido could really turn up the volume. Your love life is set to surprise you.

In a relationship
Your connection with your partner should feel real, effortless, and full of joy. Until September 9, your feelings stay soft and tender. Then the energy shifts, turning more passionate and hungry for togetherness. Make plans. Get out together. Until the 27th, Mars brings a sensitive, generous kind of sensuality. Everything looks promising.

Single
Venus is fueling your desire to love and commit. Still, this season may pull you toward lighter, more casual connections. After the 10th, you could catch feelings for a friend or a neighbor.

Career / Finance
With Uranus stirring up your work life, especially if you're in the first decan, expect plenty of movement instead of calm certainty. Stay open to surprises. Money may also show up unexpectedly. Meanwhile, Pluto asks you to put in the work and keep a steady rhythm. You've got this.

Advice
Keep a steady pace. Don't dodge obstacles, especially at work. Lean into your strong, supportive energy until September 27.

LIBRA – (Sept 22 – Oct 21)
Get ready for some serious soul-searching until September 22, with Virgo energy in the air. From the 1st to the 9th, the sun and Mercury have you weighing every option, especially when a fresh piece of news nudges you toward a real decision. After the 10th, your reflections sharpen fast and stop letting you overthink. Mars keeps your work life buzzing until the 27th, so expect a schedule that doesn't slow down. Just don't steamroll your way through everything. Jupiter helps your friendships and projects run smoother, and it keeps getting even better after the 28th. With Uranus and Pluto in a strong position, you'll be fine-tuning your life goals or diving back into studies with a genuinely original creative spark, especially if you're in the first decan. Keep a close eye on contracts and partnerships, because Saturn and Neptune are reshuffling the deck. Ready to choose? After the 23rd, happy birthday!

Love in General
You might feel a little unsettled until September 27, but you're still open to the good stuff, especially with Venus on your side from the 1st to the 9th. This month is a mixed bag. Then after the 10th, Venus slips into Scorpio, turning up your sensuality and your appetite for love. Get ready for your heart to race!

In a relationship
Things ease up after the 10th thanks to Mercury, so your conversations flow more naturally. And Venus cranks up your desire to love your partner. Stay positive. Just be prepared for some tension on the physical side until September 27. Take your time with intimacy.

Single
A spark could start at work, but intensity or complications don't automatically mean it's doomed. What do you truly want to feel and experience? Your charm is at its peak for romance until the 9th, so use it with intention. After the 10th, you'll be all about passion.

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HOROSCOPES SEPT 2026

Career / Finance
Your finances may get a boost after September 10, thanks to a bonus or an important piece of mail. A contract is set to evolve under Saturn and Neptune's influence in Aries. Don't panic about feeling stuck, but do welcome the changes rolling in. An employer or partner may be extra demanding, so keep moving forward with confidence.

Advice
Challenges are waiting along your professional path, and a smart person can be worth their weight in gold, right? Drop any aggression and lean into your signature diplomacy. This season is perfect for it.

SCORPIO – (Oct 22 – Nov 20)
Get ready for a seriously energetic start to the season, especially if you've got a project simmering in the background. With the planets in Virgo, the spotlight is on your social life. The Sun is there until the 22nd, and Mercury is there from the 1st to the 9th, so this is prime time to shake things up. Your momentum stays strong and your mindset stays idealistic until the 27th, so make your move within this window. Quick work note: Jupiter can bring a few bumps if you keep pushing past what actually works for you. Opportunities will appear, but so will traps, so stay sharp and read between the lines. Uranus is stirring up surprises in your financial and sensual life, while Pluto turns up the heat at home. Keep your cool. After September 23rd, your social energy eases, and your mind starts going deeper.

Love in General
Until September 10th, you'll feel more in sync with your senses than with your emotions. Translation: you're open to pleasure, but your heart isn't quite ready to fully commit. Then your feelings come into focus, and suddenly you're craving an intense kind of love that actually fits you.

In a relationship
You may find it harder to communicate, and that could leave your partner feeling annoyed, at least until the 9th. The good news is your high libido can bring real closeness, as long as you're both on the same page. If you're not, you might start scanning for something that hits better.

Single
September isn't exactly a launchpad for a major, life-altering meeting, but sparks can fly. You could connect with someone through a class or while you're traveling. By the end of the month, you'll be magnetic, and you'll feel ready to make it official.

Career / Finance
This is the month's main storyline, and it demands your immediate attention. Day-to-day reality pushes you to work with seriousness, with zero patience for fantasies. Still, there's cosmic support on your side. You can shape a project and secure the funding you need, if you stay grounded. Don't trade what's solid for something that's still unclear.

Advice
This is the kind of start you love, full of challenges that sharpen you. Move smart. If you need backup, get it. That way, you avoid any overly bold choices that could end up costing you your social momentum.

SAGITTARIUS – (Nov 21– Dec 20)
Financial or career worries start to surface this season. With the sun in Virgo until September 22, Mercury backing you up until the 9th, and Mars in a charged connection, you feel a strong push to act. Fix what's off. Have the conversation that strengthens your resources or helps you work your way. Uranus, especially in the first decan, can also help you break through a contractual snag, whether the outcome ends up being exactly what you wanted or not. Stay nimble. Your mindset is upbeat and strategic. Meanwhile, Jupiter swings open the door to big dreams, travel, or any kind of administrative win. Choose what you want, then go after it. From the 28th, Mars teams up with Jupiter for a real boost if you need one. From the 23rd, the sun moves into Libra and links up with Mercury, bringing golden friendships and social moments that feel genuinely exciting.

Love in General
Until the 9th, your heart turns soft and friend-first. Until the 27th, your sensual side reaches a whole new level. A friendship could deepen into something more. Then, starting September 10, Venus in Scorpio makes it harder to hide what you feel. You'll be experiencing it all, but the people around you won't have a clue. Complicated.

HOROSCOPES SEPT 2026

In a relationship
This season is all about freedom and sensuality, bringing extra heat to your life together. Just keep one thing in mind: it can also stir up a little jealousy from your partner. If things start to simmer, talk it through and keep the vibe steady.

Single
All month, your strong physical energy pushes you to chase what you want, wherever it leads. And your feelings aren't limited to just one person. Not even close. Unless, by the end of the month, you find yourself slipping into a secret relationship?

Career / Finance
Challenges are likely until September 22, and they may be tied to contract talks or shifts connected to a partnership. This season asks you to stay focused on your professional priorities and not get ahead of yourself. Your financial momentum until the 27th could also bring a timely cash flow.

Advice
Work and money may feel a little touchy, so roll up your sleeves. Lean on sharp common sense and you'll reach your goals without making a dramatic show of it.

CAPRICORN – (Dec 21 – Jan 19)
Until September 22, the sun in Virgo, with Mercury backing you up until the 9th, is nudging you to trust yourself and the path in front of you. A small streak of good news could genuinely lift your mood. Mars in Cancer, through the 27th, brings a surge of sensitivity, so fine-tune how you show up with other people, or friction may flare. Home life is shaped by Saturn and Neptune, so don't get rigid over family squabbles or lifestyle differences. Stay flexible. With Jupiter and Pluto forming a powerful connection, real progress is coming your way, the kind that looks like a loan approval or a pay rise. By month's end, the sun and Mercury in Libra push you to commit and communicate with real tact.

Love in General
Until the 9th, an intense wave of feelings sweeps in, waking up your heart, especially as Mars in Cancer, through the 27th, turns up the heat with the people around you. It's make-or-break energy. After September 10, Venus in Scorpio cranks up your desire to love, and your libido may go from bold to a little complicated. A touch of wisdom goes a long way.

In a relationship
Couple life looks anything but dull. You'll have plenty to say, and so will your partner, so if emotions run hot, don't let it spiral. Your sensuality will glow brighter by the end of the month, and your feelings should settle after the 10th.

Single
From September 1 to 9, a work-related connection is possible, but it may not stick. After the 10th, you could feel a mutual spark within your friend circle or at a social event. Keep your spirits up.

Career / Finance
Your career is influenced by Libra, which can motivate you and also add a little pressure. Take a breath and ride it out. By the end of the month, Jupiter, Pluto, and Mars team up in your favor, bringing the drive and the luck to earn more or build your savings.

Advice
Watch the urge to react instead of act. One small change in approach will help you dodge a lot of drama this month. Get moving more, or try yoga if you feel your emotions are taking the steering wheel.

AQUARIUS – (Jan 20 – Feb 17)
The sun is in Virgo until September 22, nudging you to pause, take a deep breath, and get brutally honest about what you want to experience or change. With Mercury right beside the sun until the 9th, your thoughts run deep. After the 10th, conversations start turning toward the future, while Venus smooths out your professional energy and gives you a steady, helpful boost. Pluto in your sign, 1st decan, cranks up your charisma with an intense, magnetic pull. Just don't let it slide into controlling mode, especially now that Jupiter opposite you in Leo sharpens your hunger for close, meaningful, and even contractual connections. You can't go it alone, and by the end of the month, that truth will feel impossible to ignore. From the 1st

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HOROSCOPES SEPT 2026

to the 27th, Mars in Cancer rattles your daily routine, and you'll breeze through tasks like it's nothing. After the 23rd, your focus lifts to what's coming next.

Love in General

Idealistic, caring, and devoted to the people you love, you build real trust until the 9th. You'll open up through deep conversations, and others will meet you there. Your sensuality is sweet and a little shy. Still, as your feelings move from generous to fully passionate, expect a romantic comeback that's anything but lukewarm.

In a relationship

Until the 9th, you'll savor tender closeness with your partner, so soak it all in. After the 10th, Venus adds extra warmth and good vibes, but don't overdo it. If you try to play the "angel," you might end up looking like a complete fool.

Single

You're craving commitment, and the universe may just deliver. Love at first sight is on the horizon, especially for those in the 1st decan. For everyone, love is nearby, whether it shows up in your everyday life or at work starting September 10.

Career / Finance

A lump sum from a donation or a legal matter could give your bank account a real lift until September 22. With Jupiter opposite you, it's easier to lock in a contract, and you can count on your rights being respected. By the end of the month, Mars chips in too, so your finances should start to look up.

Advice

September is shaping up to be a strong month for you, with no major roadblocks, other than figuring out how to balance your many wants. Your mood is high, your practical momentum is sharp, and everything is pushing you forward.

PISCES – (Feb 18 – March 18)

This season is all about love and ambition, and the energy is seriously electric. Until September 22, the Sun in Virgo teams up with Mercury from the 1st to the 9th, making communication in their relationships feel front and center. It's the perfect window to move toward real, shared understanding. Venus in Libra, backed by Saturn and Neptune, is giving their finances a sturdier backbone, whether that means a stronger salary, or other sources like bank loans or an inheritance. Mars is turning up the heat on love, hobbies, and pure fun until the 27th, so good times are definitely on the way. By the end of the month, they'll be making solid progress at work. Just don't ignore that high-voltage drive. Starting on the 10th, Mercury slips into Libra, and the Sun follows on the 23rd. The vibe shifts toward the relational side, and they'll feel a little more guarded, weighing changes that may start to click into place by month's end.

Love in General

This cosmic corner is pure spark. Committed or still searching, they'll feel that sensual pull until September 27, so let pleasure be part of the plan. Their sensitivity turns up on the 10th thanks to passionate Venus. Keep the mood bright.

In a relationship

Get ready for a seriously sensual rhythm that brings back honeymoon-level magic with their partner. Or for those sweet little truths they've been holding back. Everything is lined up for mutual happiness.

Single

Spread your wings and stay tuned. The planets are lining up for something deeply affectionate and sensually rich, the kind that could become real and lasting if they want it. Starting September 10, an exotic, one-of-a-kind personality is headed their way. By month's end, they'll be craving something that feels like "us."

Career / Finance

They're working on getting their finances in order through their job, while also hunting for new ways to fuel their money flow, which could trigger a major shift. Maybe a fresh venture. Maybe a career pivot. Their money looks well protected, so don't waste it. Save a little.

Advice

Love and creativity are the headline themes this September. Drop the old stories they've been carrying from past experiences, and open the door to joyful possibilities.

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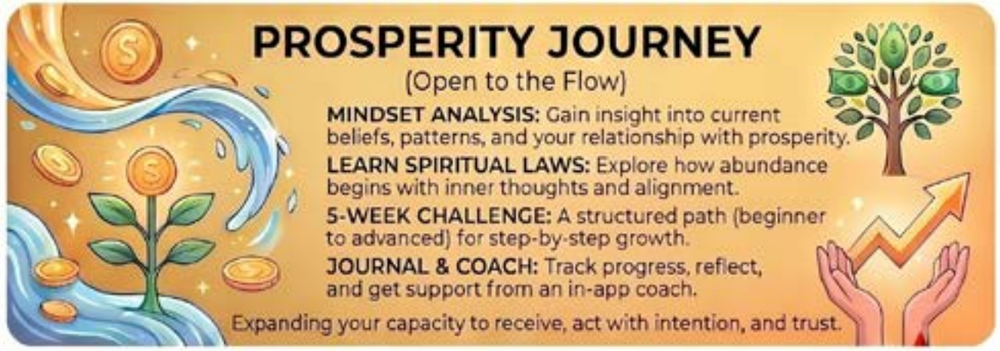

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Esther Hicks

ABRAHAM HICKS

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So before the momentum is much, you step out in front of it and you let it bump up against you, and it stops. But you wouldn't want to be at the bottom of the hill trying to stop that car.

And it's the same with your thoughts - once they get going, some of them are, for this moment, a bit unstoppable; Law of Attraction is the law, like gravity is the law, that encourages the momentum in the direction that you've set it off. So it's all about attraction, it's not about assertion; **it's all about what you are attracting by virtue of your vibration.** But if you get off on a little thought, a very small thought, you could change the momentum or the direction of that thought, or slow the momentum of the negative thought, if you catch it early enough.

But, if it gets going and you put words to it, then you're a goner - at least until your nap or your meditation - until something quiets your mind. It would take a very strong person in strong alignment with **Source Energy** to distract you from that, but it can happen, and you have friends like that that you become dependent on (stop it). But, **if you catch it early, then you can choose, then you have control of your point of attraction, you have control of your point of attraction.**

So, with the **Emotional Scale**, where powerlessness is at one end and complete empowerment is at the other, where despair and fear and hatred are at one end, and love and joy and appreciation are at the other, right in the middle of that **Emotional Scale** is satisfaction. When **Esther** first received our blocks of thought that she found words for to assign those emotions, the word she found in the center was contentment, and today we are offering a vibration and she's found the more refined word of satisfaction (since they're the same), so satisfaction is right there in the center of that scale.

So, you have control over what happens next, and if you feel satisfied and you are able to maintain that satisfaction, that satisfaction (which is completely absent of any resistance), by the momentum of Law of Attraction, will become more. So satisfaction will turn into eagerness and passion in a relatively short period of time, and you will see results right away of anything that you care about.

But, if it's unsatisfied, and you don't realize it and return to satisfaction when it's possible, and so you lean to dissatisfaction and then you vent it out loud to yourself or to someone else, now the car is pretty much rolling down that hill and it's probably going to play itself out.

And what's interesting is most of you want to do most of your work while it's rolling down into the bay - "***Abraham, tell me what to do!" So we write a lot of processes that just don't work very well for you because the momentum of your discord is such that you can't get hold of it. But, you can - you can get so good at this that you can come to the place where you can cease the negative emotion and begin the positive emotion at will once you master it. But why test yourself, why not catch it earlier?***

SATISFACTION IS THE GATEWAY

QUESTION: Let me ask you this - what would you suggest or recommend as far as a thinking process when you wake up...

A: Short visits. (Fun) [The previous conversation was 30 minutes]

QUESTION: Yeah, alright. That's a good one; that's good. When you wake up and you realize you've just been marinating in resistance, because it's kind of that moment when you wake up and you go oh my God...

ABRAHAM: You have two choices when you first wake up and you realize that. Now, when you first wake up, that's not what you're going to be thinking about, because when you first wake up, you're more like in the satisfaction vicinity. But if you've just sort of come to your senses because your strong negative emotion has sort of gotten your attention, so you wake up and you realize that you're really in a negative place, and that you've been there for a while, is your question what do you do then?

QUESTION: Well, what if that negative place you've been in looks like a disease?

ABRAHAM: But, here's the thing that we want you to hear: Don't do it when it is so hard. We were visiting with a woman one day on the telephone years ago when **Esther** still had time for that, and she wasn't having any of us - she wanted us to tell her fortune and she wanted it to be a good one. And she wanted us to do whatever it took to make her fortune the way she wanted it to be. And we wanted to help her understand that she creates her own reality, and we wanted her to understand some of the vibrations that she was of-

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Esther Hicks

ABRAHAM HICKS

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fering, and she was completely resistant to us and we were really not helping her.

BLUE GLASS AND BUTTERFLIES AND FEATHERS

So we said let's talk about some other things. ***"Like what?"*** So we chose three topics, blue glass and butterflies and feathers because there was nothing in her vibration that was resistant in nature about any of those topics. And ***we wanted to activate those subjects in her so that the Universe could deliver those subjects to her so that she would get the point of what we were making.*** Well, she didn't like our conversation about any of those things. We hung in there for well over a minute on each one of them, and then the conversation was over.

She was gone and **Esther** was not really aware of it - she sort of hears, but not really aware of it - and no one else was in the room. So then, **Jerry** and **Esther** went to lunch (they were in **La Jolla, California, by San Diego**). And so, they got out of the car and they were going down the sidewalk, and all of a sudden **Esther** had an irresistible impulse to go into a store. Now, that's not weird for **Esther**, she has a lot of those irresistible impulses to go, but this one was undeniable - she was going in there whether Jerry was going to come with her or not. So he followed her in, and in the back of the store was a whole wall of **blue glass**, ceiling to floor, a big wall of **blue glass** with every color, every texture, every density. And **Esther** didn't think anything of it; they looked around a little bit then went off to lunch.

After lunch, they left the restaurant and they walked down to the cove of **La Jolla**. And as they were walking across a big apron of grass, a flurry of **butterflies** so intense that they had to stop talking so that they didn't eat them just walked with them for about twenty steps. They couldn't shake them, they couldn't get out of the hurricane of **butterflies**. And then it lifted off and a little boy was running toward them. And **Jerry** said "Look at that little boy - he looks like he knows us." And he walked up to **Esther** and handed her a **feather**. **And then Esther knew that a little bit of attention to things that have no resistance will manifest.**

Now, logic must tell you that if attention to a subject with no resistance will bring results, then you have to turn those subjects that matter to you into subjects of no resistance. And that's the rub right there, isn't it?

QUESTION: How do you do that?

ABRAHAM: Well, you do it by starting with things that are easy until you gain your confidence. You do it by letting butterflies and blue glass and feathers show up irrationally and in a convergence within a very short period of time so that when you contemplate it, you know for sure that that was **Law of Attraction** responding to an active vibration within you. And then you decide what's the active vibration within me.

Now, here's the thing - you can't (and **Jesus** knew that he couldn't, too) vibrate for someone else. You can influence their vibration by yours being so solid. When you look toward what you want for another, at what you know they want, and you own that vibration, and you never look back at where they are, you just keep moving toward who they really are, every now and again they catch a glimpse of you and they come along. But in the moment that you look back, now you've engaged in that human thing again. Do you see? You've engaged in that human thing. You have to be not human on these things for a little while; you have to be **Inner Being-like,** you have to be **Source-like**, you have be solution, not problem, you have to be answer, not question, you have to be feeling good, not feeling bad.

It's muh simpler than all these words make it sound, you just have to care so much about how you feel. But your environment has trained you to believe that if you're not sad when someone's sad, something's wrong with you. And we want you to understand that when they're sad and now you're sad, you have no value to them at all. And we're not asking you to be glad about their sadness, we're asking you to be glad about things that you can be glad about.

We're not asking you to look at someone in distress and be happy about it - that's not possible. Their own **Inner Being** isn't doing that; their own **Inner Being** isn't looking at their plight, their own **Inner Being** is looking at their **solution**. And that's why their plight feels so bad to them - you feel bad because of your disconnection, not because of your plight. Your plight is your disconnection. Nice to know.

You are representing what so many feel about so many things, and this conversation is getting right to the heart of why more people don't find more solutions about things they really care about - it's because they feel like you, and they're justified in doing it. But just because you're justified in doing it... You could jump off a building in perfect justification - somebody's chasing me and I don't want them to catch me - but you're still going to fall far. The law of gravity is not going to say we'll an exception because he's justified. You're not going to fall up, you're going to fall down.

Esther has begged us on many occasions through the years "Please, let me be the one exception to the **Law of**

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HERB CORNER

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If your headaches are due to stress and tension **Antispasmodic herbs** can relieve tension and relax the muscles in your neck **Black Cohosh, Crampbark, Peony and Skullcap** may be of help.

Alterative or Blood Purifiers like Red Clover, Milk Thistle, Burdock, Dandelion will help with headaches due to environmental toxins and because the are highly nutritive they will help with headaches due to nutritional deficiencies.

Bitter herbs help headaches due to constipation or other digestive problems they also benefit the liver removing environmental toxins **Dandelion, Yarrow, Wood Betony, Black Cohosh** are a few that can be effective for this.

To help relieve sinus inflammation, congestion and pain try **Elder, Goldenrod, Yarrow, Rosemary and Ginger.**

For pain reduction **White Willow** and **Meadow Sweet** contain salicylic acid the compound found in aspirin. Other pain reducing herbs are **Jamaican Dogwood, California Poppy, Cayenne and Passion Flower**.

RECIPE:

A simple tea blend may just be Peppermint and Chamomile.

Another blend I like is:
1part Chrysanthemum,
1/10 Lavender,
1part Oatstraw,
1part Passion Flower,
1/10 Roses,
1/4part California poppy and
1/4part Jamacian Dogwood.

If your headaches are chronic please see your physician to find out the exact cause and do your own research to get to the root cause then your healing can begin.

THOUGHTS ABOUT THINGS

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

CULTIVATING AN INNER CHEERLEADER

In my work, I wear several hats. Sometimes one area of my life is more active than others and the crossover takes a little juggling. I don't always have the luxury of time to wind down from the last task before I begin the next. It's times like this I work at cultivating my inner cheerleader, to give me some encouragement along the way.

A favorite thing of mine to do is help encourage friends in their personal visions. I know how crucial it is to have someone care about the process.

Often I've not had anyone to care about my process and at those times I learned to cheerlead myself on. I learned to ask myself, "what would I do and say if I were my own best friend involved in a new project?"

Then the answer becomes clear and THE THOUGHT ACTIVATES the helpful self talk of my inner cheerleader.

She knows what to say to keep me motivated. She reminds me of what I already know.

She reminds me that I'm doing the work I love with people I enjoy.

She reminds me that every step along the way is part of my mission and grist for the mill.

She reminds me that my income does not come from whoever I sell my stuff to, my income pours out of who I am and what I pour out onto others, and what I allow them to pour onto me.

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THOUGHTS ABOUT THINGS

...continued from page 42...

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

She reminds me of what's real and what really matters. (**Jewel** was right, in the end, only kindness matters...)

My inner cheerleader knows that the way to happiness is through training myself to think thoughts that bring me joy and give me hope. The way to think thoughts that bring me joy is to look for the good in every person and situation I encounter, to look for things to appreciate in each Now moment.

The way to have hope is to bring to mind all the good times and know they can be again.

To cheerlead myself on to it with my self talk and internal dialog until I believe it and expect it. That's how I attract my happy and purposeful life. No secret. It just takes practice.

NO MATTER WHAT'S GOING ON ANYWHERE ELSE IN THE WORLD, WHAT DETERMINES WHAT AFFECTS US INDIVIDUALLY IS WHERE OUR FOCUS IS

Some friends have been nervous seeing vids asking A.i. what's to come in the next few years in our government and being told there's going to be a complete breakdown and restructuring.

A HEADS UP, all sorts of things go on in the world, things we want, things we don't want.

What determines what it is that affects us individually is WHERE OUR FOCUS IS, no matter what's going on anywhere else in the world.

If we're sitting around reading all the bad news and being scared to death and imagining the most horrible "what if" scenarios, that doesn't set us up for attracting a good future experience.

I'm not saying ignore what's going on, I'm saying keep yourself focused on where you WANT to go, what you WANT to be doing, what you WANT to see happening in the world and spend your time looking for evidence of that.

We always find what we're looking for, so look for the good stuff, look for the helpers, look for what's working, look for what's being changed that needed to be changed.

You can be living six feet away from someone and have a completely different experience than they're having and it's all determined by your choice of focus.

I'm not saying nothing challenging will be happening AROUND you, but YOU can remain unscathed by your choice of focus.

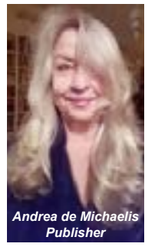
Another big focus is the price of food and housing. People are feeling food-insecure and that's how the powers that be WANT you to feel: powerless and looking to them for a fix.

The same thing applies here as in the lone house left after a storm: ***When you bring yourself to believe and expect that things will always work out for you -- when you thru trial and error see evidence it is true -- when you begin to see new doors open and new opportunities present themselves to you every time you look for them in every situation you find yourself in, it won't matter what the economy is doing, YOU will find a way. A way will be made known to you as long as you expect it and believe it will.***

Ah, the good ole days, you say, when we could afford food and housing. **THE TIDE IS TURNING. STAY HOPEFUL**. Be patient. Invisible help and better days are on the way. It's always darkest before the dawn. That miracle may be just around the next corner.
STAY HOPEFUL.

Enjoy our offering this month.
Hari Om

Andrea


Andrea de Michaelis
Publisher

SELF TALK SCRIPTS TO HELP YOU ATTRACT A BETTER TOMORROW

These are the most requested links for my blog at https://horizonsmagazine.com/blog Doing these processes will open you to inner guidance like never before

CREATIVE VISUALIZATION PROCESS LINKS
https://horizonsmagazine.com/blog/doing-experimental-creat-ive-visualizations-the-creative-visualization-process/

MY PAYPAL VISUALIZATION
https://horizonsmagazine.com/blog/my-paypal-visualization/

ANDREA'S MEDITATION PROCESS AND LINKS
https://horizonsmagazine.com/blog/andreas-meditation-process-2/

AN 8 MINUTE VISUALIZATION WORKSHOP TO INCREASE DOLLARS
https://horizonsmagazine.com/blog/an-8-minute-creative-visualization-workshop-to-increase-dollars/

SIMPLE SELF TALK SCRIPTS TO HELP YOU ATTRACT A BETTER TOMORROW
https://horizonsmagazine.com/blog/simple-self-talk-scripts-to-help-you-attract-a-better-tomorrow/

HOW CAN YOU EXPECT A $$ WINDFALL WHEN YOU ARE ON A FIXED INCOME?
https://horizonsmagazine.com/blog/how-can-you-expect-a-windfall-when-you-are-on-a-fixed-income/

A SELF TALK SCRIPT I READ OVER WHEN I NEED REPLACEMENT THOUGHTS
https://horizonsmagazine.com/blog/a-self-talk-script-i-read-over-when-i-need-replacement-thoughts/

MONEY/SUPPLY COMES OUT OF US LIKE AN OAK FROM AN ACORN
https://horizonsmagazine.com/blog/moneysupply-comes-out-of-us-like-an-oak-from-an-acorn/

A DOLLAR SCRIPT VISUALIZATION TO INCREASE YOUR DOLLARS
https://horizonsmagazine.com/blog/a-dollar-script-visualization/

Email Andrea at HorizonsMagazine@gmail.com if you have questions.

Andrea

I am blessed to have my life, meaning: I'm blessed to know that HOW I think affects what comes to me, and that I can CHOOSE to exercise my free will to discipline myself to stay FOCUSED on things I like so that more things I LIKE may come to me

Esther Hicks

ABRAHAM HICKS

... from page 41...

Attraction; please!" She doesn't mean it. **The Law of Attraction's consistency is your very best friend**, and you understanding where you stand within it is such a wonderful thing. And you understanding your **Emotional Scale System** is the best thing ever. And you gaining control of your own satisfaction and more is a lovely thing. And you'll find yourself more and more tuned-in, tapped-in, turned-on, because you've practice it, you've prepaved it, you've allowed yourself to be it.

Look at it this way - we really like the image that forms in your mind when you hear us say this: Your **Inner Being** is out there ahead of you prepaving your trail, carving out your path of most allowance or your path of least resistance, believing in you and knowing that you can have that or be that or do that; clearing all the resistance out of the way and paving a highway to make it a comfortable ride for you. And this is because you did the real work - you sifted and sorted through the contrast, and you said I want this - and when you did, your **Inner Being** got on that, and the **Law of Attraction** responded.

Now here you are, having heard what we've said that choosing things that are easier is the easiest way to go about it, so you're following that train of thought; you're looking for reasons to be optimistic, you're thinking about things that are satisfying, you're making lists of positive aspects, you're meditating. So you're on that path, you're in that flow, and some of the things that you're thinking about are people who are well in your **Vortex** who aren't well in their NOW reality. But they are well in YOUR Now reality because YOUR Now reality is focused here and not there. Are you hearing it?

Now you're so clear about that and words are occurring to you, and you're not looking back at them where they are - you're not trying to reassure them, you're full of confidence, you're feeling good - now they can catch a glimpse of that and move in the direction with you about that. That's what true uplift-ment is: catching a glimpse of who they really are and what they really want, and holding that image clearly so that maybe (just maybe) they can catch a glimpse of it. That's what healing is, that's what teaching is, that's what uplifting is, that's what living happily ever after is.

Maybe what it really comes down to, maybe this is a good way to say it: What reality are you wanting to face, the reality that they're wanting to let loose of, or the reality that they're wanting to move toward? **Jerry watched Esther in the Monster Bus** - she'd be wailing down the highway and he'd say "Look at the rainbow," and she'd start moving toward the rainbow. He got so that he didn't point at anything that wasn't straight ahead, because you go where your thoughts are. Now, can you feel how much more resolved you feel about this? And so, now?

QUESTION: Well, it feels good.

ABRAHAM: We know that it feels like it's taking a long time, but these are the answers to everything that you care about, everything that you care about.

QUESTION: And again, just simply put, satisfaction is the way to wellbeing, to healing - just find satisfaction.

ABRAHAM: And make it easier on yourself: "If I reach for satisfaction when I'm not too far from it, I can find it easily. And once I've isolated it, in the absence of resistance, that satisfaction will turn to more; it will turn to confidence and empowerment and invincibility and certainty. It will turn to the knowing, the knowing of Source.

QUESTION: To the wellbeing, itself.

ABRAHAM: The knowing, the knowing. And so, what's tripping you up is that you want to get hold of a little bit of it, and then you want to shine it on somebody to help them. But if you're not solid in it in the moment that you look back, don't look back. Don't look back, your **Inner Being** never looks back. Your **Inner Being** took the bounce from what you said you wanted, and only focuses forward, and when you look back, you disconnect from your power. And you know what? (Here it is - drum roll, please.) Current manifested reality is back. It's back - it's like gum you've chewed the flavor out of; it's over. Where the action is is in the **Vortex** - that's where all of your power is, that's where your **Inner Being** is, that's where You are, that's where the largest part of You is. And if you're not moving in the direction of who You really are, then you are disempowering yourself.

QUESTION: And satisfaction is the gateway to that.

ABRAHAM: Oh, those are perfect words - that will be the track title for this segment: Satisfaction is the gateway to everything that you want. You have to practice satisfaction when it's easy. It's really easy. When **Esther** gets up in her tree house, it's so easy to be satisfied - all she can see are treetops and birds. It's so easy.

But you want to train yourself into unconditional satisfaction because everybody that you want won't be well so that you can just look at them and feel satisfaction. You have to train yourself into unconditional satisfaction. "How are you?" ***"I feel so satisfied."*** "Why?" ***"Because I want to."*** "Everything must be going really good." "As far as I know, as far as I'm willing to admit; that's my story and I'm sticking to it. That's my story and I'm sticking to it - satisfied and more, satisfied and more."

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 ir offering with them.

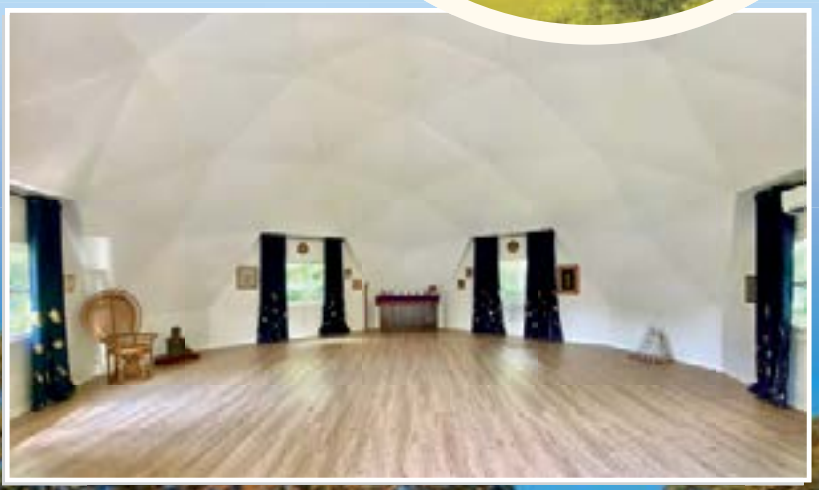
Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

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.

CENTER FOR SPIRITUAL AWARENESS

AN ENRICHED JOURNEY TO SPIRITUAL AWAKENING

The CSA Golden Lotus Bookstore offers a variety of items for sale: including books, Ayurvedic products, Hatha Yoga and meditation aides, as well as gifts and healthcare products.



The newly renovated Hatha Yoga Dome is a beautiful and peaceful environment to spiritually deepen and enhance your asana practice.

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