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THE CRYSTAL GARDEN

Margaret Ann Lembo is author of Chakra Awakening; Essential Guide to Crystals, Minerals and Stones; the Essential Guide to Aromatherapy and Vibrational Healing; the Crystal Intentions Oracle; Masters, Mystics, Saints, and Gemstone Guardians Cards. She is a spiritual entrepreneur, aromatherapist, and the owner of The Crystal Garden — a bookstore, in southeast Florida. Find out more about Margaret Ann at www.MargaretAnnLembo.com; www.TheCrystalGarden.com; and www.AcademyoftheSpiritualArts.com or email at margaret@margaretannlembo.com

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Facilitator: Fred Goodnight

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Tuesday January 23rd 9:45am or Wednesday January 24th 6:30pm
Unity Foundations: Discover the Truth Within – 5 weeks
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Sunday, January 28th 12:30 pm
Drum Circle
Facilitator: Fred Goodnight

Come and find your rhythm and have a great time. No experience necessary. Suggested love offering \$20.

Thursdays, 6:30 – 8:00pm
Metaphysical Discussion Time
Facilitator: Paul Esche, LUT

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ONGOING EVENTS

First Sunday of the Month
Reiki Healing Service
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Second Friday Night – Game Night 6:30pm

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HORIZONS

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Andrea de Michaelis

On the Cover (page 31)

Divine Child

by Holly Sierra

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Co-incidence is meaningful. 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 distributed FREE each month to 200+ bookstores and health food stores throughout Florida, as well as by subscription. **HORIZONS** is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

ARTICLE SUBMISSION: You may submit articles of up to 900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com. Time sensitive articles must be submitted 4-5 months in advance. *Any article that promotes a particular person, product, service or event is considered an ad and is paid for.*

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- 1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
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- 5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher in 2016

THIS MONTH'S THOUGHTS ABOUT THINGS...

"In the company of one who is living Love, you can't help but spring into that Love." - Sri Sri Ravi Shankar

Hello and welcome to the January 2018 Horizons Magazine. 2017 was a good year for me but I'm ready for some changes, how about you? Last month I decided to switch bedrooms for the first time in 33 years. I like to change things up in my house because it helps me reroute the neural pathways in my brain to keep me out of a rut. I like to look around me and see things in different locations than I typically keep them. It keeps my mind active and all the movement of furniture arranging keeps my body happy.

It began with me preparing the house for friends who'd be traveling through. I like to give them the master bedroom so they can have a self contained honeymoon suite and I was having fun setting it up. I moved my stuff into the smaller back bedroom then went into the kitchen to set about creating a café type setting next to the beverage station. Ok,

the beverage station is simply a wall of teas and coffees on shelves next to a water cooler and a small round table and chairs, but it's all in one place so you can sit and chat and have tea.

Plans changed and they stayed with family but by then I'd gotten the bug! I'd had so much fun setting up temporary quarters in the back bedroom that I decided I wanted that to be my room now.

THE INDIGO CAVE IS BACK! I decided to swap rooms to have my bedroom on the west side of the house adjacent to the office. Due to my odd sleep schedule, my bedroom must be a dark, cool, cozy haven in the middle of the bright daylight of daytime. I installed dark out panels and heavy royal blue velvet drapes. It now gets pitch black. It reminds me of a psychomanteum I'd set up years ago when I was doing that kind of work, and it's that energy that the velvet drapes hold. It makes a perfect sensory deprivation room, perfect for inducing relaxation and altered states.

One entire wall is floor to ceiling mirrors, so I also put the blue drapes on a sliding rod to cover them as I sleep. The window looks out to an open expanse of sky, the only view like that from inside my house which is under a deep oak canopy. I like looking out at the night sky from the bed. And the window being 3 feet away (instead of 13!) lets me hear all the night time sounds all night long. It's almost like camping out.

...continued on page 29...

Love? Money? Travel? Learn what 2018 holds in store for you.

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For most of us, life offers abundant opportunities for both laughter and tears. The good times you savor. The hard times go to your heart and into your soul.

Our ability to handle life's challenges is a measure of our strength of character. And yet, where do we learn how to deal with those challenges, hard times and difficulties? In school, we are taught how to read and write.

But what about the keys to living? Where do we enroll in Life 101? Where are the classes dealing with the loss of a job, the death of a loved one, the failure of a relationship? Unfortunately, those lessons are mostly learned through trial by fire and the school of hard knocks. No matter how difficult your life may become, no matter how hard it gets, there is always reason to keep on going and fighting because you can survive and thrive.

My suggestion is that, after you have been knocked down or pushed back by life, you should acknowledge the setback, understand why it happened, and then make a leap ahead of where you were when you were hit. That's how to become the person you always wanted to be.

SOMETIMES THE HITS JUST KEEP ON COMING

We are living in very challenging times. Pressured in the workplace and stressed out at home, people are trying to make sense of their lives. How do you keep on going when life knocks you down? It's one thing to be positive when things are going well, but it is something altogether different when life catches you on the blind side:

When someone you love is taken away

When a catastrophic illness strikes you or a family member

When your "lifetime" job is suddenly downsized

When the relationship that has kept you going falls apart

When you go through the emotional torment of a divorce

When your grown children refuse to grow up

When your teenagers decide they are adults

There are times when you want to say to life: "Please give me a break. Just give me a chance to catch my breath." But life doesn't listen. Sometimes, as soon as we raise our heads, it knocks us back down. Such is life.

BELIEVING IS POWERFUL

Believing in yourself requires knowing that your life has value and there is hope. You don't have to be on top of the world already to look up. No matter what your circumstances are, there is a reason for you being here.

How can you begin to believe in yourself more? One way is through internal encouragement. Concentrate on doing volunteer work, working out, taking a class—anything that makes you feel good about yourself. Find positive expressions that work for you, and put them on cards where you can see them during the day. One of my favorites was given to me by a friend: "Good things are going to happen to me." Say it repeatedly, but each time put the emphasis on a different word or phrase.

GOOD things are going to happen to me.

Good THINGS are going to happen to me.

Good things ARE going to happen to me.

Good things are GOING to happen to me.

Good things are going TO HAPPEN to me.

Good things are going to happen TO me.

Good things are going to happen to ME.

We have to live life with a sense of urgency so not a minute is wasted. Failure, defeat and loss afflict us all. Expect it, and learn to deal with it. And then learn to get back to life without waiting for an invitation. One way to do that is to trust in a power greater than yourself, and to believe good things are going to follow—great things will occur when you get up, dust yourself off, and go at life with renewed determination and courage.



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QUESTION "WHY DO DOGS FIGHT?"

ABRAHAM: As we talk about the beasts of the planet mostly being in alignment, so it would seem odd if someone who were in alignment would pick a fight. But, in order to understand why that particular fight might be happening, you'd have to understand who those particular dogs are, or what was going on. *Does it surprise you that they have opinions or desires? Does it surprise you that a dog would want his space or his food? Does that surprise you? Do they seem completely unintentional?*

So, anytime someone has an intention that feels threatened by someone else, in that misunderstanding that their well-being is being threatened by somebody else, whether it's a human or an animal - there's some of that involved. Animals have intentions, too. Usually the intentions of the beasts are misunderstood by humans who would like to superimpose their intentions over. But there are a lot of innate characteristics in the beasts of your planet that are part of who they are for the continuation of their existence, you see.

QUESTION: "... I work with dogs. And I'm often called about dogs that are a little bit on the jerkier side. Fighting and things. And I'd like some solutions. I do integrate a lot of your teachings into our humans. Kind of help them control their expectations, control their vibrations, because what I notice is beasts are more energy driven."

ABRAHAM: Generally speaking, and we know you'll appreciate this, and we know you understand this, is that... And it's true of humans, too. You have yourself caught in this uncomfortable position of following your own alignment and socializing with others. And socialization feels like compromise to you. And yet, over time, you sort of are like the horse that is broken. You give in to the socialization, even though you don't like it. And the beasts of your planet, who are domesticated or socialized, are a bit like you, while the animals who are in the wild are behaving more from their own sense of freedom. And so, it's a typical thing when you see animals that are not being cornered, or who are not being challenged by something, they just keep migrating to something that's better for them. They do a much better job than humans do of just moving to a space that feels better.

And you hear about earlier parts of your civilization. That's the way man was at one time, too. In his less civilized state, man migrated to what he wanted more. Moved to where the water

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was. Moved to where the food was. Moved to where the challenges weren't.

But any time any physical consciousness, whether it's human or animal, gets into this shortage consciousness state, where they believe that something that is important to them is being challenged, then there is a defensiveness that comes forth. And you can trace it back to every animal behavior, study, or science that you've ever seen. And it is true of humans.

THE ANIMALS ASK: WHY DO YOU FIGHT SO MUCH WITH EACH OTHER? WHY DO YOU NOT JUST MOVE TO A SPACE WHERE YOU FEEL BETTER? WHY IS FIGHTING YOUR FIRST DEFENSE, WHEN FOR US IT IS OUR LAST DEFENSE?

And the answer to the question is: It has to do with the socialization of you, because... In your not-connection...which then fosters vulnerability and shortage consciousness, you are always more defensive. In your alignment, in your empowerment, in your autonomy, in your sufficiency, then you are softer.

...continued on page 27...



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Relieving Sinus Congestion with Herbs

Are your sinuses leaky or drippy? Are you sneezing or sniffing? Are you constantly clearing your throat? These may all be symptoms of sinus congestion and if left untreated it can progress to severe congestion or a sinus infection. It may also cause chronic headaches, ear congestion, ear infections or hearing loss.

If your congestion is due to fungal or a bacterial infection you may want to consider **Yerba Manza** its astringent properties tightens and restores tone to sinus tissue lessening secretions. It also stimulates circulation to the sinuses helping with sinus headaches, congestion and infections. **Rosemary** is another herb with astringent actions. *You can make a nasal spray with either of these herbs using 10-30 drops of their tincture to 1tsp. glycerin and 2oz. purified water in a spray bottle.* You can use this spray up to 4 times per day if necessary. The herb **Angelica** can be used to reduce secretions of mucous. It also gets you to sweat more; this helps the body to kill off infections. Other herbs that help fight sinus infections are **Echinacea**, **Goldenseal** and **Garlic**. **Goldenseal** is also helpful when the mucous membranes of the sinuses are chronically congested, especially if you are blowing your nose and the mucous is not clear. The herb **Licorice** helps when your head is congested and the mucous is so thick it is hard to blow your nose. Not only does it help thin out and expectorate mucosal secretions, it also helps repair damaged tissue.

If you are really inflamed, try making a pot of soup adding some Ginger, Turmeric, Horseradish or Cayenne. These will open up your sinuses because they reduce inflammations to the sinus cavities. **Eyebright** and **Goldenrod** are also anti-inflammatory herbs but I would not add them to a soup, these would be better in teas or tinctures. **Eucalyptus** is one herb that most people know for the sinuses and the respiratory system; it is antibacterial and antiseptic as well as an expectorant to the whole respiratory system. *The oil of Eucalyptus can be used as a steam by adding 20-30 drops to boiling water.* Set the pot on a table leaning over the pot with a towel draped over the pot and your head; breathing this solution deeply helps to clear your sinuses.

Beyond herbs, try removing mucous-forming foods such as milk, wheat, pasta, bananas and even orange juice from the diet. Instead drink more water to thin out the secretions of mucous. Getting more **vitamin C** through foods, herbs or supplements can also help because this antioxidant assists the body in battling allergic reactions acting as a natural antihistamine. Plus it helps protect you from possible infections from congestion.

In your home you may want to keep animal dander and dust down and it may help if reduce heavily scented cleaning products such as air fresheners, detergents, lotions, shampoos and perfumes because the chemicals in these products can be irritating to the lining of the nose.



EVERY DAY MINDFULNESS LESS IS MORE

Writer Sophia Quzi practices Raj Yoga and teaches mindful meditation. She is an Ayurveda massage therapist and training to be an Ayurvedic Nutrition Consultant and Practitioner. "I have always had a heart full of grace and compassion toward all that is." Find her on Facebook

It is 4am, I am awake an hour early than usual. Still lying in bed and looking out the bedroom window. Winter morning, the sky is still dark. It is pretty windy. I can hear brushing a branch from the birch against the window. Today is Sunday, no need for me to rush, do anything or go anywhere. Funny how all the images from yesterday slowly started to reappear in my head one by one. I said to myself, hold on a minute... why am I destroying my hope of a beautiful day that has been just given to me? Why do we always find a way to destroy our dreams? Why can't we just be happy right now, in this moment? I may not have accomplished any great good yesterday but I have not harmed anyone either. I wish there was something more, something memorable but there was nothing else, just a path I walked quietly.

It seems little but did I really need any more? Where does this strange desire for more come from? This longing for more has become both our blessing and our curse. We forgot to stop and smell the roses, breathe ocean breeze, paint an unknown wildflower on our canvas and give it a sweet name. Do we really need any more than that? I know that I don't. All I want right now is to honor the dawn in meditation, then have a shower, then set up breakfast table for me, my daughter and my mum and cherish the first meal of the day. This is enough for me... I may not have helped a child who lost its way or touched the lives of many...but I am content in my being and feel not any less worthy. Today I will walk in love, humbly with my higher self. We often ask too much and forget to appreciate the small blessings in our life. If we slow down and look around with a loving eye, we will see that what we have is enough.

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15 ARCHANGELS TO CALL ON EVERYDAY:

Magical Helpers Each Have Their Specialties

Radleigh Valentine is a best-selling Hay House co-author of five tarot decks, one angel oracle deck, and one book, all with Doreen Virtue. He is also the author of "How to be Your Own Genie: Manifesting the Magical Life You were Born to Live." His very popular video show, Ask Rad!, streams on Facebook and Instagram simultaneously each week. www.radleighvalentine.com.

One of the ways that I was finally able to get in touch with my true nature was with the help of Archangel Uriel, I believe that everyone has the perfect one for them. Archangels are very popular. They're sort of like the superstars of the angelic realm. They have very specific roles that are simple to understand, so it's easy to see why people gravitate toward them. It's straightforward enough to say to yourself, *"I have a health problem. Time to call Archangel Raphael,"* or, *"I don't feel safe; better call Archangel Michael."* Each archangel has a specialty.

Before I briefly introduce you to each of the 15 most prominent archangels and their specialties, it's important to understand that angels don't really have genders. However, their specialties—along with the energy they give out—tend to feel male or female to most people. The gender that I use for each of the archangels is the one most commonly associated with that angel. However, if you see them differently, then that's what's perfect for you and you should allow that to be.

• Archangel Ariel:

If you're concerned with manifesting what you need in this world from the standpoint of abundance, prosperity, or your material needs, Ariel is your gal. She's also the protector of nature, including animals and the environment. Her name translates as "the lioness of God," and she is associated with the color pale pink.

• Archangel Azrael:

If you're burdened with sorrow, have suffered a loss, or are in need of comfort and a way to get past what you've experienced, call upon Azrael. He is the most graceful and the most elegant of all the archangels. His name means "the mercy of God," and he can help you or those you know in need find comfort. He is known for appearing in a creamy white color.

• Archangel Chamuel:

If you've lost something or are searching for something (the perfect job, the perfect mate, your car keys), Archangel Chamuel can come to your aid. His name means "the eyes of God," and he can help you find anything you're looking for. Resonating in a pale green color, he's also the archangel to call if you're trying to come to peace about something in your life.

• Archangel Gabriel:

Archangel Gabriel is much like the patron archangel of creative people. If you are working on something artistic; are a creative type like an actor, a speaker, or a writer; or need to find the right words for a conversation, then Archangel Gabriel is perfect for you. She is also great if you need someone to help push you past procrastination and get stuff done. As she is the angel of the Annunciation, she is also known to work with people regarding pregnancy, birth, or adoption. Her associated color is copper, and her name means "the strength of God."

• Archangel Haniel:

Archangel Haniel's name means the "grace of God." If your concern is about growing your spiritual gifts and becoming more intuitive, then ask for her assistance. She can help with giving readings or doing them for yourself. She also specializes in women's issues. She is known to appear in a silvery blue color.

• Archangel Jeremiel:

Jeremiel is another archangel who's awesome for developing your spiritual gifts, but who is also great at helping you review your life to date so that you can understand what changes you need to make. His name means "the mercy of God," and his color is deep purple.

• Archangel Jophiel:

Archangel Jophiel is the archangel of beauty. She can help you clean up your space and beautify any part of your life. Some call her the feng shui angel. I prefer to think of her as the archangel of positive thinking, because you can also call on her if your thoughts need cleaning up. As you might suspect, her name means "the beauty of God," and she resonates to a fuchsia pink.

• Archangel Metatron:

If you need help with time management, then Archangel Metatron will be of assistance. He can bend time for you so that you have more time to get a project done or arrive somewhere on time even if you left later than you meant to. He's also the protector of children and versensitive people. The meaning of his name is unclear. His color is a blend of violet and green.

...continued on page 13...



15 ARCHANGELS

...continued from page 12...

• Archangel Michael:

For those who are feeling unsafe, I recommend asking for the help of Archangel Michael, “he who is like God.” Known for helping protect us and also soothing our fears, Michael can sever unwanted connections to the past or to people you feel need to be safely and lovingly removed from your life. If you need self-confidence or clarity on your life purpose, call upon Michael. His color is a deep royal blue, sometimes seen with a hint of gold.

• Archangel Raguel:

If your concern is clearing up an argument, resolving a misunderstanding, or just making sure that things go well among individuals or groups, Raguel is the right one to call. His name means “the friend of God,” and he can smooth over difficult interpersonal situations or even help you make new friends. His color is a pale, robin’s-egg blue.

• Archangel Raphael:

Raphael, whose name means “God heals,” is the archangel for physical healing. So if you’re sick, in physical pain, or have other bodily ailments, he’s your guy. Raphael is also the archangel of safe travels, so you can call upon him while flying or driving long distances. He is also known as a bit of a matchmaker. I often suggest that people work with Raphael and Chamuel in partnership for issues of finding the right romantic partner. Raphael’s healing light is emerald green.

• Archangel Raziel:

I always think of Raziel as a kind of wizard of the archangel realm. He’s very magical and can help you understand esoteric information, heal from past-life issues, or interpret your night-time dreams. His name means “the secrets of God,” as he is said to sit at the throne of God, writing down all he hears. He radiates rainbow colors.

• Archangel Sandalphon:

When you feel as though your prayers aren’t being heard or are being left unanswered, you can call upon Sandalphon, the archangel known to personally carry prayers to God. Ask him for help seeing, hearing, or knowing what the answers to your prayers are. He’s also the archangel associated with music, so musicians should take heed! Sandalphon means “brother together,” and he appears turquoise in color.

• Archangel Uriel:

Do you need a brilliant idea? Are you seeking a true epiphany about what to do next or any aspect of your life? Then Archangel Uriel is there for you. Uriel is also known for emotional healing, so if you carry pain from the past you need to work

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through, he can help. Along with Gabriel, he’s a great archangel to work with if you see yourself as a spiritual teacher. His name means “the light of God.” I see him as being a glittery golden color, though others perceive him as solid yellow.

• Archangel Zadkiel:

Zadkiel, “the righteousness of God,” is the tutor of the archangel realm. Think of him as a kind of angelic ginkgo biloba! If your concern is taking tests, passing your exams in school, learning something new, or just remembering things, call upon Zadkiel, who is associated with deep indigo blue. He can also help you with forgiveness of yourself and others.

Many years ago, I attended a particularly memorable angel conference. The speaker had prepared a meditation to introduce us to the 15 most well-known archangels. I was very much looking forward to this, as my intuitive gifts were really ramping up, so I anticipated a vivid experience.

The speaker began inviting the archangels into the room in alphabetical order, starting with **Ariel**. To my surprise, the experience was completely flat to me. I shuffled in my seat to get more comfortable and tried to really focus on the meditation. Next came **Azrael** and then **Chamuel**. Still, I felt like I was in the auditorium by myself. I wasn’t feeling anything and wondered what was wrong.

The speaker went through all the archangels, and I continued to feel nothing until she got to the 14th, **Uriel**. Suddenly the room exploded into glitters of golden light! I could hear angels singing! The sparkling light was almost blinding to me, and I felt euphoric. I was amazed by what I was experiencing. When the speaker brought up the final archangel, **Zadkiel**, the entire meditation went completely black again.

Later that same day, I pulled a card from an angel deck: “**Archangel Uriel**.” Immediately afterward, another participant at the event pulled a card for me from a different deck; again, it featured **Archangel Uriel**. At the end of the day, one of the very gifted readers at the event came up to me to tell me that she saw **Uriel** with me. Okay, okay! I get it! I thought.

Not all angel experiences are that powerful. (Frankly, I wish they were!) But if an angel really wants your attention, believe me—they will find a way to get it.

FROM THE HEART



Alan Cohen is author of *A Course in Miracles Made Easy*; mastering the Journey from Fear to Love. Join Alan and friends in Hawaii, Feb 26 - March 2 for a rare retreat, Unplugged. Put your devices aside for a few days, liberate yourself from technology, and reconnect with yourself and your life. For more info, visit www.alancohen.com.

DOGS KNOW HEART

My dog loves to play in the morning. He jumps in my lap and wants to lick and wrestle, which I am entirely unable to resist. Yet when I am meditating, he simply lies down and waits for me to finish.

Something in him understands meditation and respects it. He gets the (okay, I'll say it) vibe. The universal intelligence in him is connected to the universal intelligence meditating in and through me, and the two create a lovely respectful dance together. I like to think that people are at least as smart as dogs, and something inside each of us recognizes and respects wisdom, beauty, and authentic love. When you are connected to higher power, doors open in miraculous ways. I saw a video of **Mother Teresa** on a mission to rescue a group of children from a children's hospital in war-torn **Beirut**. Although factions were shooting at each other constantly, when **Mother Teresa** announced that she was going into the city to remove these children, the parties declared a cease-fire. At the appointed time, **Mother Teresa** and a group of her nuns drove two trucks into the quieted city and freed the children. The moment she and the kids were clear, the factions went back to fighting.

This noble example tells me two things: (1) War is a choice and can be stopped at will; and (2) The spirit's commitment to peace is more powerful than the ego's commitment to war. When authentic peace shows up in the face of conflict, peace ultimately prevails because peace springs from love and war springs from fear, and love is always stronger than fear.

When **Ram Dass** visited **India**, he met a yogi, **Hari Dass Baba**, who had been silent for many years and taught Ram Dass a brief lesson each day by writing an aphorism on a small chalkboard. One day the lesson was: "Yogi in jungle need not fear. Snakes know heart." A major truth in a condensed nug-

get. When you are in harmony with life, you need not worry or struggle to protect yourself, for all of life bows in deference to the presence of the divine.

A Course in Miracles offers a profound poetic image (in Workbook Lesson 156) describing how loved and powerful you are, simply by virtue of who you are:

There is a light in you which cannot die; whose presence is so holy that the world is sanctified because of you. All things that live bring gifts to you, and offer them in gratitude and gladness at your feet. The scent of flowers is their gift to you. The waves bow down before you, and the trees extend their arms to shield you from the heat, and lay their leaves before you on the ground that you may walk in softness, while the wind sinks to a whisper round your holy head.

This touching passage tells me that life loves to love you, and as you love yourself, you are aligned with your purpose and the purpose of everything that lives. It's not egotistical to have rewarding, fulfilling relationships, and to expect things to go right. Several years ago **Dee** and I were traveling through **England** and had an appointment to meet my friend **Robert Holden** and his wife for dinner. When the couple did not show up at the restaurant at the appointed time, I telephoned **Robert**, and to my surprise I found him home. When I reminded him of our date, he apologetically told me that he had made a mistake and thought our meeting was for the following evening. "That's okay," I told him, seeking to soothe his sense of error. "These things happen." **Robert** thought for a moment and replied, "Not to us!" I had to laugh as I absorbed his point: **Robert** lives in the expectation of good, flow, and success, and when something happens that seems to contradict well-being, it is a real anomaly. Contrast this attitude with the expectation that things generally go wrong except when they occasionally go right, and you will see why some people continually succeed and others continually fail.

Things are supposed to go right, and when we line our minds and hearts up with this vision, they do. Coaching clients often ask me about how to find a happy relationship, marriage, or life partner. I tell them that when you sincerely love yourself, you are in the perfect position to meet someone who agrees with you. So the path to finding a mate is not anxious searching and manipulating, but calm knowing who you are and what you deserve. **Mother Teresa** knew so surely that those children deserved to be safe from war, that even people steeped in fear and war were moved to agree with her and act on the truth she knew.

There is a scene in **Star Wars** where **Luke Skywalker** and **Obi-Wan Kenobi** are entering a city ruled by the evil Empire. The imperial army is on the lookout for them, and they must pass by a border checkpoint. As they approach, a guard asks to see their papers. **Obi-Wan**, using a kind of hypnotic suggestion, tells the guard, "We're not the ones you are looking for." As if on automatic, the guard tells the other soldiers, "They're not the ones we're looking for," and the two pass. **Jedi** of the **Force** need not fear the evil empire. Yogi in jungle need not fear. Snakes know heart. Sincere meditator need not struggle. Dogs know peace.

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Dear Whitedove: I've decided to make my spare bedroom into a meditation room and I'm very excited. I have done most of the work the only thing that I'm lacking is the altar. I've been told it is very important to have an altar but I'm so nervous, any advice? Needs Help in NJ

Answer Altars are a sacred space that you are dedicating strictly to The Great Spirit and your unseen support team. I have seen many different styles of altars and whatever you choose is fine. I would make sure my altar is putting the Great Spirit first. I would not use an altar as a way to pray to lesser deities, your prayers will be heard and answered much quicker if you take them directly to the source, the God Head. It is good to always have white candles on your altar to light for those who are in need of prayers. Fresh flowers are a wonderful sign of your love and respect to God and your unseen support team. On a personal note Sage, Bear Root, and a small bottle of holy water are absolute musts for my altar because as a spiritual medium I have a lot of paranormal activity in my home so I clear and bless my house on a regular basis. Whatever you decide to add to your own altar will be fine, whether it be statues of angels, or stones and crystals, just as long as you make sure your altar represents your personal connection to Spirit.

Dear Michelle, My son went to a shaman for a spiritual ceremony with frog medicine called Kambo. I had to travel halfway around the globe to Brussels to get to him because he has still not come back to reality. He is talking about the Universe, God, Jesus, our DNA and many spiritual topics. I can't get him back to our reality and it's been ten days. What can I do?

Answer This toxin is applied during a spiritual ceremony by burning the medicine into the skin. Kambo is a sacred medicine that is used to bring a soul back to who they really are; to experience and have a knowing of their purity and connectedness to all that is. We are light-beings, yet as we travel this journey called life we get caught up in shame, inadequacies, self-judgment, depression, victimhood, rage, pain, addictions and even illnesses. In the hands of a true shaman, Kambo can bring a soul back to a pure state as it cracks open your consciousness. Usually it's suggested to do 3 treatments over a course of several days. There are reports of miraculous healings; it can heal the body as a total cleanse and immune reset. It heals your emotions, heals your mind of negative thought patterns that no longer serve you and renews your soul back to a state of love.

WARNING This is a very powerful toxin and must be administered by an authentic shaman. Your son was given too much Kambo by a novice. It has cracked open his consciousness and he's unable to ground himself in our earthy reality. If you take him to the hospital he will be admitted to a psych ward and be sedated, diagnosed incorrectly and possibly kept indefinitely. This is a spiritual issue not a physical one. You'll need to find an authentic shaman to work with your son and help to reel the soul back in. While you are searching for a shaman in your area, ground him with heavy foods help bring him down. Tell him to have a conversation with God and pray to archangel Michael. Your son needs to tell them that he is ready to come back to Earth and share his knowledge. Ultimately it is the soul's decision; he must want to come back to this reality. As a Mother, you can pray to God and then ask Mother Mary and archangel Michael to intercede. My prayers are with you and your family.

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5 SIMPLE RITUALS TO HELP YOU MOVE THROUGH GRIEF AFTER THE LOSS OF A LOVED-ONE

Lauren Robertson is a Spirit communicator, transformational coach, and speaker. Training as a psychic medium from age 14, Lauren has helped tens of thousands of people explore their spirituality, find important answers, and overcome difficult emotions to live freer and happier lives. She studied consciousness, the emotions, and philosophy of mind at the University of Glasgow, Scotland, and holds an MA in literature and philosophy. She is a Divine Living trained coach and has spoken on platforms all over the world. www.laurenrobertson.co.uk

My journey as a medium began with the loss of my Gran. I was 17 years old when she passed, and I didn't think like a medium back then, I was simply a teenager, hurt, sad, scared and devastated because I'd lost someone who represented unconditional love to me. On my quest to heal my pain, I came across five rituals that truly helped me moved through my grief. These five rituals brought me feelings of reassurance, peace, comfort and courage at a time when I was really struggling with her death, and they opened my mind to the possibility that our relationship had not come to an end...it had simply changed into something new and different.

I hope these rituals will help you find peace as you come to terms with the transition of a special person to Spirit, as they did me.

1. LIGHT A CANDLE AND SPEND TIME IN CONTEMPLATION. Create some quiet time and light a candle, sit comfortably a few feet away from the candle and let your gaze fall upon the flame. Breathe deeply and allow yourself

to simply be with whatever thoughts and feelings come up for you. If you are in pain because you are grieving, let yourself be with the sensation of pain rather than trying to flee from it. If you are filled with happy thoughts and memories about your loved-one, allow yourself to laugh and shed a tear. If you feel nothing, see nothing and sense nothing, that's ok too...perhaps, for now, that sense of emptiness is what you need. Trust that you are exactly where you need to be. Spend 10 minutes or longer in candle contemplation, as often as you like. Allowing ourselves time to be with our thoughts and feelings around the loss of a loved-one can encourage acceptance and promote the healing process.

2. WRITE A LETTER TO YOUR LOVED-ONE.

I must be honest with you: Every time I write a letter to my loved-ones in Spirit, I bawl my eyes out, so I do not recommend you do this at work, in a restaurant or on the bus...unless you don't mind sobbing in public! For me, much of the pain after bereavement was due to the unsaid 'I love you's', the untold gratitude, and the unasked questions. One day, I decided to write a letter to a particular person in Spirit, and in it, I put everything I wanted to say but never could. Afterwards, I felt better. I felt heard, and in the writing process even provided me with some answers! Try it. Write a letter to your loved-one and tell them everything. The good, the bad and the ugly. It should be several pages long at least. And when you think you've written all you can, just give it a second then keep going: The Truth usually comes after we're done saying what's appropriate. Don't hold back, let everything out.

...continued on page 27



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SOULSONG #316 - GETTING UN-STUCK

Life is always reacting to my mental and emotional reactions. So if I want to change my circumstances in any area - finances, relationships, health, living conditions, leisure time - I must first change my reactions to the way things are now. No matter how intensely I take action to improve things, permanent change will elude me until I soften any dislike that I hold.

I don't need to mentally revisit the past to dredge up previous traumas and work on my issues. Previous traumas impact me today only insofar as I choose to remember them.

It's all about right here, right now: Am I irritated or laid-back? Worried or hopeful? Impatient or chillin'? Aggravated or amused? Regretful or shrugging things off?

Am I feeling emotionally good and thus allowing my desires to flow to me, or am I feeling bad and choosing to stay stuck? The power is mine.

SOULSONG #534 - GO TO TIME-OUT

Sometimes "time-out" is used with children to interrupt their play and cause them to contemplate a rule they have broken. I can use time-out, however, to reward myself with some quiet time where I savor connection with my Inner Being. It's a chance to relax for five or ten minutes during busy and/or stressful goings-on. It's a brief vacation from hustle, bustle, and my snarling to-do list.

In time-out, I tune out the world around me and foster my growing sense of identity as part-and-parcel of Source energy. This timeless, all-knowing Source part of me is ever ready to convey fresh ideas and solutions as I allow my mind to go blank. I can do this anywhere that I can close my eyes for a while - at my desk, a favorite chair, while waiting for an appointment, in my parked car.

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

As I make a habit of time-out during challenging times, I allow natural well-being to flow to me and to my projects. I'll begin to experience an expansion of time as I perceive it, enabling me to get more done with greater efficiency and ease. Time-out will actually bring time-in, and it's probably high-time that I give this a try.



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2d, 4th Thurs MELB/PALM BAY 7pm Wiccan-Pagan Outer Court Classes Church of Iron Oak. scribe@ironoak.org 321-722-0291

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NOTES from the Universe

An 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. <http://tut.com>

Nothing is ever lost in this adventure of all adventures. The lessons and discoveries of every single life, no matter how large or small, difficult or easy, are added to the whole.

Like stones in the base of a pyramid, they permanently raise and forever support every manner of adventure that follows. And so it is that the hearts of those who came first continue to beat in all subsequent generations forevermore.

I got you, babe -


The Universe




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* and *Karmageddon*, an award winning documentary about spirituality and emotional healing. Visit www.Soulshaping.com and www.Soulshapinginstitute.com

It's difficult to let go of the pattern, often born in our childhood tendency to try to get love from a stone (neglectful parents), to be attracted to those who are impossible. It's like only the emotionally unavailable are credible because they reflect back to us what we came to believe about ourselves- that we are unworthy of love- and its like this odd illusion that if we can get the inaccessible to love us that we will finally receive our parents love. The more obvious approach -- that we share love with someone who can truly give it -- often gets lost in the karmic shuffle. This pattern is not an easy one to break, but breakthrough it we must if we are going to finally surrender to the love we deserve. One of the keys to working this through is to see the parents for who they really are -- in their own issues and limitations -- so that their lens on you loses its grip. Another is building the self-concept from the inside out, learning to rely on yourself for validation and, when you are ready, inviting those who value you a little closer.




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MAIDEN, MOTHER, QUEEN AND CRONE

Wind Hughes aka The Feminine Shaman™ is a practicing licensed Individual, Marriage & Family Therapist, Reiki Master, Activist, Musician and Minister and award-winning Author of *Life is the Ceremony: How We Live It Is The Ritual - The Journey Of A Feminine Shaman*. Visit <http://www.windhughes.com/>

I wish that when I was younger someone had shared with me an understanding of a woman's life cycle. Something more profound than... "You must save for retirement;" something that honored the changes I would be going through rather than the social fear of growing old. We are always changing and transforming ourselves. If we clung to what once was, we would be resisting the natural changes and rhythms of our being. Imagine if the trees hung on to their leaves and didn't allow them to drop in the fall. The branches would not be bare in the winter, so the trees would send nutrients to the old leaves, still clinging, when it should be sending all of its energy to the inner tree, preparing for the spring. Imagine then in the spring when the new leaves tried to stir and could not come through because the old leaves were blocking their way. We have seasons of our lives just like the trees and it helps to understand how we move through them.

There are many ways to explore the changing stages of a woman's life. One way is to see the cycles of a woman's life reflected in the three stages of the Triple Goddess: The Maiden, The Mother, and The Crone. In many cultures we find myths of the Triple Goddess. For example in Greek mythology we find the story of Hera. She is made up of three aspects; Hebe-the Virgin (Maiden), Hera -the Mother, and Theria -the Crone. On February 2nd Celtic tradition honors Brigid who also has three aspects called the Three Blessed Ladies. In France, on May 24th, they honor The Mother of Arles, another triple myth. The Moon Goddess is celebrated in Greece on November 16th. Her Maiden is Artemis, the Mother -Selene and the Crone- Hecate. All of these myths speak about the cycles of the feminine, the changing seasons in life and in nature: birth, death and rebirth.

As the human experience evolves so do the collective archetypes. We see in the collective feminine the archetype of the Queen taking her place between the Mother and the Crone. We now live long enough to have many years between the stages of the Mother and the Crone, and we see this evolutionary shift reflected in the archetypal world. The Queen must now take her place in mythology, transforming the collective feminine into what we may now call the Quadruple Goddess.

Each stage has particular tasks that are best when accomplished at that time. When the tasks of the previous stage are actualized then a solid foundation is laid for the accomplishments of the following stage. It's like building a house. If the foundation of the house is not solid and well built than no matter how beautiful and well built the house, it rests on unstable support. Eventually the beautiful house will begin to show signs of stress and strain. Until one day they may have to jack the house up so they can get underneath to reinforce the foundation. If we have not properly completed the earlier tasks in our lives we too, at a later date, may have to "jack up" parts of ourselves to allow us to get underneath to deeper levels of earlier experiences and make "repairs."

Though each stage may be symbolized by a woman of a particular age and stage of life, their essences interweaving within us. They exist as archetypes. Think of an archetype as an aspect of the human experience that continually occurs, a pattern of behavior that becomes represented or embodied by a symbolic personality. We embody aspects of the Maiden, Mother and Crone within us always, yet we can see where one archetype may more powerfully influence a particular stage of our life. But for the sake of understanding our progression through these stages, I will speak of them as symbols of distinct times of our lives.

1. THE MAIDEN: (DEVELOPING EGO) She is a young woman, pure of heart, full of love and curiosity, experimenting with life, trying new things and having new experiences. She carries the seeds of all potential: anything is possible and all possibilities are within her. She does not limit herself by the needs or beliefs of others. She is in love with the mystery of life. She is whole unto herself and finds complete meaning within herself. Sometimes you may find the Maiden also referred to as the Virgin. This is not referring to a girl who has not yet had sex. This is speaking of the fact that she is whole without other. She is complete by herself.

THE DARK ASPECTS OF THE MAIDEN: She can get lost in her own world, dangerously taking risks, becoming self destructive, holding a deaf ear to the inner voice of her own Wise Woman and to the wisdom of others. She may be the dutiful daughter, her self worth linked to pleasing others in order to receive their approval. She has not developed a strong sense of self and may "lose herself" when she enters the next stage.

...continued on page 21



MAIDEN, MOTHER, QUEEN AND CRONE

...continued from page 20...

THE MAIDEN'S JOB: To come to know her own thoughts, ideas, values, and purpose, and to dream and generate vision for her life. It can be difficult when she doesn't have the encouragement she needs to explore and believe in herself, especially when other people's opinions of her take on more power than her own journey of self discovery. In this stage the Maiden must find herself and her voice.

2. THE MOTHER: (ACTUALIZING EGO) The mother births creation and devotes herself to "other": people and things outside of herself. Often the archetype of the mother makes you think of a woman giving birth to or devoting herself to a child, but here we are speaking of all of the possibilities of creation. This could be a work of art, acquiring knowledge, a profession: some process that allows the birthing of the creative energy within us. She is a selfless soul whose devotion and love are unconditional. It is here that a focus, a path of some kind must be chosen and her responsibility and commitment to it established. In her choosing lies the creative responsibility for her life. She is taking the visions of the Maiden and manifesting the dreams of her choice. The strong self she hopefully developed as a Maiden now learns to be humbled in service as she develops selflessness and unconditional giving, it will be a choice to act selflessly, not a duty.

THE DARK ASPECTS OF THE MOTHER: We depend on the mother to nurture us and protect us and so she has the power to abuse and abandon us. She can control, criticize and reject the young maiden within us. If she does not have a strong maiden inside of her she may lose herself into the "other", and dissolve away, taking care of other while denying herself, becoming a martyr.

THE MOTHER'S JOB: To actualize the dreams of the Maiden by allowing and encouraging them to be manifested in the world. This is a stage where she learns to put someone or something before herself, her ego. If she has a healthy Maiden and Mother inside she won't lose herself in this process and she can discover a deeper aspect of being. For some, a spiritual awareness is discovered as the ego is tempered and humbled by love, service and creation. She begins to find the wisdom of the Crone.

...continued on page 28

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THE IMPORTANCE OF COMING TO TERMS WITH AGING

Ram Dass has dedicated his life to reaching out and sharing his teachings across the world. The Love Serve Remember Foundation offers a range of loving resources, including over 100 podcasts, guided meditations, words of wisdom, a free app for Android/iOS and more. For generations, Ram Dass' work continues to be a path of inspiration for people across all walks of life. <https://www.ramdass.org/>

I remember when I became irrelevant. I mean, you can walk down certain streets in any city and you're either a potential, a competitor, or irrelevant. I became a walking lamp post after awhile.

It was incredible because people look right through you, they don't even see you. At first I got all uptight about it and I'd wear my hair spread all over my head and do all these things. Get tighter suits and diet and everything so I'd be somebody, but then it's a new moment, and you realize that's the way it is.

So I'll tell you that if you're caught in the culture's models about youth, the amount of suffering with age is incredible. In that sense, this culture is a very cruel culture, and the bizarre situation is that as the demographic changes, and the baby boomers come along and get old, what you have is an aging society and a youth mythology, and that slowly starts to bend as the whole scene changes, because the money and the power changes.

The attraction to youth is deeper than even a cultural thing. I mean, it's all those things, but the emotional identity that denigrates non-youth can be lifted, that doesn't have to exist, and what I realized many years ago was I went into training to be a kind of elder, or social philosopher, or find a role that would be comfortable as I became irrelevant in the youth market. Now I've seen in interviewing old people that the minute you cling to something that was a moment ago, you suffer. You suffer when you have your face lifted to be who you wish you were then, for a little longer, because you know it's temporary.

The minute you pit yourself against nature, the minute you pit yourself with your mind against change, you are asking for suffering. Now the question is, "Can you exist in a society in which everybody is suffering about it, and you are not?" You see that? In order to do that, you have to become conscious of that being the case.

I can enjoy the beauty of youth. I think the body is beautiful, and I love it. I want to touch it, and look at it, and enjoy it, and as my body changes, I think, "Ah-so, new moment," and realize that now I will be in different relationships with people, and it takes me a long time to just not wish I were that,

but as I look now, I am so much happier than I was then. I'll tell you, the amount of free time I have because I'm no longer so obsessed with sexuality is... well, I can't even tell you.

Old is another label trap. You're just a being and you got a new situation, a new dimension. It's really interesting when I go into a room with somebody, perhaps somebody with AIDS who is dying, it's easy to see how the society, the culture, the economics, everything traps that person in that identity, and if my mind isn't reactive to that identity, and not trapped in denying it, then I'm not caught in it and we can actually come together.

We come together, and the person can come up for air, and then suddenly there's just the two of us beings hanging out in the universe, and time and death and life are all in entirely different relationship to one another.

The whole thing relaxes, and there's laughter, and there's joy, and there's tenderness, and there's presence, and there's all of that, and boy, have I learned about all these things. I see it all depends in my mind. That's why I work so hard on myself to not get trapped in labels, youth, age, sex... any of them.

The final awakening is the embracing of the darkness into the light. That means embracing our humanity as well as our divinity. What we go from is being born into our humanity, sleep walking for a long time, until we awaken and start to taste our divinity. And then want to finally get free.

We see as long as we grab at our divinity and push away our humanity we aren't free. If you want to be free, you can't push away anything. You have to embrace it all. It's all God.



ABRAHAM-HICKS

...continued from page 9

And so, as humans are less connected, and therefore less supported and less refreshed, and therefore more vulnerable, and therefore more defensive, you fight more.

So the uncomfortable place that you sometimes think you are in - you're really not because it's all good, it's all contrast, it's all moving forwards, but specifically to this question. So you got one foot in the world that says... 'We are better as a community, because it's hard to live alone.'

There are a few of you who really wanna go out and pick berries and eat rattlesnakes. Socialization just serves you. You have more comfort in your life when you work together.

And so socialization has so many benefits that you choose socialization. But it has what you feel is not a benefit in that now you gotta compromise. Now you gotta make room for the others. Now you've gotta make room for others' ideas. Now you gotta let what they think matters be important too.

And so, you're finding that balance, and the beasts of your planet who are in the wild don't have to find that balance. But the beasts that are domesticated, like the humans, are having to find that balance.

The short version of that, that we've been telling for all of these years is that, animals in the wild are more connected to source; the domesticated animals begin to act more like you.

So, to answer the animals' question to you? 'Why do you fight with each other?' What's the answer? 'We feel vulnerable.'

'We feel vulnerable and we have shortage consciousness.' And the animals say, 'We knew that was what you'd say.'

And then the animals say... We're not kidding. This is a collection of consciousness that is really wanting to put this to you from that perspective. 'Are there alternatives other than fighting? Can you humans be domesticated and get along?'

Domestication of the humans. Socialization of the humans. Can you be domesticated and get along?

... Ohh, there's a snarky one saying, 'When you do it we'll do it,' but everything's alright. Everyone's just finding their way.



5 RITUALS TO MOVE THROUGH GRIEF AFTER LOSS OF A LOVED ONE

...continued from page 16...

3. MEET THEM IN A VISUALIZATION.

After my Gran passed away, I lay down on my bedroom floor, sprinkled some lavender essential oil around myself, and closed my eyes. Immediately I was transported to a garden in my mind, and my Gran was there. She hugged me tight, and we talked about many things. If you're ready to meet your loved one in Spirit again, it can be a very moving and profound experience. Just close your eyes and let yourself be taken to where they are. Speak with them, listen to them, and enjoy feeling the love you shared once more.

4. SET A PLACE FOR THEM AT THE TABLE.

During the holidays, and on special occasions, we set an extra place at the dinner table in remembrance of our family in Spirit, and to welcome them to our celebrations. Doing so has often helped me feel that they are still a part of our family, and our lives. This simple gesture can also help to open up conversation, nostalgia and reminiscence about your loved one. Talking about them amongst an environment of celebration and gratitude can be a way to help other family members who may have been struggling, to open up about how they feel. Personally, I believe that having loving conversations about our friends and family in Spirit brings healing to all concerned.

5. GO ON A BIG, BOLD ADVENTURE.

Your loved-ones in Spirit live on through you, and they see the world through your eyes. When you go on an adventure, so do they. Take that trip you've always talked about. Go do that thing that thrills you and scares you. Tell that special person how you really feel, eat that food you've never tried, and enjoy new and much-dreamed-of experiences. When someone we love passes away, it can be so tempting to make ourselves and our lives smaller, because we don't want to seem insensitive, and we have guilt about enjoying our lives in case people think we're 'over it already'. But nothing could be further from the truth. Our loved ones in Spirit live through us, when we love, they love. So live boldly, love wildly, and know that as you do, they feel it too.

I hope these 5 rituals will assist your healing after the loss of a loved one. I know these rituals will pale in comparison to the times you spent together, but I hope they will open your heart to the possibility that you can live and love again after loss.

Learn more about how to make contact with loved ones in the Spirit World in Lauren Robertson's first book with Hay House, *The Medium in Manolos*



MAIDEN, MOTHER, QUEEN AND CRONE

...continued from page 21...

3. THE QUEEN: (MASTERING EGO)

The queen can be seen as the later phase of the mother archetype. She is a woman owning her own power and authority within herself and in the world. If she had children they are now older allowing her greater focus on her other creations. This is a woman negotiating her responsibility and power and reveling in all that she has mastered and accomplished. She has much to teach and remains actively engaged in society, either directly or through her teachings. She is renegotiating the all encompassing giving of the mother and creating clearer boundaries around herself, her time and her expenditure of energies. She reaps the benefits personally of all she has done and directs more of her power and attention to her own needs and creations. This can be a powerful personal, spiritual, and political stage of her life.

THE DARK ASPECTS OF THE QUEEN: - The powerful queen can abuse her power and direct her knowledge and status for negative purposes, clinging to all she has achieved, becoming consumed with acquiring more and more power.

She may respond to her sense of personal, familial or social responsibilities by withdrawing and withholding. If she did not experience a positive mother phase she may feel drained, resentful and misdirect her anger. She may not feel she has anything to offer this stage of life.

THE QUEENS' JOB: To renegotiate her boundaries, realize and actualize her power and knowledge, and use her expertise for the good of all. This might be difficult for her if she lives in a patriarchal culture that devalues women and is threatened by her power.

4. THE CRONE: (SURRENDERING EGO) This is a very wise woman, no longer focused on others she has turned her reflections inward, as the Maiden did. She is not detached from the world; just not involved in the ways she was before. She seeks more solitude. Others seek her out for guidance and she welcomes them. She has a wide perspective, gained from years of experience. Been there! Done that! She can be completely honest because she has nothing to lose. She holds the wisdom, teaches and shares stories with those who will listen.

THE DARK ASPECTS OF THE CRONE: She can be bitter if she did not complete actualization of the previous stages of life, making it difficult for her to let go of her youth, dreams, people and living in the body. She may isolate herself and may blame others for her misfortunes. Her rage can be fiery. Her sadness and pain deep.

THE CRONE'S JOB: She is hopefully fulfilled by a life well lived, dreams and visions actualized. Her children, if any, are grown. Her responsibilities have moved into the arena of sharing the knowledge that she has acquired and she welcomes the invitation to share it. She returns the seed of vision back to the Maiden. Within her is a lively Maiden and a creative Mother. Our culture tends to devalue our elders, retiring them from work and often from the family and life in general. We lose so much of ourselves, within and without when we lose connection with the wisdom of the Crone.

We all have within us the good aspects as well as the dark aspects of these archetypes. If we find Maidens, Mothers, Queen's and Crones who can serve as role models, we can learn from how they are negotiating the cycles of their lives. Life is a thread of single moments woven together, side by side, creating one continuous experience, each moment separate but connected to the whole.

I Am Healing I Am Unstoppable I Am Eternal I Am Well
I Am Focused I Am Living I Am Spiritual I Am
I Am Love I Am Presence I Am Good
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I Am Teachable I Am Enough I Am Conscious

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This month's thoughts about things...

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

... from page 7

It's kind of exciting acclimating to the other end of the house. Everything is different, which keeps me more alert and aware. Change is good.

BUT NOT EVERYONE LIKES CHANGE. BENNY THE CAT SURE DOESN'T. Tuxedo Sam gets tossed out before meditation each morning. That gives Ben the run of the house on his own for an hour. He's so used to Sam sneaking up on him that he's always on the alert and now he's imagining him sneaking up on him also. Last week while I worked finishing my bedroom move, I brought Ben into the room with me and closed the door while I hung up the privacy dark out curtain and bolted in the headboard. Ben settled atop the bed.

But SUDDENLY he jumped and hissed when the hammer fell to the floor. THEN he decided that it was Sam's fault and that Sam was on the other side of the door. Ben began skulking down looking under the door and hissing. I petted his back and he snarled in a hissy fit and nabbed me with a claw.

MIND YOU all this was in Ben's mind, Sam was outside. But Ben has so conditioned himself that Sam is lurking, waiting to confront him, that Ben's automatic reaction is to look around and find Sam who, historically, has been the source of confrontation. And trouble. *Wait, truth be told, there would be no trouble if Ben didn't react when Sam walks up on him for an innocent sniff.* But I've seen it over and over. Ben is Chicken Little. Sam walks up and as soon as Ben sees him, he begins growling and hissing. But he also does it when he sees Sam across the room sometimes. Pore Ben has created his own Hell. *Ever do that?* Unless he chills out, he'll always find someone to blame stuff on and be afraid of.

One difference between Benny and Sam is that Sam thinks the screen on the window is a barrier. Benny's past experience tells him the screen is a barrier only as long as he thinks the screen is a barrier. *Ever do that?*

A PARTING THOUGHT. One unforeseen benefit of the new administration is that it began an avalanche of people tired of being quiet about taking abuse and assault in silence. It has begun to bring to light a injustice that has been going on far too long and exposing the vulnerabilities and strength of our Republic. I'm hopeful for the changes that will come about as a result of what's been put in motion. Wheels are turning.

Enjoy our offering this month. Hari Om.

Andrea

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- **REGISTRATION:** In advance before December 1st - \$120 per person, families \$170. At the door \$130 per person or \$190 families.
 - **WHEN:** 4 pm on 29th December-until 2 pm on 31st December 2017
 - **WHERE:** Yogashakti Mission 3895 Hield Road, Palm Bay FL 32907.
 - **MEALS:** Delicious, wholesome home-cooked vegetarian meals.
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Maya White is a Master Destination Astrologer and one of only 90 people in the world certified in Astro*Carto*Graphy, a specialized branch of astrology which helps people find their perfect place on earth for love, prosperity, and personal growth. She's also the creator of Easy Astrology Oracle Cards published by Hay House. Visit Maya's website and sign up to receive her weekly newsletter. www.MayaWhite.com

HOROSCOPES JANUARY 2018

Cusp dates are accurate for 2016. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2017.

To start the year off right, I'm giving each Sun Sign an overview for 2018. With a Cancer Full Moon on January 1st, the year begins with a signature of harvest and awareness. Also, on Tuesday January 9th, we have a unique triple conjunction of the Sun, Venus, and Pluto. This says that 2018 is destined to be a year of positive transformation. Many people begin the year with resolutions - and one of the definitions of resolution is: the act of solving a problem. You can be sure that this year, the stars invite you to permanently re-solve old issues and emerge as the butterfly you were born to be.

Aries – (March 21 – April 20) Your major opportunities come when you consolidate your personal power, **Aries**. Learn to apply leverage to all of your activities. You can excel in business this year, provided you learn how to ask for help and guidance. This is NOT a go-it alone type of year for you, rather, a time when you will learn to work in conjunction with all types of partners. This is both personal and professional. As you increase cooperative efforts, your life becomes richer in both love and money.

Taurus – (April 21 – May 20) Get this year off to a flying start by having a heart to heart with the part of you that's so stubborn. The good news is that working too hard is actually counterproductive! This year promises amazing success in business, provided you play it right. You must learn how to let go - your real work is in learning how to relax and enjoy the good times. Focus on balance and discernment this year, **Taurus**. Learn when to move ahead like a freight train, but also know when to take time off.

Gemini – (May 21 – June 21) You are finally released from the chains that have been binding you for the past 3 years, **Gemini**. The question now is: how to claim true freedom. You must get clear about what you want and how freedom still has a level of commitment. The good news is - you can now decide what you want your obligations to be. Take some time to organize your thoughts, and your life, because 2018 is definitely a pivotal year.

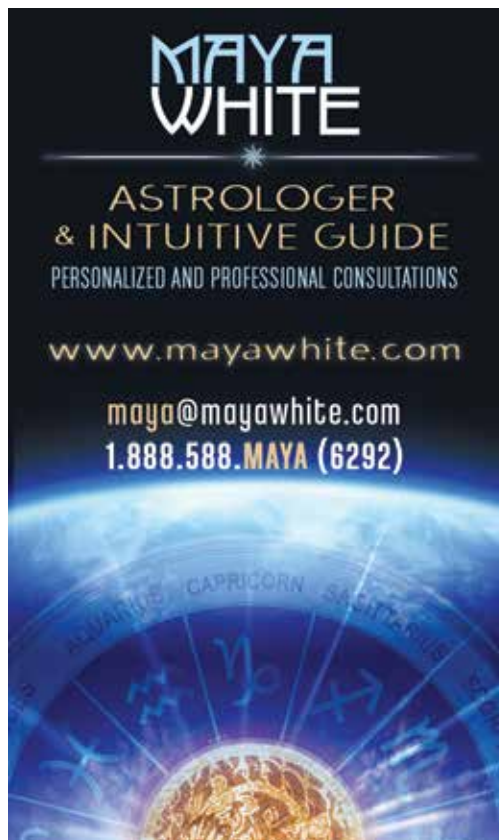
Cancer – (June 22 – July 22) Set your intentions right at the start of this year, and prepare for an amazing outcome. Set up a template at the beginning of this year for success. The planetary conjunctions in January whisper about changes within your family dynamic, and you must come to peace with the cycles of life. To begin this year right - it's imperative that you clean out closets and claim more personal space for this new cycle of growth and prosperity.

Leo – (July 23 – August 23) Keep up the good work, **Leo**. 2018 presents great opportunities, but you must stay in tip top shape to maximize the gains. Good health plays a critical role in your journey forward, so take time and tend to nagging injuries. As a wild and powerful king or queen of the jungle, you cannot be nursing a physical liability. Beyond your physical health, don't keep solving the same problem over and over. This year is about developing systems and procedures that will ultimately lighten your load.

Virgo – (August 24 – September 23) Keep your mind active this year, **Virgo**. It's a great time to begin a new course of study, or to complete one previously begin. This could be getting certified, completing a college degree, or even initiating a new media project such as your own radio show

or podcast. Follow your interests rather than some old rule book that should have been thrown out long ago. The path of joy that leads you to the pot of gold is finding the work that makes your heart sing.

Libra – (September 24 – October 23) Be open to and alert for financial opportunities this year, **Libra**. 2018 will most likely be a year of change in your living situation. Things will move rapidly, and with so many situations in flux, it's essential that you take time each morning for meditation and/or prayer to get grounded. When events seem fast - slow yourself down. And, when things are still, know that work is being done behind the scenes. You are weaving a tapestry of satisfaction, joy, and opportunity.



HOROSCOPES JANUARY 2018 continued

Scorpio – (October 24 – November 22) Surely the stars have come together to make you one of them, **Scorpio**. It's your graduation year - time for your gifts and talents to unite with your hopes and dreams. There are two things that Scorpio must always keep in mind when facing success. The first is: do not look back. And secondly - do not self-destruct as you move forward. Both are dark shadows for your sign. Celebrate the gift of the Present; you are unstoppable.

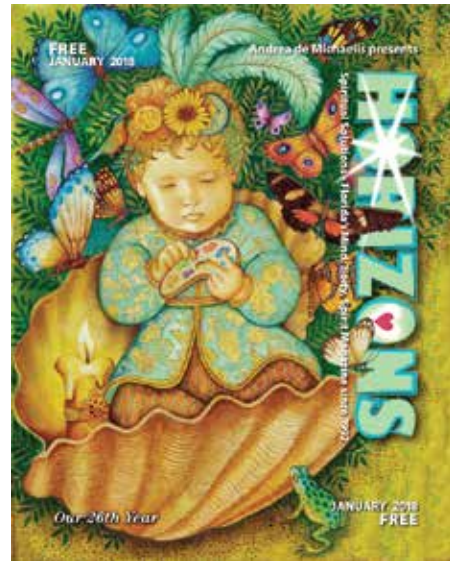
Sagittarius – (November 23– December 21) Keep the phrase 'Less is More' in mind as you move through the days of 2018. There is a change in the wind, you know - when **Saturn** moved out of your sign last **December** it set the tone for a new and improved year ahead. You've learned the lessons of **Old Saturn**, and now move ahead as his freshly born child - wise, yet innocent. This translates into things such as: Less work, more play; less responsibility, more freedom; all leading to fewer problems and more happiness.

Capricorn – (December 22 – January 20) The season of your birth is during the **Solstice**, a sacred and special time on earth. And, you were born to leadership combined with wisdom. However, just like the stories of old- you must claim your authority. There will be a test of power early on in the New Year; you'll be presented with a choice that sets the tone for all of 2018. Remain confident, stay true to yourself, and it'll be a great year.

Aquarius – (January 21 – February 19) This year delivers a change of status for you, **Aquarius**. This can pertain to your personal or professional life. Don't get stuck on an idea of how you used to want things to look - keep your heart, mind, and soul in the present moment. You may find that a change of residence suits your next step, or, that it's time for a new line of work. Apply systematic change rather than wholesale confusion by taking necessary steps at the right time.

Pisces – (February 20 – March 20) Your secret ally for 2018 is **Chiron**, the Shaman, mentor, and wounded healer of astrology. **Chiron** has been in your sign since 2011 - for 7 years, and in April of 2018 he moves into Aries. This is an indicator that much of your deep healing work has been completed. Uncertainty is replaced with a deep sense of knowing, anxiety transformed into connection with your healing path. There will be less chaos and more peace. You are whole.

COVER ART Divine Child by Holly Sierra



The Divine Child is an important Archetype in Jungian psychology. The Divine Child can represent a longing for innocence and childish freedom, as well as an important stepping stone towards our potential future. My Divine Child sits within a sea shell, as does Botticelli's Venus. The shell and the butterflies represent rebirth and the candle illuminates the path 'the personality takes in its development from primordial unconsciousness to ego consciousness to self.'

ABOUT THE ARTIST



Holly Sierra's illustrations speak of that which is visually enchanting with particular attention to decorative, mystical, historical and multicultural themes.

Holly Sierra now makes her home in colorful **Sedona, Arizona** and finds the area very inspirational to her new work. Starts with scenery that makes your heart leap...Sedona is nestled amidst a geological wonderland. Multi-hued stone formations rise upwards from the

high desert floor creating a vivid, mesmerizing setting that changes hourly with the light. Regarded by **Native Americans** as sacred, **Sedona** continues to be recognized as a place of healing and spiritual renewal. Many come to experience the vortex energy centers, others to explore the art galleries and healing centers. Holly is often found hiking or four wheeling amongst the Red Rocks, if she is not busy attending a gallery opening or supplying a local shop with **Chrysalis Tarot Decks**, Greeting Cards or Canvas Prints! Holly's daughters, Gabi and Esme, as well as Pearl, a beautiful grey cat, help keep her company. Email hollysierra@yahoo.com and see her work at <https://www.etsy.com/shop/HollySierraArt>

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

Louise Hay

When we think that the
world has unlimited
resources, our world
becomes unlimited.
Ma Yoga Shakti

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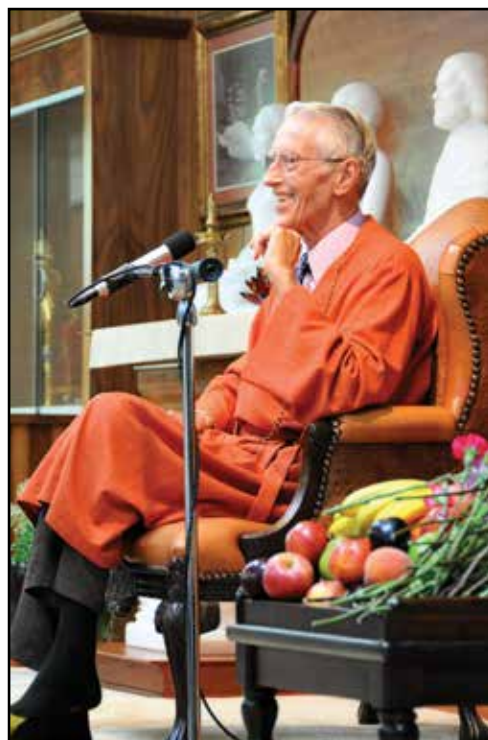
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