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**SUNDAY Services**  
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Sunday school at 11:00am  
Child care both services

*Join us for the month of October as dive into our Sacred Service Series, "Did you call me?" Rev. Valarie will deliver talks each week that point to the questions each of us ask when we hear the whisper from within and feel the nudge in the small of our backs to do "something more." Come and listen as Rev. Valarie weaves contemporary stories with ancient wisdom to answer the series of questions that permeate the minds of all of the ecclesia. When all is said and done, it's you, boo. Answer the call!*

Sunday, October 6th 9:30am and 11:00am  
**WAS THAT MY PHONE? : DID you call me?**

Sunday, October 13th 9:30am and 11:00am  
**HELLO. WHO IS THIS? : Did YOU call me?**

Sunday, October 20th 9:30am and 11:00am  
**DO YOU HAVE THE RIGHT NUMBER? : Did you CALL me?**

Sunday, October 27th 9:30am and 11:00am  
**OKAY. THANKS FOR CALLING: Did you call ME?**

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**Tuesdays, October 1 – October 22, 10:00am – 11:45am LIVE YOUR DREAMS WORKSHOP**

Facilitators: Dr. Christina Gilman, Sc.D.  
In this supportive workshop we will open to new ways to do what makes our heart sing. It can be small such as trying Cuban food or reading a new author. It can be large, like writing your memoirs or traveling to Europe on a tight budget.

We will explore our dreams, visualize our goals, and practice techniques for reaching our goals with first steps, and future plans, and allowing God to express through us. You can do it! You are a miracle unfolding! PS. Bring a journal and a pen.

Wednesdays, October 23rd – November 20th, 6:30pm and Tuesdays, October 29th – November 26th, 9:45am

**LIVING AS THE FLOW: INTRODUCTION TO CONTEMPLATIVE PRACTICE** The Everyday Practice of Conscious Living

Facilitator: Maggie Rosche, LUT. This is a group experience designed to be a Unity Principle #5 intensive for "living the Truth you know", connecting Unity Truth principles to everyday life.

We will explore "conscious living", as in our mission to "inspire spiritual growth through conscious living." This means seeing and living from the temple or holy place within you, from that temple of Christ consciousness as modeled by Jesus and other masters. We will pay attention to contemplative spiritual practices which enhance awareness of and access to Christ Consciousness as it manifests in us and all created.

## ONGOING CLASSES

**Monday, October 14th 7:00pm SOUND HEALING**  
**Facilitators: Vashti Saint Germain and James Trufan**  
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**Friday, October 18th 7:00pm**  
**DRUMMING FOR UNITY**  
**Facilitators: Ellen Schipul and Fred Goodnight**

## ONGOING EVENTS

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Tuesdays – Course In Miracles 7:00pm  
Wednesdays – Melbourne LBGT AA 6:30pm

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**The greatest  
optical illusion  
is separation**

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Andrea de Michaelis

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# 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 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](mailto: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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## HORIZONS MAGAZINE

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

**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.

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

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

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

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

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

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

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

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

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

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

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



**You are loved and guided more than you can imagine**

**\*\*Publisher's note:** We use many names for God, including The Universe, Source Energy, Great Spirit, Divine Source. It all refers to the one God, no matter what name we use. [Andrea de Michaelis](#)



**Andrea de Michaelis**  
Publisher

## 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 OCTOBER 2019 EDITION OF HORIZONS MAGAZINE.** Years ago, the Weather Channel kept running a video showing scary, high windy and stormy conditions at Melbourne Beach for more than a day after it was clear, sunny and still again. I knew I could never trust them after that.

Sure, the media gives the worst case scenario because they want to keep you inside and off the streets, but also they want to keep you shopping for supplies from their sponsors. UNCOOL to keep people riled up and anxious when there's no need for it. Bless those who do their research, know their stuff and help keep folks out of panic. That's freaken sacred and holy work there.

*"Always look for the helpers,"* Mr. Rogers told us. And I do. When a hurricane is off the coast, I make a point to go on Facebook since I joined in 2009 and point out what silver linings I can to those enmeshed in storm prep. I don't know the technical mechanics of how hurricanes work, I just share my past experiences with a hopeful outlook. I'm usually messaging with FB friends for hours and enjoy it.

This time as Hurricane Dorian approached, I was days out of surgery and sleeping a lot. I didn't have time for much messaging but wouldn't turn any down. *"Give me the energy to respond or guide me otherwise."*

Next time I checked my FB news feed, I saw for the first time one of Aah Jim's Don't Panic Weather Updates. Woot! Prayers answers at the moment of asking. Jim is a local coastal storm expert in disaster recovery who researches the hurricanes and gives no nonsense reporting about them in plain language.

I sent a friend request and began sharing his posts. Lots of FB friends found him and we were all comforted by his REAL FACTS info and explanation of the how and why of the storm itself. I asked if I could Paypal him a donation and he declined. No one has ever done that.

*"This is a labor of love to counter the forces of fear in our lives,"* he said. *"This is a private weather service provided to my friends and their friends receiving no government funding and no corporate sponsorship. Be strong against the forces of fear and chaos, and above all Don't Panic."*

This is sacred work, keeping everyone in the know while helping them keep calm. I was glad to find and share his posts, to learn from an expert in the field what was really happening, since the news and weather always exaggerate every 'cane into the storm of the century. It greatly cut down on the amount of stress and anxiety I and my friends felt.

Yes, I still prepared as if there might be a Florida hit or pass over, but knew right away, according to all the models and info he shared, there wouldn't be nearly what mainstream media said there'd be. Bless those who take it as a sacred duty to help bring facts, a voice of reason, peace and comfort to those in need of it in times of distress.

A Facebook friend wrote that she is part of a group who uses their "spiritual powers" to calm the winds and change the course of the storms. I've learned that I don't always know what consequence I am creating if I do something like that. I am very mindful that if I try to calm something "here," I don't know what the effect will be "there."

Yes, Hurricane Dorian stayed offshore from Florida, and instead devastated the Bahamas. Yes, I saw the Monkey Paw episode on the old Alfred Hitchcock show, and the Man in the Bottle Twilight Zone episode, about unexpected consequences of getting what you ask for.

I've learned don't try to tame or change the course of whatever Mother Nature puts in motion, rather to do all I can to keep myself in a good and hopeful mindset so I'm able to recognize guidance when it comes and follow it to have the happiest result.

I rather feel inclined to ask for Grace and the strength to make it thru whatever comes this way. In my experience, the more I focus on the good stuff around me and the less I argue with folks who believe differently, the more I vibrate in a place of alignment.

Alignment is a moment by moment matter and the longer I stay there, the better my world is and the faster I heal from anything that ails me.

She wrote, *"Mother Nature is a Woman and when Mad she is A TOTAL BITCH and SHE ALWAYS WINS!!"*

I told her I appreciated hearing her viewpoint however I see Mother Nature as a loving being who sees the bigger picture (which I do not) and wants what's best for the whole planet.

Who's to say who's right?

Enjoy our offering this month.  
Hari Om.



Andrea

# EMBRACING LIFE'S DIVINE STORMS

## How a series of events rattled me to the core

Mastin Kipp is founder of [www.TheDailyLove.com](http://www.TheDailyLove.com) (TDL), the Website, daily email and Twitter account that's merging pop culture with inspiration. He is the number one best-selling author of *Claim Your Power* and *Daily Love: growing Into Grace*. He has been featured on the Emmy Award show, *Super Soul Sunday*, and recognized as a "thought leader for the next generation" by Oprah Winfrey.



**What exactly is a divine storm? A divine storm is basically when everything in your life seems to go crazy. It's a crisis you didn't see coming.**

It could last a day, a week, a year, even longer. And it can be hugely painful. Maybe money is running away from you. You can't seem to get a job. A close friend passes away. And you sort of feel like, Is God against me? Is someone following me around and purposefully sabotaging my life?

I call it a divine storm because, from a spiritual perspective, it really is God trying to get your attention. If you're in a divine storm, you'll know. You'll definitely know. The set of circumstances is too bizarre for it not to be from God.

Why is he trying so hard to get our attention? You can think of it like driving on the highway. When you start going off the road, there are these divots. Some of us have to go over the cliff before we say, "Hey, I should've paid attention to those divots back there."

The purpose of a divine storm is to help you find your calling or get back on track. The crisis reveals patterns that need to be healed or addressed so you can live out your purpose, whatever that might be. It's sort of a wakeup call to how you're spending your life. A lot of times, you realize, I actually have some past trauma that I haven't worked through. It's not just a bunch of random stuff happening to you because you're a bad person. I like to say that the universe has shaken you to awaken you.

Is that what happened to you? Absolutely. The first giant storm came when I was 22 years old. I'd just gotten fired from my dream job as a vice president for a record label. I honestly felt like Hollywood had chewed me up and spit me out. I'd moved to Los Angeles when I was 19 to pursue my dreams in the music business, and my life very quickly became an episode of *E! True Hollywood Story*. I was partying a lot, doing drugs, spending money like crazy. In addition to losing my job, I was going through a huge breakup and was deeply depressed. The relationship had been based on drugs.

One Sunday, around four o'clock in the morning, I was driving home to Santa Monica after a massive fight with my ex. I was high as a kite. I made a turn onto Ventura Boulevard and cut off a police officer, the only other driver on the road. I was screwed. In that moment, I decided to pray. Where that thought came from, I have no idea. I just said, "Dear God, if you help me get through this, I'll quit."

The cop pulled me over, and I explained my situation. I didn't lie. I said I was tired and had been fighting with my ex. He let me go. I knew that moment was a handout from God. As if he was telling me, "Hey, kid, wake up." On the drive home, I felt this presence in the car with me. I didn't know what it was at the time, but it convinced me that I had to change. That the next time I wouldn't be so lucky.

*...continued on page 27...*

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## ON BEING DETERMINED VS. BEING FOCUSED

**GUEST:** What's the difference between being determined and being focused? There is something that I want and I've already had it and I want it again, and I'm very determined about it.

**ABRAHAM:** Well, we like the word determined actually. We like what it means. Determined and focused... we can see meaning the same thing. But sometimes when we're visiting with someone... sort of it's about the conversation that we began with earlier about inspiration and motivation. When you are efforting... that always means you haven't done the vibrational work, and you're trying to compensate for not having done the vibrational work... with effort. And it never works out very well because you're bucking your own current.

It's like not believing that it's gonna happen, but willing to work really hard to try and make it happen. "I'm determined that this is gonna happen." When you've got fists clenched, and you are efforting, that's a really good indication that you're wobbling, and that you're attracting in opposition to what you want, and you're trying to fix it through words or action.

So, that's why we're teaching just chill out, be general.  
Be determined to feel good.  
Be determined to be happy.  
Be determined to be easy about it.  
Be determined to do the vibrational work.  
Be determined to practice the art of allowing.  
Be determined to allow it to flow to you.  
Be determined to know that it's there.  
Be determined to expect that it will come.  
Be determined to rendezvous with things at the right time.

In other words, let your focus and your determination be about your vibration for a little while, rather than your action. And, that's the only distinction that we ever make. We don't think that you can be too focused unless you're focused upon what you don't want. Every subject is two subjects: wanted on one end of the stick and absence of it on the other. And sometimes, you've really got a vibration going about the absence of it, and you think you've got a vibration going about the presence of it.

So, you're just trying, trying, trying, trying, trying, and it doesn't move because you're in a different vibrational place than you recognize because of the effort that you are applying. If it's not coming easily, you're not on the path of least resistance.



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## ABRAHAM ON BEING GUIDED:

When we say that the Source within you knows right where you stand in relationship to everything you want and knows the paths of least resistance to get you there, and is offering constant guidance in the form of impulses, then you begin to understand why we are putting such importance upon you meditating, and getting a massage, and putting your feet in the water, and basking, and taking care of yourself, and being good to yourself, and thinking nice thoughts about yourself and about others, creating the vibrational atmosphere that is conducive to you receiving the impulses that Source is offering you constantly.

In other words, we want you to understand that you don't have to be in a death-defying experience in order to receive guidance. But, it's interesting, that's when you pray! [...laughter...] You see what we're getting at, don't you? We want you to accept the well-being that surrounds you, and look for the evidence all the time.

*...continued on page 28...*

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Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. Visit [www.herbcorner.net](http://www.herbcorner.net) 321-757-7522

## ROOBIOS

**Rooibos is pronounced Roy Boss. This herb makes a delicious tasting tea that has a wonderful red color and may therapeutic values. Rooibos is loaded with flavanoids, quercetin, rutin, luteolin, phenolic acid and aspalathin. Together they provide Rooibos with its high antioxidant levels that give it the ability to prevent free radical damage that may lead to the development of cancer, heart attacks or strokes.**

Research done in Japan found that **Rooibos** can inhibit malignant cell changes in mice. The mice were given a 2% solution of **Rooibos** in their drinking water (this would be equivalent to a human drinking 2/3 cup of a strong tea) per day and its maximum value for reducing malignant cell growth was reached at 10% (3 cups for a human) per day.

It was also found through research that **Rooibos** may be of benefit against gamma radiation; this can help to prevent damage to DNA when given just prior to radiation.

Beyond these findings, this **South African** herb has traditionally been used in the digestive system for upset stomach, colic, and to aid in proper digestion. It has been used for nervous tension, headaches and for sleep disorders. Its antihistamine properties help people who are troubled with hay fever and it seems to help people who are allergic to milk.

Some other things that I found interesting about **Rooibos** is that it contains no caffeine and it contains a healthy form of fluoride so it is of benefit to your teeth.

One of the downfalls to **Rooibos** is that it contains a polyphenol which seem to interfere with the absorption of iron so if you are already anemic this can be a problem (just a note your typical black tea also has polyphenols).

### RECIPE:

A good blend using **Rooibos** would be 4 cups boiling water  
1 tsp. Rooibos  
1 tsp. Rosehips  
1 tsp. hibiscus and  
½ tsp. Lemon Balm.

This tea has a good flavor both hot and cold, I've added some orange juice and lemon slices to make a delightful summertime punch.



# HOW EMOTIONS AFFECT OUR HEALTH

## The Fight Or Flight Response



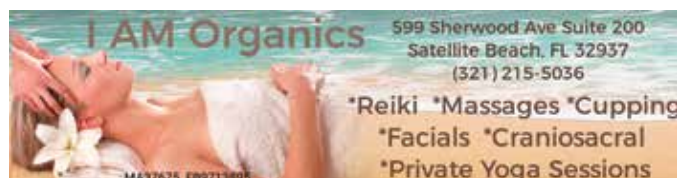
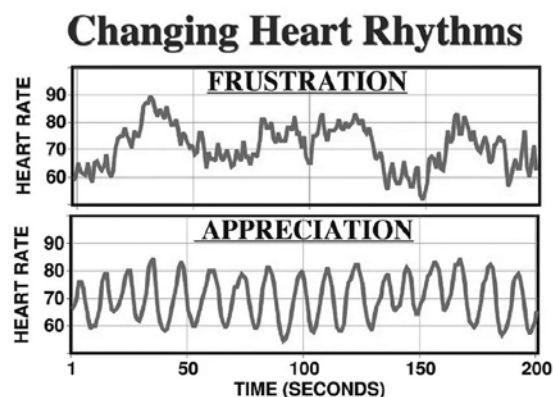
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**In each moment of every day, a conversation is taking place inside us that's one of the most vital we will ever find ourselves engaged in. It's the silent, often subconscious, and never-ending conversation of emotion-based signals between the heart and the brain.** The reason this conversation is so important is that the quality of the emotional signal the heart sends to the brain determines what kind of chemicals are released into our bodies. When we feel what we would typically call negative emotions (for instance, anger, hate, jealousy, and rage,) the heart sends a signal to the brain that mirrors our feelings. Such emotions are irregular and chaotic, and this is precisely what the signals they send to the brain look like.

If you can envision a chart of the ups and downs for the stock market on a wild and volatile day, you'll have an idea of the kind of signals we create in our hearts in times of such emotions. The human body interprets this kind of signal as stress, and sets into motion mechanisms to help us respond appropriately.

### CHANGING HEART RHYTHMS

A comparison of the signals between the heart and the brain in two extremes of emotion: the "negative" emotion of frustration and the "positive" emotion of appreciation.  
Source: The Institute of HeartMath.



The stress from negative emotions increases the levels of **cortisol** and **adrenaline** in our bloodstreams, hormones that are often called **stress hormones**, which prepare us for a quick and powerful reaction to whatever is causing us stress. That reaction includes redirecting the blood supply from the organs deep within our bodies to the places where it's most needed in such times: the muscles, limbs, and extremities that we use to either confront the source of our stress or run as fast as we can to get away from it — our instinctive fight-or-flight response.

For our distant ancestors, this response would save them from an angry bear that had camped out in their cave, for example. When they felt that the threat was gone, their emotions shifted and the elevated levels of the stress hormones returned to the normal levels of everyday life. *The key here is that the stress response is designed to be temporary and brief. When it kicks in, we infuse our bodies with the chemistry needed to respond quickly and powerfully to the threat. It's all about survival.* The good news is that when such high levels of stress chemicals are present, we can become superhumans. We've all heard stories of a 98-pound woman successfully tilting a full-size automobile off the ground long enough to save her child pinned beneath — and doing so without first considering if such a feat was even possible.

### THE FIGHT OR FLIGHT RESPONSE

In such cases, the fight-or-flight response is activated on behalf of the child, who would have died without intervention. In these instances, the extra-human strength of the mother is attributed to the surge of stress hormones pouring into the body from her feelings of do or die — feelings that originate in the heart. The flip side of the good news is that while the benefits can be helpful during a short period of time, the stress that triggers the surge effectively shuts down the release of other chemicals that support important functions in our bodies. The release of vital chemicals that support functions of growth, immunity, and anti-aging is dramatically reduced during times of fight or flight. In other words, the body can be in only one mode or the other: fight/flight mode or healing/growth mode.<sup>1</sup> Clearly, we were never meant to live day in and day out with constant stress as a way of life. Yet this is precisely the situation that many of us find ourselves experiencing today.

In our modern world of information overload, speed dating, multiple consecutive double cappuccinos, and the often-heard sense that life is "speeding up," it's inevitable that our bodies can feel that we're in a constant state of never-ending stress.

*...continued on page 26...*



# THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Essential Guide to Aromatherapy and Vibrational Healing; Archangels & Gemstone Guardians Cards, and many more. Margaret Ann is an evolutionary aromatherapist, the creator of Smudge in Spray, and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established 1988. [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com) TheCrystalGarden.com

## MARY MAGDALENE AND THE FEMININE CHRIST CONSCIOUSNESS

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Mary Magdalene's energy is useful to connect with to open your heart to unconditional love and empowered wisdom. She is the **Feminine Christ Consciousness**. Align with this icon of the Divine to activate the blessings of the matriarchal vibration.

There are texts that have been uncovered that confirm Jesus' marriage to **Mary Magdalene** and the birth of their children. Historical data and historical novels document this information which offers a higher level of awareness for **Mary Magdalene's** role as the wife of **Jesus the Christ**. There is historical evidence that indicates that she was an evolutionary aromatherapist. It is a well-known fact that she used spikenard (nard) on the feet of **Jesus the Christ** prior to the series of events that lead to the crucifixion.

The matching vibrational gemstone, **magenta-dyed agate** can help you to balance your emotions, thereby increasing your emotional maturity. The color **magenta** is a reminder of the **Divine Mother** within, who hears and knows truth and accepts you unconditionally. This stone amplifies retribution, both positive and negative.



Utilize the energy to amplify your intention through your heart and the upper heart, thymus, to project love into all your thoughts, goals, and actions. Other gemstones that are a vibrational match are **colbaltoan calcite**, **phosphosiderite**, and **rhodonite**.

Use this affirmation to connect with the wisdom of this wise woman:

*I integrate spirituality into my everyday life. I have a connection with the Divine. I allow my body, mind, and spirit the time and space to heal following loss. I bless those who have completed their time here and are now on a new journey.*



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# SETH SPEAKS

"You are meant to look at your physical condition - to compare it against what you want and what is good - and change the inner self accordingly. Any evils in the world are symptoms of your own inner disorders and are meant to lead you to cure them. Seth is the nonphysical spiritual teacher who spoke through the author Jane Roberts. Seth presented the furthest reaches of human potential, the eternal validity of the soul, and the concept that we create our own reality according to our thoughts, emotions and beliefs. Seth taught to access and use the tremendous source of power, wisdom within you. [www.sethlearningcenter.org](http://www.sethlearningcenter.org)

## Seth: Look inward and realize that you create the reality that you know

"You are meant to look at your physical condition - to compare it against what you want and what is good - and change the inner self accordingly. Any evils in the world are symptoms of your own inner disorders and are meant to lead you to cure them.

There is a beauty and a strength and a joy in looking within yourselves and a freedom from bondage. And I hope that when I am finished with you all, you will taste some of that joy and freedom. You will not get it from a book. You will not get it like your chocolates (indicating the box on the table) wrapped up in a merry box. You will not get it by making exceptions.

You will not get it by saying: "I am the exception to the rule!" You will not get it by running away from yourself. You will find this joy and this freedom by learning to look inward and by realizing that you create the reality that you know.

There are no exceptions to this rule. Your successes and your failures alike, you have yourselves created. If you would but understand, this is the truth that would make you free."

## Seth on What Religion Came Closest To God:

Seth was asked by a woman what religion came closest to God: "Buddhists are perhaps closer, but no religion comes close really..."

The man or woman feeling identity with each day that passes comes close...

Those who cry when they hurt a flea come close...

Those who appreciate the consciousness in every rock, tree, bird... come close...

Experiencing every moment comes close...

He exists in everything that you know. And when you kill so much as an ant, so do you kill part of Him in most practical terms."



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# FROM THE HEART



Alan Cohen is the bestselling author of *A Course in Miracles Made Easy*. Join Alan and musician Karen Drucker in Hawaii, December 1-6, for an extraordinary retreat, "A Course in Miracles: the Easy Path." For info visit [www.alancohen.com](http://www.alancohen.com).

## PRAY OUTSIDE THE BOX

**In my seminars I lead an exercise called "My Ideal Day." I'd ask you to write down in detail the most wonderful day you can imagine.** The only requirement for each activity you list is that you would choose it from a sense of joy and delight rather than routine or obligation. When seminar participants do this process, they become very animated and usually come up with inspiring ideas about how they could actually create such a day  $\frac{3}{4}$  and life.

In one seminar, a woman read aloud her essay describing her ideal day. After relating many delicious experiences, she read, "and then in the evening my husband and I go into **Toronto** to see our favorite opera performed by world-renowned singers. We ride in a big limousine, which allows my husband to stretch out his arthritic legs." When I heard her words, something struck me as out of tune.

"Why," I asked, "would you include arthritis in your ideal day?" "Well," she answered, "I guess my husband has had arthritis for so long that I can't imagine him without it." "Perhaps," I suggested, "that is one of the reasons the condition has persisted."

We must be careful to build our experience around our visions, rather than building our visions around our experience. Your history is not your destiny. Imagine a prisoner doing the "**Ideal Day**" exercise. "I get up in the morning, go out into the prison yard, and shoot some hoops with the other inmates," he might envision. "Then I come into the prison cafeteria and find they are serving meat loaf for lunch . . ."

But why include prison in the vision at all? If you have been in prison for a long time (metaphorically speaking), you may have a hard time envisioning yourself out of it. But if you can, you are well on your way to freedom. Any vision that includes the prison is not doing you justice.

While I was interviewed featuring my book **Handle with Prayer**, a caller shared an inspiring story. "When my daughter was scheduled to go for surgery, I asked my prayer group to pray for a positive outcome," he recounted. "At the prayer group someone asked, 'Why accept the surgery as a done deal? Let's pray that your daughter be healed without the surgery.' So we prayed for a natural healing. When I took my daughter for her next exam, the doctor informed me that her condition had cleared up and she no longer needed the surgery."

I cite this story not to influence you against surgery, but to invite you to pray outside the box. Sometimes we do not ask for what we want, but for what we expect we can get, or what others tell us we should have. But if what we expect is less than what we want, we have sold ourselves, our prayers, and our **God** short. Abraham has said, "Never accept any reality unless it includes all of what you want."

To avoid booby-trapping your visions or affirmations, weed out elements contrary to your goal. Always think and speak about where you want to end up rather than where you are coming from. Never try to lose weight; seek to gain fitness. Do not seek to avoid aging; instead, tap into your sense of youthful vitality. And don't try to get out of a bad relationship; get a clear picture of the kind of relationship you would like, and ask the current relationship to transform, or a better one to show up. Never say anything about yourself that you would not like to come true; state the best about yourself rather than what you fear or resist. Your powerful subconscious mind tends to manifest any picture you hold, so make it a good one.

Your words are the least part of your prayers and affirmations. The purpose of words in prayer and affirmation is to focalize your energy. **God**, which is spirit, reads and responds to your energy flow. So if you are saying "I want" with your words, but "I can't" with your energy, "can't" wins. You can't be immersed in complaint about what is not working and get things to work. You simply can't get there from here. The universe is not fooled by words, and don't you be, either. Another name for **God** is "Yes." Whatever you focus on is "yes." If you are pushing against something, you are saying yes to it. So be sure to focus on where you want to go, not what you want to get away from. Attention is investment.

I often see people defeat their own goals by defending their problems. Sometimes I make a suggestion to a client, and then she tells me all the reasons this will not work. When this happens repeatedly, I realize the person has more of an investment in being right about their limits than in having what they want. They are not ready to receive their request. When they have more to say about where they want to be than where they are, they will have their dream.

You, too, shall have your dream, but you must be in harmony with it before it can show up. You must become an advocate for your possibilities rather than your shortcomings. Get on your own team. If you were a sports team coach who discovered some players running the wrong way with the ball, you would not let them onto the field. In life, your best players are all the thoughts, words, feelings, and actions that match your ideal. Send only them onto the field and watch them score big time.

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# ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: Ghost Stalker: A Psychic Medium Visits America's Most Haunted Sites • She Talks with Angels: a Psychic Medium's Guide into the Spirit World • Angels Are Talking: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

**DEAR MICHELLE,** My Wife is experiencing really crazy headaches out of the blue. She won't complain much to me because I'm not good when someone's fussing all the time. You've done many readings for us with wonderful solutions. Can you tell us why this is happening?

**WHITEDOVE:** These are real bad headaches and it's not a figment of her imagination. So let her know that she's not crazy. I'm worried about her because the headaches are so bad. I feel it's more to the right side of my head, I have tears in my eyes and I know it's your wife. Great Spirit is showing me it's the pollen and these are allergy headaches. I want her to know that it will pass, it's just the pollen count is really bad in your area (South Carolina, Sept 2019.) If she can just stay away from that stuff and keep the house dust free and clean the air filters too.

You know what she can do? I know it sounds crazy but Spirit says it works - - buy local honey from your area. Yes, local organic honey - - but LOCAL is the key. It will help build up her immunity to the local tree pollen, weeds and flowers so that she'll stop having these searing headaches. You should put it in tea or take it by the teaspoon full daily, this will make a dramatic difference.

**DEAR WHITEDOVE,** The other day, my brother said I'm not spiritual because I'm materialistic. I laughed and said that's funny because you keep buying cars to compete with your rival. When he sees his work competitor has a new car he goes out and tries to buy the same make and model. It's kind of sick. I don't do that! **Michelle** what is materialism to Spirit?

**WHITEDOVE:** First let me say that there is nothing wrong with having nice things. Some people need to believe that in order to be spiritual you need to live in poverty. That is not true. When you work hard, you can purchase beautiful things within your budget. Materialism is when you covet or lust after things. It's sad because the mad desire for things is fleeting; it's an instant gratification when purchased. Yes, your brother's jealousy and his obsessive concern with material possessions is materialistic. The love of possessions over the love of people is materialistic.

*...continued on page 26...*



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# HOW TO END ANXIETY ABOUT YOUR FUTURE

Michael Patrick Bovenes helps people quickly transform their stress into strength and their struggle into greater freedom that leads to fulfilling success. Follow him @soul.utions on Instagram. Go to his website at [www.soul-utions.com](http://www.soul-utions.com) and sign up for your FREE VIDEO Course: 5 Secrets to Move Beyond Stress & Struggle.

**We live in an anxious world, driven by too many demands and expectations. Our often-repressed fear of rejection or humiliation is a major source of anxiety. An undefined relationship to your future can cause anxiety.**

Your fear of the future is causing you frustration and pain today. Genuine healing begins when you take responsibility for your fear and become more conscious of your relationship to your emotional nature.

Fear of the future is at epidemic levels in our world, and by transforming your own personal fears, there will be less fear in the world. To successfully transform your fear, you must learn these five secrets to personal freedom.

## 5 SECRETS TO TRANSFORM FEAR INTO PERSONAL POWER

### SECRET #1

Fear always has an impact on your mind, even when you ignore it. Fear thrives on ignorance. Even if you don't consciously "feel" a fear, it is still vibrating inside your mind and has a negative influence in your life. Recognize and own your fear of the future. We numb ourselves emotionally and become addicted to almost anything in an attempt to avoid feeling our real emotions, especially fear. Face your fears, take back the power hidden inside of fear, and experience deeper healing within your emotional nature that can change the course of your future.

### SECRET #2

Fear can be a positive emotion in your life. Change the way you think and feel about fear so you can heal your relationship to it. Most people assume fear is a "negative emotion." It is not. Your relationship to fear may be negative, but not the fear itself. Fear is a constricting emotion and feels uncomfortable, but its purpose is to offer you guidance and feedback.

Fear can be your teacher, protector, and motivator when you are conscious of your relationship to it and listen to its message. When you deny, ignore, and distract yourself from fear, you always produce negativity in your life. You end up in crisis, confusion, and self-doubt. Denying your fear is a negative action that keeps you feeling powerless and triggers your addictive responses.

### SECRET #3

You don't have to be afraid of your fear. Fear slows you down, saying, "You'd better be careful, you're going too fast." Love is the accelerator moving you forward, and fear is the brakes. Would you want to drive a car with only an accelerator? Wouldn't it be wiser to have the ability to slow down, pause and even sometimes be able to stop? Begin to value your fear as a helpful guide in your life. You don't have to be afraid of your fear when you own its value and its relationship to love.

### SECRET #4

The fear of the future exists only in your mind. Nothing exists within the physical world without first living in the imagination. Your future always begins in your imagination. Refusing to imagine a positive future can create unnecessary feelings of powerlessness, anxiety, and stress.

Don't wait to see what your future brings; create it now. Most people resist planning their future from a feeling of powerlessness and a belief that the future is out of their control.

Empowered individuals don't wait to see what the future holds; they focus their mind on a vision of the future, imagine it, and focus on "what could go right." Don't ignore "what could go wrong" thoughts. Process through those feelings and take their power back. Extract the raw energy from the negative to build a positive expectation for your future.



*...continued on page 29*



# 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" group on FB and like her FB page, "Soulsongs by Karen Money Williams." Email karen@karenmoneywilliams.com

## SOULSONG #292 ANYBODY HOME?

**If I find myself in any sort of predicament, I really don't need to analyze how I got there. I don't need to evaluate and re-evaluate myself, trying to understand why I've magnetized predicaments in the past.**

In fact, analysis and evaluation can be counter-productive, for they keep me focused on the problem and spinning my wheels.

To extricate myself from an unwanted situation, it's essential that I focus on where I want to go. What do I want to happen?

What would I choose for the outcome? When I consistently focus on what I want, tremendous energy and power come to my aid to move things in that very direction.

I can further transcend the paralysis of analysis by playing a happy-now game. I take one powerful now-moment and use it to think any good-feeling thought about any subject. Then I do it again...and again...and again.

As I mentally move from my dilemma to a better-feeling place, ideas, opportunities, and surprise solutions will come rapping at my door.

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Mondays 7-8pm A Call to Heal - Free Internet Radio Show facilitating energy healing for our listeners and callers <http://boldbravemedia.com/a-call-to-heal/>

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Monday thru Thursday PALM BAY Yoga classes 7:00-8:00pm at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)

Tuesdays and Thursdays MELBOURNE 12-1pm Prayer Service Unity Church 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$10 Members, \$20 others. Spiritualist Chapel of Melbourne meets at 1924 Melody Lane behind Melb Auditorium 321-419-6262

Thurs MELB/PALM BAY 7pm Wiccan Outer Court. Celebrate Sabbats. Workshops Available. Email [scribe@ironoak.org](mailto:scribe@ironoak.org) 321-258-2897

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Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 403 West St., NSB, [nsbcuuc.org](http://nsbcuuc.org), 386-308-8080

Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at 1924 Melody Lane behind Melb Auditorium

Saturday, November 23 MELBOURNE Hoot in the Park, Event from 10am-2pm at Wickham Park in the Pavilion. Bring your kids and friendly dogs and join us for a day of fun in the park. Admission is free. Festivities include a dog lure course (\$5), live ambassador animals from Florida Wildlife Hospital, food, activities, Brevard County Sheriff Office-Animal Services Mobile Adoption Unit, and vendors with great holiday gift ideas. We talked Santa into being on hand again this year for photos while he is vacationing in Florida before the holiday rush.

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# THE UPSIDE OF CRITICISM

Matt Kahn is the author of the best-selling book *Whatever Arises, Love That* and *Everything is Here to Help You*. He is a spiritual teacher, and empathic healer who has become a YouTube sensation with his healing and often humorous videos. His nine million True Divine Nature YouTube channel viewers are finding the support they seek to feel more loved, awakened, and opened to the greatest possibilities in life through the invitation to join the "Love Revolution That Begins with You." See [mattkahn.org](http://mattkahn.org).

**Reality is literally an expression of consciousness coming to life. From its birth, each manifestation is constantly growing in an upward trajectory.**

Because of its ever-evolving nature, along with a growing sense of self-awareness throughout the tapestry of time and space, we refer to everything as a creative expression of source energy. That which lives as an expression of Source (or creative energy) manifests the creative energy of Source in those who view it.

One of the first levels of creative expression is how creatively someone imagines changing the landscape of perceptions in view.

This occurs through the formation of an opinion. As opinions get formed, one decides how they feel about the things in view, unaware how their feeling is not due to what exists to be seen, but reflective in the quality of how they choose to see it.

Instead of thinking of criticism as a personal attack, rest in knowing it is your creative energy, whether expressed simply in your existence, or reflected in the artistry of your creation that inspires a greater wellspring of creativity in others.

"Instead of thinking of criticism as a personal attack, rest in knowing it is your creative energy, whether expressed simply in your existence, or reflected in the artistry of your creation that inspires a greater wellspring of creativity in others."

As creative energy matures, each of us is able to spontaneously pull inspiration out of the ethers. This occurs without projecting our need for change onto the perfection of existing creations, in order to express the artistry of our aliveness.

From this space, the upside of criticism occurs in recognizing that while others may critique your existence, they are merely in the process of cultivating a deeper inner awareness; preparing to bring out the inner artist waiting to be born in their heart.

Those who criticize may not know their criticism as a crucial rite of passage along the journey of awakening. It might just be mindless projections keeping at bay the potential for intimate connections where one has more to lose in being open and vulnerable when hiding behind the mask of ego.

No matter how cold-hearted or mean-spirited others seem to be, as long as you know the deeper inner workings that occur, you are less likely to judge and condemn those whose evolving creative energy is internally fighting for a more expanded way to see their world in view.

May all be met with patience, tolerance, and compassion with respect to the evolving artist in every heart — no matter how often they use their creativity to limit themselves by how often they ridicule another.

May all be healed by the light of love, so our creative energy may be used consciously for the greater good of all.

**See page 29 for October 18-20,  
2019 MEDITATION RETREAT WITH  
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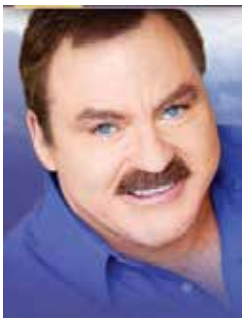
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# KEEP OTHER PEOPLE'S BAGGAGE IN ITS PLACE

James Van Praagh, internationally renowned #1 New York Times bestselling author shares insights and messages from the Spirit realm through his website and blog at <http://www.vanpraagh.com>

**I had a funny thought this morning. I was packing for a weekend visit to the desert and the simple act of fitting clothes into my suitcase put me in somewhat of a meditative state. As my mind slipped into a contemplative place, I found myself reviewing some of the truths Spirit has revealed to me over the years.**

One thing I know for certain is this: the idea that you have control over the world or other people is an illusion. The only thing that's in your power is how you react.

## IT'S NOT ABOUT YOU.

When you're dealing with your spouse, co-worker, child, or anyone you're sharing space with, don't take their actions personally. Remember that they are on their own journey, just as you are. If someone cuts you off on the highway, do what you have to in order to continue on your way safely - this might mean tapping your brakes or moving to a different lane. It doesn't require that you get angry. Anger is allowing someone else's actions to impact YOUR mood. That not only spoils your day but can also affect the people you come in contact with.

Instead of getting upset, step back and detach emotionally. Put yourself in the other person's shoes. What is going on in their life? That "bad driver" might be racing to pick up a sick child from school. Send them love and move on with your day.

## WE ARE ALL THE SUM OF OUR EXPERIENCES.

When you meet someone, it's not just them you're meeting. Everyone brings with them a virtual moving van of "stuff" which includes every experience and relationship they have had.

We're all connected - but our individual experiences color our world. Make sure not to let other people's experiences spill over onto you. Keep yourself pure by staying grounded and protecting your energy.

Be compassionate in your dealings with others, but don't feed their drama! Any baggage they bring with them from their past is all theirs. Let it remain with them.

So, that leads me to the funny thought I had while packing my bag.

"It's not your job to unpack other people's baggage."

## STUDENT OR TEACHER?

Look for the lessons in your interactions with others. People that come across your path are either students or teachers. You're in a position to learn something or teach something to every person you encounter. Maybe both! Objectively look for the lesson, and you'll find yourself being more mindful and less reactive - and ultimately more at peace - as you go about your day.

## HEALING THE WORLD.

Many of you are finding the world a baffling and frightening place right now. We're certainly in a period of change and transition (if you missed last week's blog you may want to check it out, because 4 planets in retrograde, a black moon, and two eclipses have a lot to do with that!) You might find yourself fixated on the news, constantly checking the stock market, or crying over stories of mass shootings or families separated by ICE.

## SO, WHAT DO YOU DO?

When you feel powerless, start small. Step back and realize that we are all connected energetically and make the choice to be a beacon of light. The simple act of radiating love, forgiveness and compassion sends a ripple effect out into the world. Make a donation, sign a petition or figure out how you can be helpful, but keep in mind that you can't effectively change the world until you get your own house in order. You can't control the macrocosm, but you can make your own little microcosm a place of peace and love.

## Haunted History Museum

Photos and documents, bizarre and macabre displays  
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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 and Karmageddon, an award winning documentary about spirituality and emotional healing. Visit [www.Soulshaping.com](http://www.Soulshaping.com) and [www.Soulshapinginstitute.com](http://www.Soulshapinginstitute.com)

**This is an invitation to all spiritual teachers, soulebrity yogis and self-help authors to come clean and share their significant personal issues with their followers.** There is no better way to serve yourself, and your community. For far too long, many in the field have been perpetuating the illusion of mastery and realization, while hiding painful issues, addictions and emotional challenges from their supporters. This tendency is rooted in many things: shame and judgment, economic pressures, denial, the ungrounded split between spiritual and emotional life, the perfection projection, fear that supporters will abandon us etc. And it has to stop. Because the greatest gift we can give to the world is the gift of our authenticity.

There is no teaching more valuable. There is no better way to co-create the world we dream of. It is time to shed the illusion of enlightenment and own that we are all deeply human. And that at this stage of human development, none of us got by unscathed. Not a single one of us. We may want to **Godjectify** ourselves or others, but its all a lie. None of us are perfected. There are no realized masters. We are all struggling with something. So, rather than playing a hide and seek game with our issues, let us bless ourselves and our supporters with the unvarnished truth. Let us surrender to reality.

I will begin, with me. I have a caffeine addiction. It's an odd addiction, because I only drink one cup of coffee per day. But, I have a genetic condition called 'Gilbert's Syndrome'. This effectively means that my liver cannot clear certain toxins and allergens from my system. Caffeine is one of them. And so, when I drink it, it lingers in my body and causes all kinds of problems. Those problems have worsened over time, and include challenges with walking, breathing, kidney function. And yet, despite this, I still struggle to let it go. I know all the healthier alternatives, and yet, I still gravitate towards caffeine. Sometimes, for the brain boost, and sometimes, for emotional reasons. Sometimes I turn to it to help me manage life's challenges, likely because it has the effect of disconnecting me emotionally. This is the addictive aspect.

I don't share this because I am seeking sympathy. I share it because I am so very tired of the most challenging truths of my life, all of our lives, being hidden beneath a bushel of shame. We won't get anywhere- individually or as a collective- until we share our greatest challenges with each other. We are human. And there is no shame in that. So let's get out from behind our rose-colored glasses and share our truths. Let's share, and share alight.



# 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>

**Have you ever stopped to consider that due to your eternal nature, you and everyone else live forever? Of course you have.**

And therefore, have you realized that in the truest sense, everyone beats cancer, AIDS, and starvation? Un-hun, un-hun...

And you totally get that between now and forever, you will meet and fall deeply in love with everyone, and they with you?

Let's not wait...

**The Universe**

	<p>Merritt Island Sunday Services 10:00 am</p>	
<p>Listen to our Sunday talks online  <a href="http://www.unitymerrittisland.org">www.unitymerrittisland.org</a>            4725 N. Courtenay Parkway            Merritt Island, Florida 32953  <b>321-452-2625</b> Email <a href="mailto:info@unitymerrittisland.org">info@unitymerrittisland.org</a></p>		

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 <p><b>321-474-7348</b>            Email <a href="mailto:mabonstar60@gmail.com">mabonstar60@gmail.com</a>  <b>\$3 fee SUNDAYS 7 - 8:45pm</b></p>	<p><b>Explore the Psychic and Spiritual Universe with us!</b>  <b>Metaphysical speakers, healers, teachers, more. Psychic fairs.</b>            We meet in the Band Room behind the Melbourne Auditorium at 1924 Melody Lane, Melbourne, FL 32901</p>

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## ASK WHITEDOVE

...continued from page 15..



**DEAR MICHELLE,** There's a famous psychic author that has turned against the New Age movement denouncing Angel Readings and Angel divination cards that she once authored and promoted. She has turned to Christianity and now professes that these things are against **God** because the bible says so! What are your thoughts?

**WHITEDOVE:** I grew up in the church and there is a vast difference between being Religious and being Spiritual. Religions are created to rule the masses with manmade dogma. That's why every Religion has its own set of rules claiming to be The Way, or God's Chosen.

When I had my Near Death Experience and experienced the grandeur of heaven, I learned that in Heaven there is no religion, there is only Unconditional Love. Since then I put my faith in my direct relationship with Great Spirit, The Christ Consciousness, The Universal Mind, God or whatever you want to label our creator.

When you do the work and develop your personal relationship through Prayer and Meditation, you will finely tune your ability of discernment. You have the ability to develop your relationship to hear spirit, see spirit and know the truth. No need for Angel cards.

Connect to the Angel Kingdom and converse directly with the Divine. People are too lazy to meditate on a daily basis to connect to the source.

Paying someone to teach you to be a certified reader of Angel cards is ego driven on the part of the teacher and the student. It has nothing to do with real spirituality.

## THE SPARK OF INNER KNOWING

...continued from page 11



People who cannot find a release from this kind of stress find themselves in sustained fight-or-flight mode, with all of the consequences that come with the territory. A quick look around an office or a classroom, or even a glance at our family members over **Sunday** dinner, confirms what the data suggests. It's not surprising to find that people with the greatest levels of sustained stress are also in the poorest health.

The rise in **U.S.** statistics for stress-related conditions, including heart disease and stroke, eating disorders, immune deficiencies and some cancers, is less of a surprise when we take into account the relentless stress that many people experience in their daily lives. *The good news is that the same mechanism that creates and sustains our stress responses, often on a subconscious level, can also be regulated to help us relieve the stress in a healthy way—even when the world is in chaos. And we can do so quickly and intentionally.*

Just the way our hearts send our brains the signals of chaos when we feel negative emotions, positive emotions send another kind of signal to our brains that is more regular, more rhythmic, and orderly. In the presence of positive emotions, such as appreciation, gratitude, compassion, and caring, the brain releases a very different kind of chemistry into the body. When we feel a sense of well-being, the level of stress hormones in our bodies decreases, while the life-affirming chemistry of a powerful immune system with anti-aging properties increases. The shift between the stress response and a feeling of well-being can happen quickly.

Studies documented by the **Institute of HeartMath (IHM)**, a pioneering research organization based in **Boulder Creek, California**, have shown that cortisol levels can decrease as much as 23 percent, and levels of DHEA, a life-affirming precursor to other vital hormones in the body, can increase 100 percent if we spend as little as three minutes using focused techniques designed to produce such responses.<sup>2</sup>

The reason I'm describing these phenomena is because *the techniques that are found to have such benefits upon our health are the same ones that create the resilience in our hearts. This is the key to personal resilience in life. The quality of our emotions determines the instructions our hearts send to our brains.*

<sup>1</sup> Lipton, Bruce. "146-150." *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*. Santa Rosa: Mountain of Love/Elite, 2005. Print.

<sup>2</sup> *The Impact of a New Emotional Self-Management Program on Stress, Emotions, Heart Rate Variability, DHEA and Cortisol Intergrative Physiological and Behavioral Science*. 2nd ed. Vol. 33. 1998. 151-170. Print.

Excerpted from *Resilience from the Heart: the Power to Thrive in Life's Extremes* by Gregg Braden. Copyright © 2015 (Hay House).







## EMBRACING LIFE'S DIVINE STORMS

### How a series of events rattled me to the core

*...continued from page 8...*

Did you change? That's the thing about addiction—all logic, all promises go out the door. Days later, I was in my apartment at 3 a.m. and felt the urge to use again. I'd spent the whole night drinking. I went to cut up a line of cocaine, but I physically couldn't do it. Something wouldn't let me consume any more drugs. It was as if a force had taken up residence inside my body and was preventing me from doing it. Like I wasn't in control of myself. It was the same presence I felt in the car on Ventura Boulevard. Along with a deep knowing that if I did use again, I would die.

I couldn't prove it, but I didn't want to find out. I flushed the drugs down the toilet. I'm not a person who has these visceral, very visual spiritual experiences. But in this instance, it was obvious to me that there was a higher presence there in that room. To me, it was very clearly **Christ**.

How did you go from there to becoming an inspirational guru? I wanted to figure out how to feel as good off the drugs as I felt on them. I've come to find that addicts are really people looking for **God** in all the wrong places. I threw myself into spiritual study and asked God to show me my purpose. Eventually I started an inspirational T-shirt company to share all the spiritual truths I'd uncovered.

It did really well at first. Then, within a week, everything went bust. My business partner left. The new girl I was dating left. The business crumbled. My roommate moved out. I got gout in my left toe. My lower back went out. All of that happened over maybe six days! I kept thinking to myself, I'm not dumb or smart enough to do all this to myself. There has to be something else going on here. That's when I heard the voice of author **Caroline Myss**, whose work I'd been studying during my recovery, saying that *this is happening for you, not to you*.

My first reaction was, "Easy for you to say—you're not the one with all these problems!" But then I thought about what I'd really want to do with my life if that was in fact true. I created @TheDailyLove on Twitter. I began tweeting messages of love to encourage others. It ended up being an answer to my prayers. Sometimes things going wrong can actually be them going right.

Is it only during a divine storm that we're really able to sense **God's** presence the way you did? If you're distracted, addicted or in some unhealthy behavior pattern, you're definitely not paying attention to the divine. You're checking **Facebook** likes or doing drugs or in an endless cycle of worry. But when someone is in the middle of a storm, they're vulnerable, and

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there's an opportunity to make a choice. Either you're going to keep going or you're not. When you're brought to your knees like that, it's an encounter with the divine.

Can't **God** just send a light gust of wind, though? For some people, sure. But I'm the guy who hit rock bottom and asked for a sledgehammer and a drill! My storm was in direct proportion to how stubborn I was. It doesn't always have to be that dramatic. For the stubborn ones, though, it sometimes does. Sometimes you won't make a move until you're in too much pain not to make a move. Storms really stress the importance of intuition. If you don't pay attention to what your heart is telling you, then you get a divine rain shower or a divine lightning bolt and eventually a divine storm.

**God** is trying to bring us to a surrender point, when we say, "The way I'm doing things is not working. Show me a better way." Whether or not you're stubborn, there's a part of everyone's story where all seems lost. You can call it a divine storm or a "dark night of the soul" or just an ordeal. At the end of the day, it's archetypal in nature and everyone will go through it at some point in their life.

What determines whether or not you survive the storm? Part of it is understanding that these storms are normal. Whatever the crisis is—whether it's the death of someone you love, a business that's not working out, a relationship that's failed—it's just part of what happens in life. Millions have gone through it; millions will go through it again. So instead of focusing on the why of what's happening, focus on finding the message, the miracle in it all.

***Does a miracle always come out of a divine storm? I think the mere fact that something is going wrong is the miracle. Because it's getting your attention. Everything that happens to you can be used to help you find your purpose, which ultimately brings you closer to God. We have to start viewing not just the good stuff as the miracle, but also the bad stuff that gets you to the miracle. The whole thing is a gift.***

Do you still have storms? I have a divine storm every 5 seconds! There's always something going on. I've come to believe that the whole purpose of life is to weather the storm. It's not about preventing it. It's about understanding why it's there. And then having the strength to face it and use the opportunity to grow.



## ABRAHAM-HICKS

*...continued from page 9...*

We're not just talking about Source Energy being there to help you not crash as you are falling from a tangled up parachute, we're talking about Source being there with the thought that fits the best, with the gate that causes the rendezvous, and with the impulse that puts you in the right place at the right time, we're talking about the alignment of all aspects of your being, from mental acuity to physical acuity, we're talking about right place right time in all things, we're talking about using this energy that creates worlds, we're talking about accessing Infinite Intelligence and focusing it into this moment in time.

### ABRAHAM ON THE PERFECT AGE:

You are Beings who intend to come forth and to continue to expand and grow and change. What is the perfect age? "Well, it's the age where I finally understand my freedom, and I finally understand that I am free to create, and it's the age that I am at my most beautiful." And we say, by whose standards? In other words, who gets to decide the perfect age? And we say, rather than determining what the perfect age is, why not decide what the perfect state of being is - and then discover that you can find the perfect state of being at any age.

### ABRAHAM ON YOUR TRUE POWER:

GUEST: One of my favorite things to do is meditate with you in my ear. But when I do it, I feel extremely powerful while I'm doing it, then I get extremely scared because I'm like talking to birds and trees and the grass. I feel like the neighbors are looking at me like, "Who is this wacko lady?" And I want to be able to be proud of that, not scared of it. So I'm wondering if you have soothing words...

ABRAHAM: Well, you have pinpointed the precise thing that prevents most people from their true alignment because you can't be seeking alignment with Source and alignment with the neighbor at the same time. You kind of have to make a choice. And if you let your neighbor guide you, it doesn't usually go that well because the neighbor will usually guide you to the things that will please the neighbor. And yet it is sort of the tendency.

Esther's been... She has found herself talking right out loud while she's taking her walks... Talking right out loud. And then she thinks, "I should just put a Bluetooth thing on my ear and no one will know. They'll just think I'm talking to someone on the phone." And you ARE just talking to someone on the phone. In other words, she does have her Bluetooth on all the time. You all do.

So, this is a big conversation, isn't it? "Why do I," we're talking from your point of view, "Why do I need to control the condition of my neighbor's opinion of me?" We put that word 'condition' in there really deliberately. "Why is it necessary... why do I feel that I need to behave in a way that will contour your perspective of me?"

And the reason is because you aren't running into too many people who are in alignment with Source and just loving you unconditionally. And if your desire is to be appreciated or loved by them, then you gotta kinda jump through the hoops of acceptability by them. But there is bondage at the end of that path and all along that path, every time, isn't there? Because every single one of them sorta kinda wants something a little different from you, until you become almost crazed in the trying to be... You lose track of who you are. You do.

And so, you said... "Soothe me. Soothe me. So that I can tune into who I really am. Abraham, I want to know this, I want to live this, I want to be this, and I want to be accepted in the world." And we say: You are accepted in much of the world. In other words, every Master knows about that. Every athlete who is in the zone knows about that. Do you think those kids out there on that basketball court are really worrying about the fans and what they are saying?

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## THE NATURE AND GRACE OF YOUR SOUL AND SPIRIT

*...continued from page 16*

What vision of the future do you hold in your mind? Without a vision, anxiety can build and feed your fears, keeping those fears alive and attracting negative experiences into your life. It is vital to begin thinking, imagining, and feeling the promise of a positive future. How you relate to your future affects your current reality.

You fear an unknown future that always has both positive and negative possibilities. It is up to you to be conscious of and dismantle the negative futures and feed and energize the positive ones. Strengthen your positive futures by consciously visualizing and dreaming what you desire to happen rather than what you're afraid will happen.

### SECRET #5

It's easier to imagine a negative versus a positive future. We are so bombarded with negative messages from life, media, and other people that being seduced by fear and negativity about the future becomes the path of least resistance.

Fear has captured our attention and imagination, making it more challenging to visualize a positive future. It takes awareness and effort at first, but once you change your relationship to fear, a positive future will be easier to imagine, and your life will begin to soar.

Realize that by ignoring or denying your fear, you are giving it attention. A part of your mind is always repressing the fear to distract yourself from it. Denial feeds it energy on a subconscious level. Avoidance never resolves your personal negativity and is always born of fear. Love seeks to understand your fears so that you can transform them.

Most people avoid thinking about their future. They don't want to get their hopes up and be disappointed. Visualizing a positive future is a risk you have to take; there isn't a guarantee. However, feeding attention to what you want and energizing that in your mind tips the scales in a positive direction. To deny hope because you might be disappointed only keeps you stuck in the negative potential for your future.

How you relate, think, and feel about your future provides hope, focus, and direction and changes how you feel about yourself in the present moment.

Ponder these five secrets and let yourself journal and meditate on them.

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**WHEN:** 4:00 pm Friday Oct 18 until 4:00 pm Sunday Oct 20

**WHERE:** Yogashakti Mission 3895 Hield Road NW Palm Bay FL 32907 321-725-4024

**MEALS:** Delicious and wholesome home-cooked vegetarian meals.

**WHAT TO BRING:** Sheets, loose comfortable clothes, towel, yoga mat, pen and notebook, flashlight.

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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](http://www.MayaWhite.com)

# HOROSCOPES

## OCTOBER 2019

Cusp dates are accurate for 2018. 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 2018.

**Aries – (March 20 – April 19)** Trust your instincts, Aries. The planets are calling you to action, and resistance is just going to bring on problems, not solve them. However, your quest for personal freedom is tempered though partnerships. You're up for a radical fresh start, but heed a voice of wisdom and don't throw the baby out with the bathwater. You must take action, but you also have to get it right.

**Taurus – (April 20 – May 20)** Surrender to love, Taurus. October is a month of revelations for you. Are you hanging on to old resentments? If so, release them to the alchemical foundry. You need a change of scenery that can be found only inside of your mind. Consider any new and outlandish possibility that comes your way - it may not be so weird after all!

**Gemini – (May 21 – June 20)** You're likely to be in high demand, Gemini. With Jupiter lingering in your 7th house of partnerships, other people are taking notice. However, with Mercury, your ruling planet, in Scorpio after October 3rd, you're going to need to be extra well organized. Don't overlook the power of simplicity; people will waste your time and your money if you give them a chance. Stay in your own lane, and you'll go faster.

**Cancer – (June 21 – July 21)** It's absolutely possible that your life will become all that you want, and more! And, it's likely that you are feeling a new longing in your soul; one that is yet to be named. Your muse has arrived, and ready or not, it's time to expand your role as Universal artist as well as global citizen. You're a divine healer, and inspiration to all; accept this calling while taking time to nurture yourself.

**Leo – (July 22 – August 22)** Your point of vulnerability these days is not believing what is happening. Surrender is not exactly the Leo's strong point, yet there are forces that you can only approach with a 'let it be' attitude. Here's a secret though - this place of not knowing, the space where you can only feel your way through the dark, is also a point of great joy for you now. This is a time of surrender to the great wave of loving Light that is coming your way. Let it bring you peace, and enjoy the ride.

**Virgo – (August 23 – September 22)** You may think that you're too busy to exercise, but consider that you cannot afford sitting all day. Your Virgo secret success tip is to stay in motion. Find a pace that works for you, and settle into the rhythm of easy productivity. The asteroid goddess Juno in your sign urges that you get more deeply in touch with your inner queen. Affirm that you have exactly what you want, and decree it so.

**Libra – (September 23 – October 21)** You may have to face some of your insecurities before this month is over. Venus, your ruling planet enters Scorpio on October 8th, peeling back the layers of superficiality. The Aries full moon of October 13th reveals that some partnerships will be appropriately deepened, and others are best left behind. You've reached a turning point that delivers exquisite freedom.

**Scorpio – (Oct 22 – Nov 21)** Stay grounded, and keep your efforts in the reality zone. Fanciful thinking is a waste of time; you've got much better things happening anyway. Plus, this is a good month for finances with Venus in your sign most of the month; make the best of it. October is your time to honor the tortoise in any race. Yours is a sign of power and control, so practice self-discipline, and finish as a winner.

**Sagittarius – (November 22– December 20)** Follow your bliss, Sag. My question to you is: what is it that you are called to do, even if you didn't get paid? October is your month to unveil passion combined with intention. Finances may actually be the test of proof - in other words, it's not about the money, and in fact, you may have to give a little extra on your end to get what you want. Think of it as an investment in your future which really is the golden opportunity now.

**Capricorn – (December 21 – January 19)** If you feel it, believe it, Capricorn. Always, it's necessary to separate exaggeration from reality, fact from fiction. But you may also have to discern between paranoia and good judgment. Figure out where each resides in your body, and then trust the information. If you have to question the bottom line, then it's not time to take action. Only total certainty is deserving of your attention - half way measures are just not an option.

**Aquarius – (January 20 – February 17)** You're coming into your own, Aquarius, provided you've been minding the myriad of details that all need attention. Your reward is an unshakable peace, a knowing that all is well in your world and that you can handle anything that comes your way. Trust in the process of change, and the cycles of nature and life. Remain mindful of being in tune with the natural world, and stay in step with the music. This is your time of growth that leads to true inner peace.

**Pisces – (February 18 – March 19)** October is your month to be an active observer. Just watch and see what other people do, rather than just what they say. There is a bit of storytelling and unfortunately, the place where things don't quite add up. There are times when you must be the giving one, and there are times when you learn to receive. Take the blessings in, but let the good things ripen in your life before releasing them.





# COVER ART

## Shande'nea Star Gate by Nadya King



**Nadya King** writes, "For the past 10 years, **Maestra Shiloh Sophia** has led a group of amazing women on a journey to discover their own Legend, and discovering what it means to lead Legendary Lives. This course is the prerequisite for the annual Color of Woman teacher quest.

When I registered for Legend in 2015, I intended to do CoW sometime later,... But then Shiiloh opened a few more slots, and (gulp!) I was on the quest! Each year, a new group of women journal and paint their way out of old stories, and discover new pathways. We vision our symbols, and see where they fit, support each other through laughter and tears, and embracing new ah-has.

Color and shapes from earlier layers peek through, each building on the last, as our lives build on the stories of our families, and herstory, we sift through for those which inform our choices. What are we building on? Where is the foundation solid? Where does it require digging out and shoring up?

When I embarked on my Legendary journey, I gathered flower essences for a bouquet of support: Lady's Slipper Orchid for stepping out in joy, Star of Bethlehem for lighting the pathway, ... Symbols came, a dragon, dancing maid, a key in the heart of the labyrinth ...and my legend, **Shande'nea Star Gate** was birthed.

## Shande'nea Star Gate

How can you doubt your Soul Purpose?  
You were born for this!  
You hold a gift, a treasure,  
a King's ransom that is such a blessing for your companions

Arise and Shine!  
Do not worry, consider the lilies of the field - you are blessed  
beyond measure  
It is time for you to SHARE those blessings  
The time you spend in Circle hones you for the Next Steps

Will you step through the gateway?  
The dragons know the way, and hold the keys  
Open your eyes and ears: see and hear  
Make way for the Messages to flow  
To glow and mark the spiral path

Breathe with new breath  
The sweetness of the journey  
As you Dance Through the Stargate

Last year I participated in the journey in paint and story, holding space for the exploration. As our sistars embark on Legend 2018, my classmate Kendall Scott has assembled Legends from the SiStarhood for a Legendary SlideShow. **Shande'nea** is there with many others, gateways to our personal Legendary Lives!

Visit **Nadya King** at <http://www.ladyharper.com/>  
<https://kingstouchreiki.blogspot.com> and  
<https://dia-creationstation.blogspot.com>

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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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***An Enlivening Power is Nurturing Our Universe  
and We Can Learn to Cooperate With It***