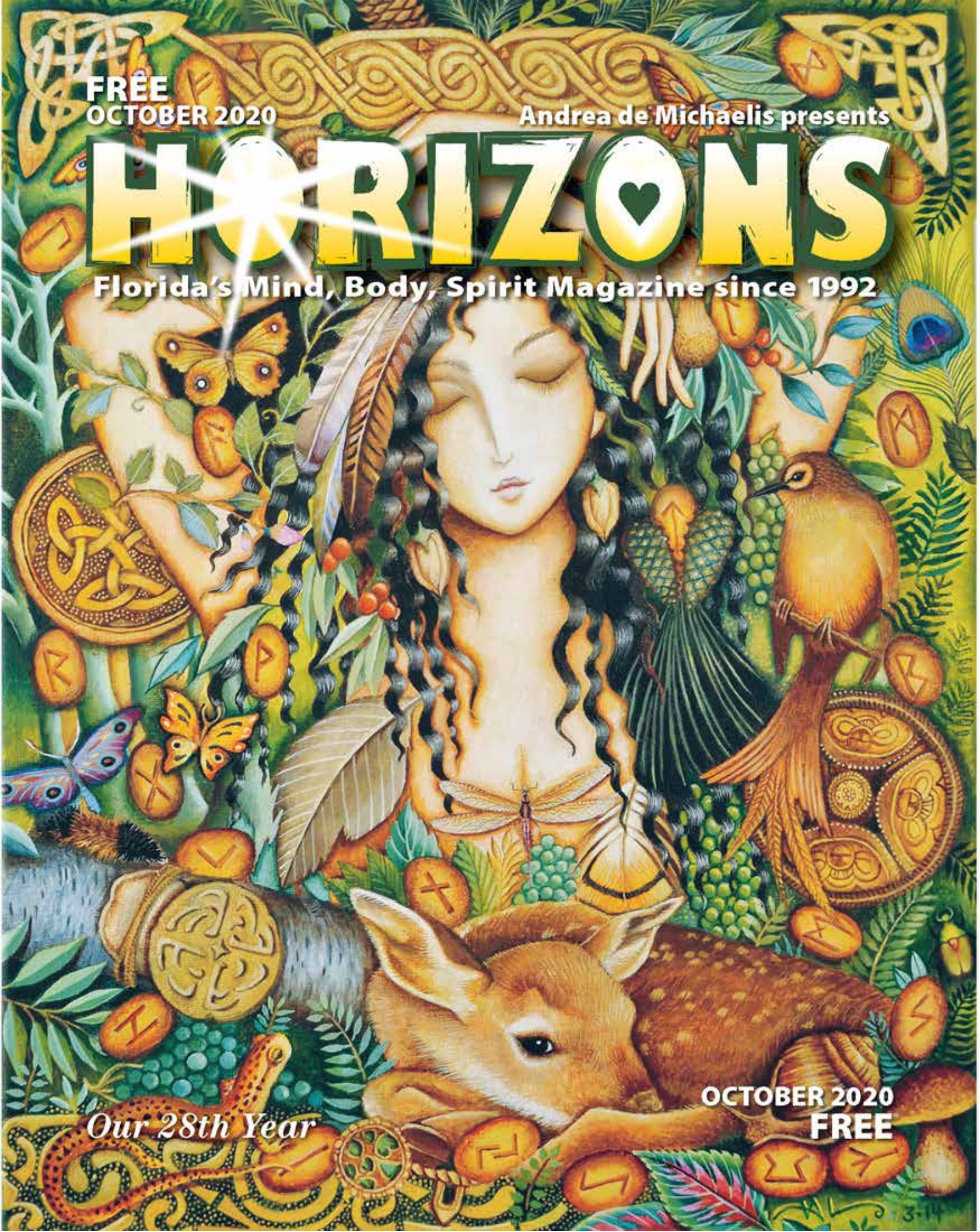


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- 3. Select the first video. This video will
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THURSDAY DEEP DIVE 6:30pm – 7:30pm
Facilitator: Rev. Valarie Parson

Welcome to Thursday Deep-Dive! Every Thursday evening we provide a way for the Unity of Melbourne spiritual family to stay in touch, check in with each other and pray. Register in advance for this meeting using the WATCH button to the right at <https://www.unityofmelbourne.com/calendar/1737/2020-09-10/>. After registering, you will receive a confirmation email containing info about joining the meeting

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HORIZONS MAGAZINE

575 Escarole Street SE
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email 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.

****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](#)



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

The greatest optical illusion is separation

Publisher/Editor/Creator

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

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

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NIGHTLY MEDITATION: MY MAGICAL HEALING BED



Since I work alone, I hafta motivate myself. I thought I'd share **My Magical Healing Bed Process** since that's when I remind the cells of my body what we're there for. My process is to **Self Talk Myself Into Healing** using helpful phrases. Here's the script I use, try it for yourself. You'll find comfort and relief.

Andrea de Michaelis, Publisher

First, I remind myself I have access to inner guidance that can lead me in the right direction for all decisions. Then my mind starts looking for evidence of that and attracting guidance and inspiration to me. When I remind myself that other portions of me understand what I do not, I can ask that these parts help me understand, help me become aware of what I need to know. I "activate" them by talking to them and asking them for help.

MY MAGICAL HEALING BED PROCESS (the script) Self Talking Myself into Healing and Rejuvenation

I've just gotten into the Magical Healing Bed. While on this bed, I envision a Magical Healing Light above and below, bathing me in golden light. I can feel the light moving thru me with every breath. I can feel all congested energy being swept away with every breath.

As I get comfortable and relax in my bed, I can feel the relief in my muscles as I let myself sink into the mattress. I know when I relax, I can more easily tune into inner guidance and direct the cells of my body to heal and rejuvenate.

With every breath, I can feel my aches and pains subside. I bask in the feeling of relief, knowing basking will bring more relief.

As I bask in the golden light, I can feel my body systems working as they should, I can feel the fresh water and nutrition moving thru to fuel me. I can feel my mind getting clearer. It's becoming easier to remember things and it's becoming easier to recognize solutions and see the opportunities around me.

With every breath, moving the light thru me, I ask those other parts of me to bring me helpful guidance to stay healthy and active, to motivate me to walk and be more active, to strengthen my body, to eat fresh, live and healthy foods.

As I breathe and feel my body relax and my aches and pains subside, I ask those other parts of me to guide me to helpful and constructive thoughts and friends upon awakening that lead in me in directions I'd be delighted to go.

(You may want to add your own, such as) As I breathe and feel my body relax and my aches and pains subside, I ask those other parts of me to guide me to new career choices and money making ideas.

By the time you're asleep, you've already activated the nonphysical parts of you to begin gathering info they will later give back to you as guidance.

What I'm here to do with Horizons Magazine is share a belief and formula for happiness that I've found is true for me and for others I know and give readers the choice to entertain those ideas, some of which may be an option for them as well. We don't always know what we might prefer, how our life might change for the better if we don't consider and entertain the idea of something new.

Andrea de Michaelis, Publisher

HORIZONS MAGAZINE MISSION STATEMENT

Established in 1992, Horizons Magazine is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind.

We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak. Because we participate in this creation, we have access to as much happiness and supply as we can discipline ourselves to focus on.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation.

Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, now.

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it. We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them.

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



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

Andrea de Michaelis
Publisher

WELCOME TO THE OCTOBER 2020 HORIZONS.

Finally a break in the weather. The end of September always brings cooler and less humid days. I've been enjoying having extra time to work in the yard since I cleared the west lot. It's been great relaxation during this quarantine time to be able to enjoy yardwork again. In the hot and humid summer, ugh, no fun but some yard chores still need to be done. Cooler now, tho!

THE QUARANTINE HAS LOTSA PEOPLE DOWN

A friend said she can't stop her negative thoughts and bad memories. When that happens to me, I've learned only aggressive self talk will bring me out of it. If I can't stop the thoughts, nothing works for me except replacing the thoughts and making myself repeat them like a mantra.

She says she's done all that, doesn't work. BUT THE ONLY WAY IT DOESN'T WORK IS IF YOU DON'T MAKE YOURSELF STICK WITH IT. Like meditation or creative visualization, it works if you MAKE YOURSELF DO THE PROCESS. The HARD PART is making yourself stay with it undistracted until the process is complete. I LITERALLY at times had to REPEATEDLY RE-READ POSITIVE SELF TALK to myself for hours during rough times. And when I made myself continue the process, it always worked.

STRENGTHENING YOUR WILLPOWER IS THE KEY

It's never that you "can't meditate" or "can't visualize," it's always that you haven't yet disciplined yourself enough to stay with the process to completion. That's why it's called practice. Each time you make yourself sit with it as long as you can, that strengthens your will power. That allows you to sit with it longer next time.

Your mind wants to be in charge. But the mind is here to do YOUR bidding. Train it to stay focused on what YOU want to focus on. "I'm bored, I have things to do, this isn't interesting" are excuses to make you stop the discipline. You can use your willpower to stop yourself and make the distinction every time it happens. Every time you begin to have that thought. This is how you develop your will.

Willpower is the inner strength to make a decision and handle any aim until it is accomplished, regardless of inner and outer resistance, or difficulty. When you have strengthened your will, you have developed the ability to overcome laziness and negative habits, and to carry out tasks, even if they are unpleasant and tedious.

Strengthening your will takes practice. You practice it every time you reject instant gratification in favor of a higher and better goal. One simple daily practice to develop will power is by refusing to satisfy trivial desires, delay yourself by 30 minutes getting that soda or turning on the tv. That's practice. You're exercising that muscle, like going to the gym, so the strength is there when you need it.

So you can use your willpower to catch yourself every time you have negative emotion. It doesn't matter if you call this negative emotion anger or grief or frustration or sadness. You know the difference between feeling good and feeling bad. If you find yourself feeling bad, stop and ask yourself, "What am I thinking about?" It will always be a thought of lack or limitation. Once you catch that thought, that is the time to do a few minutes of pre-scripted self-talk reminding yourself what it is you would like to attract to yourself on that topic. And it's important to write these new scripts ahead of time, because when you are in that bummed out place, you won't remember the words then. Here's a helpful link about strengthening willpower

A SELF TALK SCRIPT I READ OVER WHEN I NEED REPLACEMENT THOUGHTS

This is one of the self talk scripts I read over to remind me of what I know. I read this whenever I am having continuing thoughts that I want to replace with better feeling thoughts. This is one set of replacement thoughts I use. I read it over to myself until I realize that what it says is true.

I know I am in charge of my own wellbeing. I know that what comes to me is a result of how I think about life and how I react to it. It helps me stay focused on the good that is happening in my Now if I do not watch the news or listen to other's people's complaints and worries and theories and opinions.

I know that I do not need to attract more good into my life, I merely need to release my resistance to the good that is already available to me. I know that I release resistance whenever I do something that is purely fun and enjoyable to me, when I do something that makes me be in the Now, that lets me be happy and lose time in the doing of it. For me that can be gardening, sewing, sketching, painting, woodworking, driving someplace new. Something that requires my complete and focused attention yet is fun and fulfilling.

I know that anytime I look for the positive aspects in any situation, I find them. I know anytime I sit and make a list of the people I love and the things I appreciate, something in me switches on and I feel better.

I know when I feel better, I suddenly see all sorts of opportunity around me that I didn't notice before. When I see more opportunity available to me, I feel excited about the possibilities. When I feel excited about the possibilities, Life expands around me and good things begin happening. When I feel happy and excited, I know that's the time for effective creative visualization, and I begin running the best case scenario "what ifs" through my imagination. When I begin to doubt, I simply repeat these thoughts.

Enjoy our offering this month.
Hari Om.

Andrea



5 WAYS TO RECONNECT WITH YOUR DEPARTED LOVED ONES

PROVEN WAYS TO INCREASE YOUR SPECIAL BOND

Known to millions as "Dr. Love" through her website www.AskDrLove.com since 1996-Jamie Turndorf, Ph.D., has been delighting readers and audiences for three decades with her engaging blend of professional expertise and humor, and her remarkable ability to turn clinical psychobabble into easy-to-understand concepts that transform lives and heal relationships. She writes a column "We Can Work It Out" for Psychology Today online. Her Ask Dr. Love radio show can be heard on www.WebTalkRadio.net, which broadcasts in 80 countries worldwide.

DID YOU KNOW THAT YOUR LOVED ONES IN SPIRIT ARE WAITING TO RECONNECT AND TALK WITH YOU? IT'S TRUE. I DISCOVERED THIS TRUTH RIGHT AFTER MY BELOVED HUSBAND, EMILE JEAN PIN, WAS RIPPED FROM ME BY A FATAL BEE STING.

Jean and I met on the first day of my freshman year at Vassar and it was love at first sight. We were inseparable for 27 years. From the moment Jean left his body, he began appearing to me in spirit form. His astonishing after-death manifestations have proven to me that we don't die and our relationships aren't meant to end in death.

One of the things Jean taught me about reconnecting is that we can make it easier (or next to impossible) for those in spirit to come through to us. Your loved ones are always trying to communicate with you. Follow the 5 steps below to open the channel of spirit communication.

1. OVERCOME THE FALSE BELIEFS AND RELIGIOUS TEACHINGS THAT BLOCK YOU FROM RECONNECTING

Most people find it difficult, if not impossible, to reconnect with those in spirit because they are riddled with false beliefs that deadbolt the door of their hearts to loved ones in spirit.

The first false belief we must overcome is the wrong idea that once loved ones are in heaven they are permanently out of reach and that you must wait until you "die" in order to be reconnected with those in spirit.

As Jean has shown, nothing could be further from the truth.

On my first night back from Italy, following my husband's bodily departure from the bee sting, I lay awake listening to him quote a passage that I didn't recognize. The next day, I met with Jean's priest to prepare the readings for his funeral. I told the priest that Jean was quoting something to me.

The priest raised his brow in obvious skepticism. But when I told him what Jean had quoted, the priest blanched, crossed himself and said, "Dear God, Jamie. At first I didn't believe that Jean was speaking to you, but I do now." He told me that I was quoting an obscure biblical passage from the Communion of Saints.

Like I would have known! I guess I should mention here that I was raised by two devoutly atheist parents who taught me to not believe in God or the afterlife. I never went to church or read the bible and Jean and I never discussed religion...at not least not when he lived in a body!

It took me a year to understand why Jean chose to quote that and only that biblical passage to me. He was a religious pioneer in life and continues to be in the afterlife.

As I discovered, the **Communion of Saints** says that our loved ones in spirit are one with, or in communion with, God and the saints. Because the bible tells us that we are supposed to stay in communion and communication with God and the saints, this means that the bible is also telling us that we are supposed to stay in communion and communication with our loved ones in spirit because they are one with God and the saints.

As Jean told me soon after he left his body: "Death is an illusion. There is a very thin veil between the realm where you are and the realm where I am. The veil is thinner than you can ever imagine. I'm standing right here."

The point is we are not supposed to live in an emotional wasteland separated from those we love waiting until we "die" to be reunited. Because heaven is all around us we are supposed to reconnect and stay connected NOW.

Even overcoming this one false belief can help you open the door to communicating with your loved one in spirit.

2: TUNE INTO THE SPIRIT CHANNEL

Early in my bereavement, Jean told me that the noise of the day drowns out his voice. He told me to come to the bed and "be still and quiet" in order to hear him.

Most Westerners are never still or quiet. So, if you want to reconnect, your first order of business is to create what I call Pockets of Peace in which you simply turn off the TV, radio, computer and cell phone and sit in silence.

Now I'm not saying you have to convert your condo into a convent, but, in order to reconnect you need to find brief interludes of stillness.

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ABRAHAM-HICKS



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

THE POSITIVE ASPECTS DIVORCE CAN HAVE FOR CHILDREN

GUEST: I think my biggest question has to do with relationships and specifically dealing with divorce and helping increase my children's ability to stay in alignment with Who They Really Are...

ABRAHAM: First thing we'd like to say about children of divorced parents is that they have a wonderful opportunity to, at an earlier age than others, see Law of Attraction responding to different vibrational points of view.

And when they have the benefit of someone up close to them that understands that, then they get an earlier opportunity to understand that they have more control over their life than they might have thought.

When children are born into a sort of feathered nest where two other people are doing everything that they can to make everything be just right, their opportunity for contrast and their opportunity to create their own vibrational escrow is slowed down a little bit, and therefore their opportunity to consciously feel the separation between Who They Really Are and who they are allowing themselves to be has more opportunity (pause)... some of those beliefs can become very well entrenched before you become enlightened to your own Guidance System and to that vibrational crevasse between Who You Really Are and what you are doing right now.

So imagine a child who early on is exposed to contrast and has a mentor up close to them who is teaching them that through the power of your thought you can bring yourself into alignment at an early early age, what an advantage that is. IOW, we won't find these children in some environment later on where they are holding to beliefs that are limiting and struggling to break loose of them because they have, at an early age, had an opportunity to understand the power of their own mind and the power of their good feelings.

So, we always say to parents, your children are the teachers because they still remember that All is Well, you see. They're not bucking the current, they're not fighting the flow, they Know That... until you get hold of them really good and train that out of them which most parents, in a well-meaning attitude, derogatorily do.

You can't teach your children through your words, you must teach through the clarity of your own example which means



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you have a hard job in having lived enough life where you're not easily releasing beliefs and going with the flow of Who You Are but that's the effort that you must make. You must reach for the best feeling thoughts that you can.

IN OPTIMISM THERE IS MAGIC.

We're asking you to trust in the well-being. In optimism there is magic. In pessimism there is nothing. In positive expectation there is thrill and success. In pessimism or awareness of what is not wanted, there is nothing.

What you're wanting to do is redefine your relationship with the Stream. We do not ask you to look at something that is black and call it white. We do not ask you to see something that is not as you want it to be and pretend that it is. What we ask you to do is practice moving your gaze. Practice changing your perspective. Practice talking to different people. Practice going to new places. Practice sifting through the data for the things that feel like you want to feel and using those things to cause you to feel a familiar place.

...continued on page 25

HERB CORNER

Cecelia Avitable 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 321-757-7522

BUILDING STRONGER BONES

Osteoporosis is defined as the loss of calcium in the bones causing a weakening of bone mass making the bones porous and thinner, which overtime leads to disfigurement and fractures in loss of mobility. Osteoporosis can affect both men and women, but it is now regarded as a major health threat especially for post-menopausal women, smokers or for those who lead a sedentary

lifestyle. Modern medicines used for osteoporosis focuses mostly on limiting additional bone loss and reducing bone resorption not on building denser bone.

With herbs we need to get the body to create osteoblasts, which laydown and strengthen bones. This can be done with highly nutritive herbs like **Oatstraw**, which is rich in calcium, silica, folate, magnesium, vitamins A, E, B and K. Plus, it also helps balance estrogen and thyroid hormones. Another nutrient rich herb is **Nettle**, which is rich in silica, copper, calcium, magnesium, fatty acids, vitamin A, E, B, and K. It also has the ability to strengthen, support, alkalize and cleanse the body; and balance thyroid functions.

Alfalfa is also rich in these nutrients, it helps balance sugar levels and detoxify the body, plus it has been shown to balance estrogen and progesterone precursors needed to decrease bone loss and increase bone density. **Dandelion** works with the liver to detoxify the body and balance hormones, it helps produce needed digestive acids for proper nutrient absorption and it is also rich in nutrients.

Burdock, besides being highly nutritive it also has the ability for nutrients to be better absorbed in addition it helps reduce build-up of uric acid that settles around the bones and it reduces inflammation. **Yucca** helps remove toxic debris that settles around the joints which overtime destroys bones. And it has been shown to reduce inflammation and rheumatic conditions.

Horsetail helps the body retain and process calcium and it contains silica which helps increase bone-mass and strength, this can be helpful in healing fractures at a faster rate. Nutrient rich **Wild Yam** contains the natural precursors to progesterone needed to increase the speed of bone formation. **Yellow Dock**, this antirheumatic, hepatic and anti-inflammatory herb supports the digestive system helping the necessary nutrients for bone strength be better absorbed.

As you can see bone health is very dependent on the nutrients. **Calcium, magnesium, and Vitamin D3** are the ones most associated with bone health, they work together to provide proper mineralization, structure, and strength for your bones. When the body is deficient in these key nutrients the number of cells that build bones (osteoblasts) are decreased and the number of cells that breakdown bones (osteoclasts) increase. **Vitamin K2** is important for the formation and replenishment of bones. It can take excess calcium from the blood (atherosclerotic calcification) and bring it to the bone tissue stimulating osteoblasts. These nutrients can be gotten from the herbs discussed earlier or in the diet from foods like dark green vegetables, nuts, seeds, eggs, turkey, whole grains, fruits, shrimp, flounder, salmon, pumpkin, low fat dairy, cheese and yogurt.

With lifestyle adjustments, proper diet, supplements, and herbs bone loss can greatly be reduced.



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A Talk with Hersch Wilson, author of **FIREFIGHTER ZEN: A FIELD GUIDE TO THRIVING IN TOUGH TIMES**

Hersch Wilson and his wife, Laurie, became volunteer firefighters in 1986. He has worked as an organizational consultant, pilot, outdoor adventure trainer, professional dancer, and author. He writes for Backdraft magazine and other publications. He lives in Santa Fe, New Mexico. More information at HerschWilson.com

FIREFIGHTING AND ZEN. WHAT IS THE CONNECTION?

I think firefighting, being a first responder, teaches the same fundamental lessons about life that Zen does. First, that death is inevitable, and we should get over that and enjoy and love the fact that we are alive. Second, all we have is this moment, right now. The future isn't a promise. Most of us are coming to grips with this truth during the pandemic. Finally, the mindfulness of being a firefighter comes when we are focused on helping or saving someone else. In that time, we no longer are obsessed with self, but we are engaged in serving a higher purpose: we move from "me" to "we."

WHAT IS THE FIREFIGHTER UNIVERSE?

The firefighter universe is where first responders live. We see life in extremis, people in their worst and best moments. It is a place where the mantra is "stuff happens," where life is short, where there seems to be a glitch in most life plans. There is suffering there, but also the joy of helping others. The twist, of course, is that there is no such thing as the firefighter universe, it is the same universe we all inhabit.

WHAT DO HULA HOOPS HAVE TO DO WITH FIRE-FIGHTING, AND HOW DOES THAT RELATE TO THOSE OF US WHO ARE NOT FIREFIGHTERS?

Take this moment. We are inundated with information, anxiety, grief, and even a touch of panic as we go through the pandemic. The future is unknown and uncertain, It is hard to form a complete thought. It is like all the elements and emotions that attack firefighters when they arrive on a difficult emergency scene. Firefighters are taught to first stand inside an imaginary hula hoop. Don't run towards the loudest voice or the biggest flames. First, stand there, and try to make sense of the scene, try to see the big picture before acting. In the

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Roy Eugene Davis

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Roy Eugene Davis is a direct disciple of Paramahansa Yogananda in the kriya yoga tradition. In December 1949, he traveled to California, to meet Yogananda, was accepted for monastic discipleship training, and was ordained by him in 1951. Davis moved to Georgia in 1972 to establish Center for Spiritual Awareness as a permanent base for his ministry.

The work has continued to grow and flourish as increasing numbers of truth seekers are attracted to it and derive benefit from their participation. Also publisher of Truth Journal magazine and monthly lessons for CSA members around the world, you may contact Center for Spiritual Awareness at P.O. Box 7, Lakemont, GA 30552-0001 (706) 782-4723, visit <http://csa-davis.org> or e-mail csainc@csa-davis.org

Focus your attention within. You will experience new power, new strength, and new peace in body, mind, and spirit. All bonds that limit you will vanish!

- Paramahansa Yogananda (1893 - 1952)

Superconsciousness is superior to ordinary, modified states of consciousness. Meditation is a constant flow of attention to an object profoundly contemplated ("looked at" or examined with alert expectation of discovery).

Spiritual awakening brings forth revelations from our pure essence when we are receptive to them. Even when we don't aspire to be Self-realized or endeavor to nurture our spiritual growth, at the innermost level of our essence of being there is always an innate urge to be conscious, knowledgeable, and freely expressive. When we are not aware of that urge, we may be restless and not satisfied with ordinary circumstances without knowing why. When we are aware of it and cooperate with it, our awakening can be easier and faster.

To have the best results on a spiritual path (what is done to remove physical, mental, or emotional obstacles to spontaneous awakening) it is helpful for us to know that we are units of the pure essence of ultimate Reality expressing through a mind, personality, and physical body. Knowing that we are other than the mind, we can learn to constructively use our mind and detach attention from it to experience superconscious transcendence.

Contrary to opinions that have been expressed by some materialistic thinkers, our consciousness is not entirely brain-produced. If a brain produced our consciousness, "we" would disappear when the brain stopped functioning.

Thoughts, memories, emotions, and restless changes in our mind and awareness cloud our intelligence and interfere with rational thinking. When we detach attention from modifying influences and are alert and attentive, we can experience our true nature as pure consciousness. This can be experienced by anyone who learns to do it. Even a few episodes of thought-free, pure consciousness can provide proof of our real nature and inspire us to want to have permanent realization (experience and knowledge) of it.

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SETH SPEAKS

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SETH ON ILLNESS AND PREVENTION

“Unfortunately, many of your public health programs, and commercial statements through the various media, provide you with mass meditations of a most deplorable kind. I refer to those in which the specific symptoms of various diseases are given, in which the individual is further told to examine the body with those symptoms in mind. I also referred to those statements that just as unfortunately specified diseases for which the individual may experience no symptoms of an observable kind, but is cautioned that these disastrous physical events may be happening despite his or her feelings of good health. Here the generalized fears fostered by religious, scientific, and cultural beliefs are often given as blueprints of diseases in which a person can find a specific focus — the individual can say: “Of course, I feel listless, or panicky, or unsafe since I have such-and-such a disease.”

The breast cancer suggestions associated with self-examinations have CAUSED more cancers than any treatments have cured. They involve intense meditation of the body, and adverse imagery that itself affects the bodily cells. Public health announcements about high blood pressure themselves raise the blood pressure of millions of television viewers.

Your current ideas of preventative medicine, therefore, generate the very kind of fear that causes disease. They all undermine the individual’s sense of bodily security and increase stress, while offering the body a specific, detailed disease plan. But most of all, they operate to increase the individual sense of alienation from the body, and to promote a sense of powerlessness and duality.

Your “medical commercials” are equally disease-promoting. Many, meaning to offer you relief through a product, instead actually promote the condition through suggestion, thereby generating a need for the product itself.

Headache remedies are a case in point here. Nowhere do any medically-oriented commercial or public service announcements mention the body’s natural defenses, it’s integrity, vitality, or strength. Nowhere in your television or radio matter is any emphasis put up on the healthy. Medical statistics deal with the disease. Studies upon the healthy are not carried out.

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FROM THE HEART



Join Alan Cohen for his life-changing Holistic Life Coach Training beginning Sept 1, 2020. For info on this program and Alan's books, videos, audios, online courses, retreats, and other events and materials, visit www.AlanCohen.com. This is excerpted with permission from Spirit Means Business.

THE MYTH: Working more, harder, and longer will yield the results you desire.

THE REALITY: Renewing your spirit will pave the way to the results you desire.

OPEN THE GATES There are two gates at which money transactions get jammed. The first and most obvious gate is the one at which you pay money. People with fear related to money become tightfisted and resist paying for commodities and services, even necessary ones.

The more crucial gate we need to open is the resistance to receive money. The amount of money you receive has little to do with the economy, your company, or your customers. Those are the most superficial levels of financial circulation. The key factor in how much money you receive is your openness to receive it. This depends on two elements: (1) Your beliefs about supply; and (2) Your sense of worthiness. Both, we will see, are sides of the same coin. If you believe you live in a world of limited supply, you will crimp the pipe through which the universe can pour your good to you. While life is capable of supplying you with all you need, a limiting belief can pinch off a huge flow.

One day I noticed that my kitchen faucet was not dispensing water to the sink; the stream was reduced to just a few drops. When a plumber opened up the apparatus, he found that a tiny stone had gotten lodged at a crucial juncture in the stream. While millions of gallons of water were available, the flow was reduced to a trickle because of one little stone. When the plumber removed the stone, the faucet was restored to maximum delivery. Even a small belief in limits can stand between you and the enormous resources available to you. When you remove the stone, you have access to all you need, and more.

Your sense of worthiness is even more crucial than your beliefs about supply. Actually, they are the same: If you know you are enough, you know that the universe can supply enough. If you do not believe you deserve to receive the wealth you desire, you will keep supply at a distance. When students apply for my Life Coach Training Program, I ask them, "What fears or concerns do you have about becoming a life coach?" Most applicants voice some self-doubt: "Who am I to coach other people? I have my own issues I am working on. No one will want to pay me." In the program I explain to the students that those statements issue from a sense of "fraud guilt" from which most people suffer. The belief "I am a phony" is debilitating and can undermine success if left unchecked and unhealed. Even some very successful people believe they are phonies. A survey asked Hollywood movie studio CEOs, "What do you fear the most?" The most common answer was, "I fear that people will discover that I don't really know what I am doing." Meanwhile these CEOs were doing masterful jobs making many millions of dollars for their companies. They just thought they were phonies.

A cute story from the video series **The Beatles Anthology** illustrates this very dynamic. At the height of the Beatles' illustrious career, **Ringo Starr** had a bout with fraud guilt and decided he wasn't fit to be in a band as talented as the Beatles. He went to **John Lennon** and told him, "I'm leaving the group because I'm not playing well and I feel unloved and out of it, and you three are really close." **John** replied, "I thought it was you three!" Then **Ringo** told **Paul McCartney** he felt like an outsider. **Paul** replied, "I thought it was you three!" By that time **Ringo's** anxieties were assuaged, so he didn't bother going to **George Harrison**, who might have given a similar reply. The idea that any of these four -- **Ringo, John, Paul, or George** -- was not a "real" Beatle seems laughable and ludicrous, since each of those musicians was talented in his own way, and their unique synergy made the Beatles the most successful entertainers in history. But each of them had to face and deal with his own demons. If even the Beatles suffered fraud guilt, you can see what a liar that voice is, and why you should give it no credence and not let it stop you on your own path to success.

REDEFINE MONEY IN YOUR FAVOR

You have been taught that "money is the root of all evil." Money is not the root of all evil. Fear is the root of all evil. When fear is applied to money, money becomes a tool of evil. But when trust, mutual support, and generosity are applied to money, it becomes the root of all good.

My friend **Charley Thweatt** (musicangel.com) wrote a clever song that begins with the lyric, "Why does it feel funny when we talk about money and communication gets weird?" You might be having an altogether pleasant conversation with a friend, spouse, or business associate, until the subject of money comes up. Suddenly solar plexuses clench, tension

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DEAR WHITEDOVE,

Vivid and violent dreams wake me up and have me wondering what's going on? I can't tolerate watching or listening to any violence on TV or in movies anymore. I just turn them off. These dreams are horrible and I don't like thinking about them; they are so unsettling. *What can we do to keep negative forces at bay during the night?*

DEAREST,

There is a shift in consciousness right now. As you raise your vibration and frequency, your soul doesn't tolerate negativity and darkness so you naturally turn away from violence. I'd suggest that you make your bedroom a sacred space. After cleaning your bedroom thoroughly, pour a pile of Kosher Salt or Sea Salt in each corner of your bedroom as a spiritual protective barrier - leave it there because it will naturally dissipate. Or you can use a big hunk of Rock Salt in each corner. Then add your favorite protective spiritual object under mattress, where you lay: I have a wooden cross between my mattress and box springs. Others may prefer a Star of David, Mala beads or a Crucifix. Then hang a Native American Dream Catcher above your bed.

All of these items should be made of natural elements; no plastic. You can also hang a Rosary by your bed, or on a nightstand. Burn some sacred incense and listen to high vibrational music. It's a good habit to say a nightly prayer at bed time, give thanks for your protection and count your blessings, Great Spirit appreciates gratitude. Immediately, you'll see and feel a big difference when you create a sacred space to sleep in.

DEAR MICHELLE,

My family is old school religious and they are into buying burial plots. *Please tell me what does Spirit say about cremation? I'd rather have my ashes scattered.*

DEAREST,

As the saying goes; ashes to ashes, dust to dust. I'm with you, I too will be cremated. Please know that Great Spirit has no preference. When your soul departs the physical shell, you will know the truth, there are no strict rules about the body that we leave behind. Do what you feel good about. It's not wrong nor is it right to be cremated. And of course if people want to split up the ashes but I assure you that Spirit and your loved ones who have passed are okay with cremation. People have been doing it since the beginning of time!

DEAR WHITEDOVE,

Geeze, 2020 has been a heck of a year everything changed for the worse. *Will we be getting back to our old normal in 2021 or is this a downward spiral?* I'd like to be prepared.

DEAREST,

My job as a messenger is to relay the information as Spirit gives it. I'm not to candy coat it or edit the message because this is not helpful. Spirit told me that 2021 is a year to double our energies to accomplish our goals.

Don't sit and wait thinking we are going back to 2019, be proactive. Spiritually speaking 2021 is the most clear cut year I have seen coming, Great Spirit said there's no gray areas for people. This year is about living your spiritual truth. There are those fighting and going against the grain of the inevitable, and those just wanting things to be the way they were and not recognizing things have changed. Please know that we are in a new paradigm.

Last year Spirit had me share "It is the beginning of the End of Times as we've known it." That was and is true. The most successful, fruitful and high vibration souls are ones that are going with the flow intuitively and naturally, as Spirit guides them. Now is the time to be ever prayerful (talking to Spirit), to meditate (listening to spirit) and to take action towards your goals. Faith in Action is most fruitful just as The Law of Attraction tells us!

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

Sharpening My Focus

Anything that I consistently think about attracts that very thing, or something similar, into my experience. I can learn to tweak my thoughts so that I'm thinking more about what I like and less about what I don't like. I will thus magnetize a happier experience for myself, and through the interconnection of all things, I'll contribute to the well-being of the planet.

Old thought: "I hope traffic isn't heavy today."
New thought: "I hope traffic is light today."

Old: "I don't like the food at Burgers-R-Us."
New: "I'm a Subway kind of person."

Old: "I hope I don't fall utterly apart as I age."
New: "I hope to remain healthy and vital as I age."

Old: "I hate Colossal-Mart."
New: "I love shopping at the Corner Store."

Old: "This computer is so slow."
New: "This computer will get there eventually."

Old: "I hate it when my spouse break-dances at parties."
New: "I love the way my spouse makes friends easily."

Old: "The world is going to Hades in a handbag."
New: "I choose inner peace today and thus contribute peace to the world."

Some simple shifts of focus will simply work wonders.



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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 and www.Soulshapinginstitute.com

How to Prepare Emotionally for the Death of a Difficult Parent

My Mother passed away this summer. I always imagined that there would be more time for us to heal the rifts. I was wrong. She died at seventy-six, in the same harsh way that she lived—dizzily falling to the ground and banging her head, while alone in her apartment. She was a remarkable woman, both in her capacity for overcoming and in her absolute refusal to be awakened by her challenging life experiences. She fought for her right to live with a tremendous ferocity, and then put all of her energy into self-distraction after claiming victory. If she had channeled the energy that she used to uphold her emotional armor into personal transformation, her awakened consciousness would have lit up the world. She was that powerful.

I did tremendous amounts of therapeutic work on the relationship over the years. I somehow knew that I had to, both because the emotional debris was obstructing my path, and because I didn't want the impossible nature of the connection to haunt me. And yet, despite my most genuine efforts, I fell prey to the most common occurrence after losing a parent: self-blame.

Death gives us new eyes, and sometimes the lens is hazy. It's always amazing to me how quickly we can forget the reasons that we were not close to someone, after they have died. Suddenly they were saints, suddenly we didn't try enough, suddenly it was all our fault. If only we had called them more, if only we had sent them gifts, if only we had forgiven their actions, if only we had taken them to that one medical specialist that would have saved them from themselves.

On and on it goes, yet another opportunity to shame ourselves, as though we alone were responsible for the state of the relationship, as though we alone were the crafters of their pain and misfortune, as though their issues and patterns did not exist before we came into being. It's quite a thing the way that ancestral shame finds a way to perpetuate itself. It's quite a thing.

I spent the summer inside of this inner narrative, paying attention, trying to understand where it comes from within me. The most obvious answer - internalized guilt from a shaming family - didn't quite explain it. I had done enough work

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around the relationship to know its impossibilities, to know that I had done my best. It had to be something else. And so I stayed with the narrative, and then it dawned on me.

My mother is no longer in her body-suit. She is no longer emotionally threatening. She is no longer difficult to relate to. She is more vulnerable than I have ever known her. And through these eyes, it's easy to glorify her. It's easy to feel safe with her. She feels saintly, kind and accessible. She feels like someone I could easily love and connect with.

And it is therefore easy to blame myself for 'neglecting' her. After all, she is non-threatening and harmless. She is finally quiet. But it isn't real - not even close. Because when we were both in these body-suits at the same time, a deeply loving relationship wasn't possible. There was too much pain in the

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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; Gemstone Guardians and Your Soul Purpose, and The Essential Guide to Everyday Angels. 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. Visit www.MargaretAnnLembo.com TheCrystalGarden.com

PREDICTING YOUR PERSONAL FUTURE

Predicting your personal future is as simple as envisioning your future. The imagination plays a key role in forecasting future events.

Over the years, people have assumed that I can tell them what their future will bring. They've asked me, "What do you see?" My reply is, "What do I see about what?" When we leave the question in such a broad arena, the answers are vague and broad and can apply to anyone. The follow up question I ask them is, "What do you want me to see for you?" Establish a clear cut view of what your potential future reality.

Determine the outcome and various probable realities in all the ways that you would like your life to look like, feel like, and be like.

Inspired thought from higher levels of awareness is amplified when you set an intention to spark your mind and bring forth great ideas.

As children, we played make believe. Perhaps you played house or imagined you were a famous musician or that you had your own horses and stables. Whatever we imagined, we drew it, wrote about it, and acted out these ideas while playing with others. Though we may not be doing exactly what we imagined we would do as children when we were grown up, facets of our imaginary play time do show up in various aspects of our life's work.

You can experience a life of passion and purpose, where earning a good income feels more like play than work. There are many people with plenty of money who want the goods or services you offer. Financial success earned through honesty and integrity is your gift to your community. It allows you to live in ease and comfort while also giving you the ability to help and share with others through employment, philanthropy, or other manners of support.



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NOTES from the Universe

International tax accountant turned entrepreneur turned writer for "the Universe" and one of the teachers for The Secret, Mike Dooley runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit <http://tut.com>

Here's some advice for those who come to you with long faces.

"If you've finally decided, once and for all, to be happy, yet you aren't... then you haven't yet decided to be happy, once and for all."

Same goes for all the other stuff they've decided.

They're that powerful.

The Universe

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MERRY RUNE, GODDESS OF THE NORSE FOREST

By Holly Sierra

Deep in the misty Norse Woods, between the darkened tree limbs and upon the moonlit forest floor ~ A Norse Goddess casts the ancient Runes in front of a beautiful fawn. Her method of divination is as old as the Spirits that soar through the dark, ominous skies.... As old as the wishes of the 'ancient ones'. The Elder Futhark is an ancient Germanic alphabet, later associated with the Vikings. The Runes must be made of 'Earthy Things' such as Amber, Clay, Amethyst, Opal or Turquoise, Gold, Silver, Bronze or better still, A branch from a fruit tree made into slices... Please ask the tree's permission before you cut its branch.



Holly Sierra's illustrations speak of that which is visually enchanting with particular attention to decorative, mystical, historical and multicultural themes. Aside from a penchant for detail, the defining aspect of her work is her ability to combine her brand of realism with folk art and decorative fantasy elements. Were you to wander inside, you'd find Holly's studio full of tributes to her interests ~ The Green Man, A Myriad of Gorgeous Goddesses, Indian Tapestries, Sun Faces, Icons, Ancient Runes, Mosaics, African and Asian masks, A Medicine Wheel, Southwestern Artifacts, Celtic Castings, Incense Ablaze and hundreds of BOOKS!

Books on everything from the ancient world to elaborate herb gardens. As well, one might hear the melancholy strains of an old Irish Love song or Loreena McKennitt's music playing softly in the background.

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, helps keep her company. See her work at <https://www.etsy.com/shop/HollySierraArt>

The advertisement features a bright yellow and orange background with a large sun graphic on the left. The text reads: "9in1 is a complete skin care product that is made ONLY with Essential oils, and will work on the most sensitive skin". Below the text, four bottles of the product are shown, each labeled with a skin type: "Skin Care for Oily Skin", "Skin Care for Acne", "Skin Care Solution for Aging Skin", and "Skin Care for Dry Skin". The website address "www.9in1skincare.com" is displayed at the bottom left.



Jeff Brown

SPIRITUAL GRAFFITI

...continued from page 17...

way, too many issues and differences. And her armor was still intact, armor that she had developed through her life to shield her from emotional risk. In fact, our real-time relationship was a true reflection of its inherent impossibilities. There really was no way in.

It's important to remember this after someone close to us goes, particularly someone we had challenges with... There was a whole world of events, experiences and choices that led to the state of the relationship. All deeply real. All embedded in our cells as memory. All in the way of healthy connection. As glorious as we may imagine them after they have gone, that was simply not the way they were when they were struggling down here on Mother Earth. They were human, and so were we.

Until you lose a parent, you are somewhat asleep on the path to awakening. Trust me on this. It's a whole different world after they go. This is true whether you are close to them, or not. The preparation work you do before they go, may be the most important inner work you ever do. Left to its own devices, the shame game postscript will obstruct and distort a real healing—a healing that is rooted in the reality of the dynamic itself.

Better to do real work around this before the parent dies, if there is anything that is unresolved in the dynamic itself. Clearly, there is no perfect preparation - I will continue to work through these issues for years - but there are ways to soften the blows. I offer these suggestions, in the hope that they will be of service to you...

CONNECTING WITH THE DIFFICULT PARENT

If one or more difficult parent is still alive, and if there is enough safety to bridge to them, do all that you can to connect to work through and express anything you are holding. This includes unhealed grief, unexpressed anger, unresolved experiences. Anything that feels incomplete or unsaid. Leave no stone unturned in your efforts to heal and come to terms with the past.

If you can bring them into therapy to deepen the process, do so. If not, find any way that is available to you to express what is true for you. Anything that will help you to understand the dynamic and to be liberated from the toxic aspects of the relationship.

...continued on page 36...



Roy Eugene Davis

A DAILY SCHEDULE OF SUPERCONSCIOUS MEDITATION

...continued from page 12...

Our changeless, true nature has always been pure and whole; it is only the surface of consciousness that may be modified, blurred, and partially forgetful of what it is and its relationship with the Infinite. Many people who are not yet interested in spirituality have occasional intellectual or intuitive insights into their true nature and higher realities. When their urge to be spiritually conscious is fervent, spontaneous awakenings can more easily occur. When they intensively nurture their urge to be fully awake, complete restoration of their consciousness to its original, pure wholeness can be rapid.

Some truth seekers are satisfied with only a modest degree of awakening that enables them to have a little more peace of mind and somewhat improved personal circumstances. If they had a long-range view of their life in this world and beyond it, they would be likely to be highly motivated to be spiritually enlightened and permanently liberated.

Liberation is permanent absence of conditions that blurred or modified mind and awareness and resulted in illusory misperceptions of Self-identity. When that intellectual error is corrected, our consciousness is immediately restored to its original, pure wholeness.

When the purity of intellect, mind, and awareness is as pure as one's essence, absolute Self-knowledge prevails.
- Patanjali's Yoga-Sutra 3:56

PLANNING A DAILY SCHEDULE OF SUPERCONSCIOUS MEDITATION

Choose a place and time for your practice. Although any quiet place can be used, many people like to have a special place reserved for meditation. Knowing why they are there enables them to more easily detach their attention from mundane concerns. Turn telephones off or have them far enough away where they will not be heard.

Have a comfortable chair that will allow you to be relaxed and attentive. Sitting cross-legged on the floor or on a couch is all right if that meditation posture is easy to maintain.

...continued on page 38...

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Esther Hicks

ABRAHAM-HICKS

...continued from page 9

In other words, we want you to feel familiar in your joy, familiar in your positive expectation, familiar in your knowing that all is well, because this Universe will knock itself out giving you evidence of that well-being once you find that place.

ON LOSING YOUR TEMPER

Guest: I just don't want to lose my temper.

Abraham: Well, we don't care if you lose your temper or not because your temper is not your Point of Attraction; the vibration that's behind that emotion is, so losing your temper is irrelevant. You think that that just causes them to respond in a stronger way, but they're getting your vibe whether you blow up or not. In other words, people can tell how you feel. They can tell if you appreciate them or if you don't. They can tell if you think they're doing good work or if you don't.

This is the answer to your dilemma here. Don't demand that they do good work before you see them doing good work. If you can see them doing good work before they do good work, they'll do good work. But if you need them to do good work before you see them doing good work, you'll never get there.

A really big idea to ponder over the next few days it's going to bring all of you to a place of greater alignment: The dominant reason that any of you feel negative emotion is because you've become something that in this moment you're not letting yourself be. In other words, you're denying your own expansion and that's why you feel negative emotion. You're not letting the expansion that has occurred vibrationally blossom in your experience in terms of manifestation.

So when you have, in that way, disappointed yourself by not keeping up with Who You Are then you want to find fault with Everybody in the World because if they'd just be better, you'd feel better. Just know that every time you're mad at anybody, it's your own disappointment about not being Who You Are, you see. And now we remind you it's never about the doing, it's always about the vibrational aligning.

You have options in every moment: You can feel good or you can feel bad or you can feel badder or you can feel gooder. You can feel a little better. You can feel a little worse. You can poison the well a little or you can try to filter the water a little. You can stir it up and more trouble. You can stir it up and make

more positive. You can make people smile. You can make people frown. You can make people feel better. You can make people feel worse. You can dig in and make a negative point. You can dig in and make a positive point. You can be a little more hopeful. You can be a little more worried. You can make an effort to laugh. You can make an effort to cry.

You have options that you can exercise and as you let what drives you be the way you want to feel, as you reach for feelings that feel like what you think that would feel like and as you achieve them and you will again and again and again and again... people that are doing exactly the same thing that they're doing now that are annoying you, will not annoy you, you will see them as children on their path of discovery.

When you see a child who has not yet learned to walk, who is attempting to, but who isn't good at it yet, fall over, you don't say, "Get up, you little dummy." Instead you say, "That was good and you'll get better. And you'll like it when you're walking because it's really really fun." Just know, that every time you see a deficiency in another, it's about your own Gap and nothing else.

IF THEY CAN'T MEET YOUR NEW VIBE, LET THEM GO

You have more harmony points with every person on the planet than you have disharmony points, because there is much more of you that is in harmony with your Core than you realize or that most of you allow. The closer you come to being in harmony with your Source Energy, the more in harmony you are with each other.

When you think about other people and what they think of you, do you understand that what they think of you has very little to do with what you are? It has mostly to do with the habits of thought that they have developed. It has more to do with them as thinkers than it does with you as the subject of their thought. If nothing is more important to you than that you feel good, you can form a fantasy about someone who is in your life and they will begin to modify to meet your fantasy, because Law of Attraction is a very powerful thing.

When you decide that you want to feel good, and you reach for the vibration that feels good to you and you establish that as your Tone, either the people around you will be uplifted to join you in that vibration or, if their vibration is already very well chosen otherwise, they will clatter right out of your experience. But what happens to most of you is, while they are clattering out of your experience, you notice they're clattering. You begin to clatter too, and then they clatter right back into your experience, and you clatter together miserably and continually.

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RECONNECT WITH YOUR DEPARTED LOVED ONES

...continued from page 8

Jamie Turndorf

By sitting in silence, you'll be able to hear spirit messages that would otherwise go unheard.

3. AWAKEN YOUR FIVE SENSES

It's necessary to heighten your senses in order to send and receive communications from loved ones in spirit. Because spirit beings are pure energy, they have the power to send a nearly infinite array of signs to all our senses, signs that we can easily miss if our senses aren't fully turned on.

One really good way of awakening the senses is to practice being blind. Just as a blind person's other senses heighten to compensate for lack of sight, you can use the following exercise to awaken your sense of taste, touch, smell and hearing. To do this, gather various foods, essential oils and items with different textures, blindfold yourself and set a timer for 3 minutes.

Start with your sense of taste, sampling various foods. Without the interference of sight, you will notice how heightened your sense of taste becomes. Set the timer for another 3 minutes and do the exercise again using the essential oil scents, and finally blindfold yourself and touch the different textured items.

This exercise will give you an idea of just how much you've been missing! And you will be amazed at how much more open you become.

When your senses are more awakened, you are primed to see, hear, smell, and sense spirit presence in your life.

4. RECOGNIZE THE SIGNS OF SPIRIT PRESENCE

I can't tell you how many people say to me, "I don't get signs from loved ones in spirit." Then, when they read the complete list of signs, as outlined in *Love Never Dies*, everyone says, "OMG, that happened to me! And so did that!"

People who witnessed Jean's manifestations asked me to record them so other people could see proof that spirit presence is real and our loved ones are always sending us signs. So, one night, after hosting a *Love Never Dies* retreat at my home, I went to dinner and recorded what happened when I asked Jean for a sign.

For most people, simply becoming aware of the signs of spirit presence is sufficient to begin the process of reconnecting. Again, because spirits are pure energy, they are capable of sending an infinite array of signs to all of your senses. Signs include: odd scents, strange sounds, odd physical sensations—gooseflesh, drafts, temperature changes, symbolic communications, such as rainbows, butterflies, and coins minted on a year that was significant, to name just a few.

Knowledge is the key to recognizing the signs that loved ones are sending to you all the time. Pay close attention to a scent, animal or number that appears frequently. If your loved one adored hummingbirds and you notice these little fluttering birds are suddenly present around you, that is a sure sign your loved one is near and waiting for you to reconnect.

5. DIALOGUE WITH THE DEPARTED

Once you recognize the signs of spirit presence, your communication with spirit jumps to an entirely new dimension. Using my groundbreaking new *Dialoguing with the Departed* technique, you can engage in a back-and-forth dialogue between you and your loved one in spirit to say good-bye to the physical body of someone who was taken from you due to sudden accidental death or illness and also to obtain support and guidance.

But what if you are among the millions of people who harbor unfinished business with those who have passed?

The good news is that often we have to wait until someone leaves his/her body in order to work it out. This is because spirit beings have a much better sense of how they messed up with us.

And, what's more, spirit beings desperately want to work it out with us—their own spiritual development requires them to face where they went wrong with us. And they can't be in peace until they know we've healed and are in peace with them.

Spirit beings don't expect you to force forgiveness down your throat. They accept you right where you are and they have an eternity to work it out with you. So, begin by sharing whatever pain still burdens your heart. Speak aloud and write and/or record what you say, and also record spirit's response. And, keep dialoguing back-and-forth till you arrive at resolution.

Your love does not end in death and your loved ones are always with you. Follow these 5 steps to begin your reconnection with your loved one. If you'd like to learn more about *Love Never Dies* and how to use my revolutionary new Trans-Dimensional Grief Therapy method, I invite you to attend my new *Love Never Dies Live Online Course*! I'll show you all the ways your loved ones are reaching out to you so you can transform your grief to joy!



SETH SPEAKS

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When man feels powerless, however, and in a state of generalized fear, he can even turn the most natural earthly ingredients against himself. Your television and your arts and sciences as well, add up to mass meditations.

Your religion stresses sin. Your medical profession stresses disease. Your orderly sciences stress the chaotic and accidental theories of creation. Your psychologies stress men as victims of their backgrounds. Your most advanced thinkers emphasize man's rape of the planet, or focus upon the future disaster that will overtake the world, or see men once again as victims of the stars.

A SOCIAL PROGRAM FOR ILLNESS -- THE FLU SEASON -- A MASS MEDITATION

Pills, potions, and shots supposed to combat colds and the flu are given prominent displays, serving to remind those who might have missed them otherwise of the announcements about the coming time of difficulty. Commercials on television bring a new barrage, so that you can go from the hayfever season to the flu season without missing any personal medications.

You are literally expected to come down with the flu. It can serve as an excuse for not facing many kinds of problems. Many people are almost consciously aware of what they are doing. All they have to do is pay attention to the suggestions offered so freely by the society. The temperature does rise. Concern causes the throat to become dry. Dormant viruses — which up to now have done no harm — are activated.

The inoculations themselves do little good overall, and they can be potentially dangerous, particularly when they are given to prevent an epidemic which has not in fact occurred. They may have specific value, but overall they are detrimental, confusing bodily mechanisms and setting off other biological reactions that might not show up, say, for some time.

The idea of prevention is always based upon fear — for you do not want to prevent something that is joyful. Often, therefore, preventative medicine causes what it hopes to avoid. Not only does the idea of prevention continually promote the entire system of fear, but specific steps taken to prevent a disease in a body not already stricken, again, often set up reactions that bring about side effects that would occur if the disease had in fact been suffered.



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There are also cases where alterations occur after inoculation, so that for a while people actually become carriers of diseases, and can infect others.

One of man's strongest attributes is religious feeling. It is the part of psychology most often overlooked. There is a natural religious knowledge with which you are born. It says: "Life is a gift and not a curse. I am a unique, worthy creature in the natural world, which everywhere surrounds me, gives me sustenance, and reminds me of the greater source from which I myself and the world both emerge. My body is delightfully suited to its environment, and comes to me, again, from that unknown source which shows itself through all of the events of the physical world."

That feeling gives the organism the optimism, the joy, and the ever-abundant energy to grow. It encourages curiosity and creativity, and places the individual in a spiritual world and a natural one at once.

Man cannot mistrust his own nature and at the same time trust the nature of God, for God is his word for the source of his being — and if his being is tainted, then so must be his God.

— Seth, The Individual and the Nature of Mass Events, pg. 65-68.

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Esther Hicks

ABRAHAM-HICKS

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ON AGING, ARTHRITIS, ALZHEIMER'S

Jerry: Can the gnarled joints caused by arthritis or the memory loss caused by Alzheimer's be resolved? Is it possible to recover from those types of illnesses at whatever age?

Abraham: The conditions of your physical body truly are vibrational indicators of the balance of your thoughts - and so when you change your thoughts, the indicators must change, also. The only reason that some diseases seem stubborn and unchangeable is because your thoughts are often stubborn and unchanging.

Most people learn their patterns of counterproductive thought often based on "truths" they have witnessed or learned from other, and as they hold stubbornly to those patterns of thought (which do not serve them), they then experience the results of those thoughts. And then an uncomfortable cycle occurs where they think about unwanted things (valid, true unwanted things) and, in doing so, by the Law of Attraction, they prevent wanted things from coming into their experience and allow unwanted things to come instead - then they focus even more upon those unwanted things, causing more unwanted things to come.

You can accomplish change in every experience, but you have to begin to see your world differently. You have to tell the story the way you want it to be rather than like it is. When you choose the direction of your thoughts and conversations by the way they feel as you think them or speak them, then you begin to deliberately offer vibrations. You are Vibrational Beings, whether you know it or not, and the Law of Attraction is eternally responding to the vibrations you are offering.

TO PLAY LIKE MICHAEL JORDAN?

When you watch the replays of your Michael Jordans, or any of them who have talents that you are wanting to experience yourself - as you watch them, ask yourself one question: Where's his mind? What's he thinking? But most importantly, how's he feeling? What's his mood or attitude?

And what you will see, again and again, is, he feels invincible. He feels sure. He has utter confidence. In other words, it's his MOOD. That's what you're wanting to practice when you're watching. Not what's his shot. Not what's his game. Not how he's moved. Not what's happening with the other players around. You're wanting to look into his eyes as the camera gets there, as much as you can, or look into his body behaviour and you're wanting to ask yourself: What's his mood? What does he know, right now? What's he KNOWING, right now?

There's never a particle of uncertainty or anger or belligerence or getting even or blame or doubt or fear. It's all that other stuff, that knowing, that confidence.

FIREFIGHTER ZEN: A FIELD GUIDE TO THRIVING IN TOUGH TIMES

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same way, immersed in crisis, we can take a few minutes to stand inside the hula hoop, see the big picture, see what the most critical problems are before we take action.

YOU SEE EMERGENCIES, PROBLEMS, AND INCONVENIENCES VERY DIFFERENTLY. WHAT ARE SOME BEST PRACTICES FOR KEEPING LIFE AND ITS GLITCHES IN PERSPECTIVE?

This is something that I believe we are all learning. Think of all the "problems" that you had pre-covid. Note that most of them have faded as problems as we face more existential issues; staying healthy and earning a living. All those pre-covid problems have dropped to the level of inconveniences. We are learning what firefighters know. Emergencies in the firefighter world are events where there is a life threat, individuals who are suffering, or a home burning down. Everything else is just a problem that needs to be solved or just an inconvenience. Learning and practicing this idea can lead to a lot of calmer days.

YOU SUGGEST INVITING MORE DIFFICULTY IN OUR LIVES. WHY IS THAT?

That seems like an odd suggestion now! But the fact is this — and we've just had it reconfirmed — Life is hard. Whether individually or as a society, we will experience suffering, trauma, and tragedy. It is the way of the universe. The double-edged sword is that many of us live lives of ease and comfort and are often not prepared for difficulty. But we can practice difficulty, we can do hard things that will teach us our strength, our resilience so that we can be ready for when the universe asks us, are you tough?

WE MAKE CHOICES EVERY DAY, SOME BIG AND SOME LITTLE. WHAT IS THE ONE QUESTION WE SHOULD ASK WHEN MAKING A TOUGH DECISION?

I think a question to ask is, What is the brave choice? Here is what I mean. We are so often guided by trying to make the most short-term comfortable choice, the decision that avoids being emotionally uncomfortable. For example, we avoid being honest because it could be uncomfortable — by leading to a conflict, or we avoid asking someone out because it might lead to rejection. We avoid being kind because we might be ridiculed. All this happens quickly and almost at a subconscious level. What we want to do is consciously ask, what is the bravest choice? This is especially important when the decisions we need to make are tough.

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FIREFIGHTER ZEN: A FIELD GUIDE TO THRIVING IN TOUGH TIMES

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Asking the question, what is the bravest choice will lead to tough conversations, sometimes rejection, and maybe a few losses, but it is the path to a fuller life.

WHAT IS YOUR ADVICE FOR THE TIMES WE FEEL WE ARE BEING SWEEPED AWAY BY GRIEF?

That feeling of sadness and loss that many of us are feeling right now is grief. As a firefighter, I have traveled down the “grief road” several times. I’ve learned three things. First, it is okay to admit and recognize that you’re grieving. It is a natural and normal human emotion, although one we don’t talk about a lot. Second, we each have our own unique way of experiencing grief. From numbness to sadness to anger, everyone is different. Don’t feel guilty for how you feel. Finally, the deep feelings of grief do not last forever. We are designed to heal. We won’t “go back” to the way we were, we will always carry scars and memories and be changed as a result, but we will get better. (continued)

FIREFIGHTERS LITERALLY GET UNDER THE SMOKE TO SEE CLEARLY. WHAT DO YOU RECOMMEND WE DO TO GET UNDER THE SMOKE, FOR EXAMPLE, WHEN FACED WITH A COMPLICATED MEDICAL DIAGNOSIS OR DURING AN EMERGENCY?

We “get under the smoke” to see clearly and get under the heat. Under the smoke, we can find the fire or find individuals that need to be rescued. That is our core mission: rescue and extinguish the fire. In the same way, during a crisis, we are surrounded by “smoke” and heat and not a lot of light. There are opinions, wild speculations, our brains are going a hundred miles an hour trying to make sense. Getting under the smoke means understanding the core mission: getting the truth and the facts. It means seeking out and listening to the experts, to the experienced. It means sorting through facts vs. opinions. In a medical crisis, it means someone must listen to and absorb what the doctors have to say. At the same time, everyone else is in denial or looking up quack cures on Google.

WHAT IS THE MOST IMPORTANT PRACTICE YOU RECOMMEND THAT WILL HELP US STAY CALM IN AN EMERGENCY — OR AT ANY OTHER TIME - WHEN WE ARE ANYTHING BUT CALM?

There are a couple of steps I’ve learned as a firefighter. The first is mental discipline. We call it “turning the switch on.” That means being present in the moment and focused on solving the problem. The next is breathing. In an emergency, we often forget to breathe!

We need to take four deep breaths. It will help us calm down and help oxygenate our brains. Finally, in the fire department, we have a mantra: go slow to go fast. When we slow down, we make fewer mistakes, and it is easier to stay focused.

HOW CAN WE INCORPORATE THE THREE PRINCIPLES OF KINDNESS, AND WHAT ARE THEY?

I think the most important thing we can personally do, especially now, is commit to being kind. Once you understand that everyone has a story, everyone has suffered, then it becomes easier to act with kindness. Once we choose to act with kindness, then we can employ radical kindness. First, seek out opportunities to be kind. Second, keep your ego out of it: our egos believe the world revolves around them. So, when we open a door for someone and they don’t immediately thank us for our act of kindness, we —our egos— are offended. We need to let go of that. Finally, don’t expect reciprocity for others or the universe. We cannot control the actions of others, all we can control is how we act. And we can choose to respond with kindness. Every time we do, we make the world a little better.

WHY IS IT IMPORTANT TO BE “TOUGH?”

We are, as every generation seems to, relearning the importance of being emotionally tough. We can be open and vulnerable and continue to move forward, solve problems, and deal with hardship. We are going through a unique and unprecedented time that will call on our toughness. On the fire service, we often get thrown into difficult and heart-breaking scenes, but our job is not to collapse but to help people, to comfort people. That is the same task we are all faced with now. We need to be tough enough to help, be creative, and solve the problems that we will face. For inspiration, we can look back on our families and their histories. (continued) They got through the 1918 flu epidemic, the depression, and two world wars. We share their genes and their stories. We are tough beyond measure, but we sometimes need to re-discover it.

COULD YOU DEFINE WHAT BEING USEFUL MEANS AND HOW WE CAN APPLY IT TO OUR DAILY LIVES?

Being “useful” simply means helping solve the problems of others. My mantra right now, in these times, is “I want to be useful.” There are two reasons. First, the need is great. People are confused and suffering. Second, I know the best way to get through difficult times is to have a purpose, to have meaning, to be helpful. It is in service to others that we find fulfillment and inner peace.

Reprinted with permission Firefighter Zen: A Field Guide to Thriving in Tough Times by Hersch Wilson

HOROSCOPES OCTOBER 2020

Expanded text for each sign available at www.free-horoscope.com

ARIES – (March 19 – April 18)

Make room for each other and a mental introspection, dear Aries! Until the 22nd, the Sun in Libra strengthens the place of your partner and associates. Hyper energized by Mars in your sign you will be forced to cooperate! Mercury in Scorpio until the 28th, comes to titillate your inner life, your relationship to the money of others and to mature your ideas.

Venus softens working conditions and the daily routine, from the 4th to the 28th. Before and after, it's more fun! Your socio-professional destiny is always boosted by the universe, last two decans, sacrifices and reworkings? Your financial sector feels the influx of Uranus into Taurus, first decan, an irreversible change in your source of income is underway. Change of job? Partnership created? From the 23rd to the 31st, the Sun in Scorpio strengthens your libido!

LOVE IN GENERAL:

Between Mars at home and Mercury in your sector related to your sensuality, your libido should be powerful! However, since your relationship axis is impacted by an excellent fulfilment until the 22nd, you will have to take into account the expectations and needs of your potential partners. Venus in Virgo from the 4th to the 28th does not promote the expression of your bubbling temperament! Nothing is simple.

IN A RELATIONSHIP:

It will be necessary to make some concessions if you want to maintain marital harmony. Under the influx of your planet Mars, a bit of a warrior, your other half could rebel! In the middle of the month, from the 4th to the 28th, learn to express your feelings with modesty and tenderness rather than ardor. Surprise your significant other!

SINGLE:

The Sun in Libra facing your sign highlights your partner. Nevertheless, the planets relating to love are in harmony until the 3rd and from the 28th to the 31st. Apart from these short periods, perhaps the sky announces relationships without a future. Your free will belongs to you!

TAURUS – (April 19 – May 19)

Influential partnerships and emotional joys, dear Taurus! Your sector of work receives the Sun in Libra until the 22nd, then Mercury and Venus at the end of the month: affirm your skills! Your vision of life changes under the metamorphoses suggested by the heavy planets of the sky, last two decans.

While Uranus is competing with the first decan to bring his liberating wind! Mercury facing your sign until the 28th, promotes good communication with your friends. Mars all month in Aries, accentuates a certain febrility, keep confidence in yourself. Neptune boosts your projects, second decan, learn to feel and

follow your intuition. Venus in Virgo from the 4th to the 28th clearly favors your loves while the Sun facing you from the 23rd facilitates your conjugal life.

LOVE IN GENERAL:

From the 4th to the 28th, Venus, your planet in Virgo, harmonious with your sign, supports you. On the program, emotional joys and stable, deep feelings. Mars in Aries, on the other hand, does not help the expression of your greedy sensuality, you could be too direct or in demand. Mercury in Scorpio induces in you a beautiful thrust of your intimate exchanges; a quiet strength!

IN A RELATIONSHIP:

Diplomacy until the 22nd and a sweet daily life. During the last week, focus on your married life thanks to the Sun that joins Mercury in Scorpio: an intensity of exchanges and an increased importance of the other. Venus promotes your love life from the 4th to the 28th: you will have the words and the feelings to touch the heart.

SINGLE:

Desire on the rise but a bit secretive. Would you be attracted for once by an insignificant love story? Mars invites you, in any case. A meeting is not impossible, especially after the 23rd. Your feelings remain the same, anchored, solid, do not fall in love with a person engaged elsewhere!

GEMINI – (May 20 – June 19)

A beautiful highlighting of your creativity, and active projects, dear Gemini! The Sun in Libra until the 22nd brightly illuminates your emotional and creative sector! If you are a parent, your relationship with your children will be favored. Mercury, your planet, in Scorpio until the 28th announces an introspective thrust of your mind, you exchange in depth with your professional partners.

It will be even stronger from the 23rd, when the Sun will be in Scorpio. The heavy planets in your sector of life and death, second and third decans, continues a profound change in concepts. Venus from the 4th to the 28th softens your family life, while Uranus prepares you for major life changes, first decan. From the 23rd to the 31st, honor at work!

LOVE IN GENERAL:

An harmonic life sector until the 22nd and the 28th to the 31st. Your powerful energy thanks to Mars in Aries announces a conquering, cheerful desire and especially tuned to your social circle. Romantic love? Venus in Virgo from the 4th to the 28th accentuates the cerebral expression of your feelings, modesty and reserve will be your assets in love. Be diplomatic, mischievous and delicate!

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IN A RELATIONSHIP:

A nice complicity for two. Until the 28th, under the leadership of Mercury, your exchanges are pleasant daily and without clouds. Even better, Venus in Virgo warms your home life with its beneficent rays, let go of your professional concerns, focus on the essentials. Mars in beautiful aspect promotes your common projects and your sensuality!

SINGLE:

Your social circle is very favored for a quality meeting through friends. A dynamic and happy person could appear in your life! Unless a friendly relationship gradually turns into something more loving. Your sentimental expression is reserved this month, take your time!

CANCER – (June 20 – July 21)

Your home sector is stimulated and your socio-professional destiny is energized, dear Cancer! Naturally interested in your home, the monthly energies fill you with this focus of the Sun in Libra illuminating your family life up until the 22nd. A deep and powerful spirit under the effects of Mercury in Scorpio, until the 28th, your relationships and family benefit from it.

March in Aries shakes up your career a little: fasten your seat-belt! Your associative or conjugal sector continues its moult in the same regenerative momentum, last two decans! The liberating wind represented by Uranus blows over your social life or on your projects in order to free their potential, first decan. Beautiful spiritual evolution in progress, Neptune awakens the second decan. Last week: creative games? Venus from the 4th to the 28th facilitates your close relationships and you are optimistic!

LOVE IN GENERAL:

The diplomatic influx of Libra until the 22nd, protects your emotional sector. Nevertheless, Mars in hyperactive Aries, a little bit brutal, could bring his share of harassment and mistreatment to your emotional balance. Leave your professional documents, do not react to possible provocations. From the 23rd to the 31st, the energies are very beneficial to your loves: tenderness, cocooning, a pampered home.

IN A RELATIONSHIP:

Together, the impulses of the moment favor your conjugal life and your home, which you like to protect from prying eyes! Some original friends might burst onto the scene and shake up your anchored habits. Your feelings express themselves with delicacy, your libido, more rough than tender and could surprise your half. Is that not a good thing?

SINGLE:

An unusual desire to surpass yourself! A quick conquest or relationship arises, it is up to you to give the tempo! Know that an ardently enthusiastic Mars sharpens your carnal appetite while Venus from the 4th to the 28th prefers tenderness. Sharpen your claws but not without sensitivity!

LEO – (July 22 – August 21)

A beautiful monthly energy and relationships are favored, dear Leo! Until the 22nd, the Sun in Libra illuminates your close relationship sector and benefits your optimistic mind. Mercury in Scorpio, square of your sign, invites you to introspection. Its effects impact your home or your family relationships until the 28th.

A superb and enthusiastic energy animates you all month! A nice monetary surprise could come thanks to Venus in Virgo from the 4th to the 28th. Your professional transformation continues, two last decans. Have you thought about a health check-up? (same decans). Uranus pushes the first decan to live a major socio-professional change, while Neptune slightly weakens your financial pragmatism, second decan. During the last week, the home and the family need your attention.

LOVE IN GENERAL:

Venus gives you feelings at first glance that are light and shy but that are nonetheless possessive and exclusive! Your libido under the aegis of Mars in Aries, in beautiful aspect to your sign, foreshadows a powerful sensuality, uninhibited and conquering. Also, manage with moderation the powerful planetary influxes. The temperature may climb under your comforter during this autumnal month!

IN A RELATIONSHIP:

Your conjugal life is favored, especially if your partner has the same sensual energy as you! Some delicate discussions may nevertheless darken your complicity, keep this in mind and make sure you only roar at your other half wisely! Strong, whole feelings, measure and delicacy, everything will be fine.

SINGLE:

Hyper dynamized all the month by Mars you will have it at heart to obtain the person whom you covet. Opt for a personality who is of foreign culture to yours and open your eyes if you travel in the early autumn. Until the 22nd, the sky favors your exchanges and your meetings. It's up to you to play!

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VIRGO – (Aug 22 – Sept 21)

Focus on your assets and your emotional joys are favored, dear Virgo! The Sun in Libra until the 22nd lights up your sector relative to salary and money. Venus enters your sign from the 4th to the 28th, you are powerfully charismatic! Mercury, your planet, in Scorpio until the 28th, sharpens your analytical mind and makes your intellectual exchanges deep and your travels fruitful.

The heavyweights of the zodiac breathe change, regeneration and legalization into into your loving and creative sector, last two decans. Uranus in Taurus in beautiful aspect to your Sun, first decan, opens new perspectives to your life. Mars in Aries pulses your libido and creates an attraction for the hereafter and the cosmic mysteries! From the 23rd, the Sun in Scorpio facilitates your steps and your exchanges with others.

LOVE IN GENERAL:

From the 4th, Venus settles in your sign and crowns you with her many assets: charisma, attractive power, diplomacy and other benefits! You are well off this month to foster a fulfilling emotional life. Mars in Aries, abrupt and burning, on the other hand, invites you to let go of your fears, your doubts, your modesty. Adapt yourself!

IN A RELATIONSHIP:

A beautiful harmony in perspective with your other half, especially if you relativize the monetary questions that could appear until the 22nd. Learn to relax without trying to always understand everything. Your sensual life is subjected to the pressure of Mars in Aries, live this rise in power of your instincts!

SINGLE:

Emotional rapport is favored. Your charisma rising from the 4th to the 28th will not leave the people you meet indifferent. As for your sensual ardor it should be at its height! It is therefore up to you to anchor in your life the changes you hope for.

LIBRA – (Sept 22 – Oct 21)

There is an increased importance of others, dear Libra! An absolute sign of balance, the Sun rests in your home until the 22nd, happy birthday! In front of you, Mars in Aries accentuates the importance of others. Favor partnerships and ensure a balance between each other, measure and equity.

Venus, your planet, in Virgo from the 4th to the 28th, announces a waking up of your emotional nature, the past can also come back to play a role in your life. Until the 28th, Mercury favors your financial affairs and other transactions. Uranus in Taurus announces a very important financial change, first decan, as well as a modification of your sensual needs. Your household sector and family, receives, in disharmony, the heavyweights of the sky: it's swinging! Be diplomatic, last two decans, major changes are in progress. During the last week, focus on your assets!

LOVE IN GENERAL:

You could feel a touch of nostalgia! Love carries you and transports you but this month, it will be rather secretive, away from the eyes of the world. On the 29th, this love enters your constellation: you radiate! Mars in Aries, in front of you, passionate and sometimes conflicting relationships, so stay alert. A love from the past tickles your heart?

IN A RELATIONSHIP:

Mercury in the percussive sign of Scorpio until the 28th, could incite you to practice the words that hurt all the more so because your other half should not be allowed under the influx of the warrior planet Mars! Temperance! Your feelings escape you a bit, your spouse could suffer, your relationship too. Question yourself.

SINGLE:

A relatively mild influx for you, single friend! A powerful dynamism, a Venus in search of a love story, it's not so bad! Unless a past love comes back to heat up by the warmth of your heart? The passion reignites? A real desire to marry this time? Only you have the answer.

SCORPIO – (Oct 22 – Nov 20)

An outstanding spirit and social satisfactions, dear Scorpio! The Sun in Libra until the 22nd accentuates your introspective temperament, especially as Mercury, in your sign until the 28th, invites you there. Powerful energy at work, Mars in Aries could slightly destabilize your health, be careful.

From the 4th to the 28th, Venus in Virgo favors your friendship sector, softness and harmony, as well as your projects. Uranus in Taurus continues its conjugal or associative moult, first decan. You receive the romantic and spiritual impulses of Neptune, second decan, in your creative sector: inspiration! Your mind is boosted by Jupiter, Saturn and Pluto in Capricorn, last two decans, intellectual strength and regeneration of your surroundings, it moves in the right direction! From the 23rd to the 31st, the sun is coming home, happy birthday first decan!

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LOVE IN GENERAL:

Venus in Virgo in beautiful aspect to your sign announces satisfactions, facilitated in this field. Your particularly fertile social sector could amply promote your emotional well-being. Your feelings are a little reserved but possessive, your libido a bit excessive. Your hyper-sensual nature agrees very well with this slight imbalance. Your partner, if there is a partner, is accommodating?

IN A RELATIONSHIP:

It rolls on the side of your feelings, you feel the tenderness and delicacy distilled by Venus. On the other hand, when it comes to your libido it gets stuck a bit. Mars who sends you his great energy can exceed the measure. Boosted by Mercury at home, your ultra-powerful mind will quickly rebalance things to your advantage.

SINGLE:

A romance could start under the benevolent auspices of a meeting made through your social circle from the 4th to the 28th. Frankly challenged by Mars in the sign of fire, you will have the zest and the desire to go and find that special someone. Until the 28th, your words will fly, enjoy!

SAGITTARIUS – (Nov 21– Dec 20)

Projects and creativity are favored, dear Sagittarius! The Sun and Libra up until the 22nd influences your social sector and your projects. Now is the right moment to surround yourself and plan what needs to be. Mercury in Scorpio until the 28th, pushes you to an introspection that is not very obvious for you, enamored of action and freedom as you are, it will be even stronger after the 23rd.

In contrast, Mars in Aries, in good agreement with your sign, announces a powerful dynamism tuned to your creativity and your loves! A reorganization of your finances continues to work under the irreversible influx of cosmic heavyweights, last two decans. You want, first decan, to reorganize your work, to manage your health differently, Uranus invites you there. Venus in Virgo softens your socio-professional sector, your charm could contribute to an improvement in this area.

LOVE IN GENERAL:

A beautiful evolution of love under the dynamic effects of Mars in Aries! You will be keen to start something again or to pursue, with ardor, what already works. Intensity, longing, emotional issues will certainly be important during the month. However, your thirst for conquest must accommodate a shy Venus that can be a little annoying to your temperament. Forced patience!

IN A RELATIONSHIP:

Until the 22nd, the Sun in Libra favors what you could do with your other half. Until the 3rd and from the 29th to the 31st, your feelings express themselves happily. Mid-month, force your nature a bit, your feelings are delicate. Your libido is in good shape, few words between you two but rather action!

SINGLE:

The sky concocts some beautiful opportunities that you will need to seize as soon as possible! Your social circle is favorable to a change in emotional status, especially before the 22nd, forget the anxieties of Mercury and create what you wish to live. Mars in Aries supports your sensuality, your creativity. Real emotional chances this month.

CAPRICORN – (Dec 21 – Jan 19)

Socio-professional affairs and your home in focus, dear Capricorn! Until the 22nd, the sector attached to your career, receives the influx of the Sun in Libra: you are in the spotlight but there is pressure! Especially since Mars in Aries, camped in your family sector, imposes at best, divergent points of view and at the worst, opens conflicts.

Find your balance! Mercury in Scorpio supports you until the 28th, you will have the wit and help from your friends. Your psychological metamorphoses is still in progress, two last decans, your inner strength is increasing. An unexpected and pleasant surprise, could revolutionize your love sector, Uranus titillates the first decan. You dream of ideal love from the 4th to the 28th, the expression of your feelings is easy. From the 23rd, the Scorpio energies increase your long-term plans, take action!

LOVE IN GENERAL:

Intensity, increased search for idealized love, the monthly energies are quite strong. However, your feelings find expression especially from the 4th to the 28th, a tasty mixture of timidity and passion! Your libido is slightly on edge, do not take out your weapons without warning! Privilege communication, follow your intuition tenfold. Let yourself be brought to what Uranus has to offer, a pure touch of lightning!

IN A RELATIONSHIP:

Leave your work aside before returning to your home. At home, pamper your couple, prepare for parties for two, away from family meals and sterile injunctions. Your conjugal success depends only on you, forget the rest of the world, travel together through your complicity!

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SINGLE:

Punch! Your heart may beat fast, overheating is in sight! You aspire for a great love story, this autumn the sky tests you on your ability to withstand the pressure. A cultural outing could encourage a friendly meeting or conversation, and at once raise a common interest. No running away.

AQUARIUS – (Jan 20 – Feb 17)

An ideal of life and a beautiful communicative energy, dear Aquarius! The Sun in Libra until the 22nd, invites you to review your higher conceptions and make some modifications. Mars in Aries boosts your morale, your travels and your desire to communicate. Venus favors your romances until the 3rd, then activates an intensity at once strong and a little destabilizing, from the 4th to the 28th.

Uranus in Taurus comes to play the spoilsports in your home and your family, it is a slow process, adapt, first decan. You are continuing your financial reorganization, second decan. Still in your introspective sector, the heavyweights of the zodiac distill their regenerative and essential messages, last two decans. Your mind is completely turned towards your socio-professional destiny until the 28th in square to your sign, possible anxieties. From the 23rd to the 31st, increased vocational importance?

LOVE IN GENERAL:

The beneficial opening to your relationships will be clear all month under the influx of Mars. However, your mind is slightly tormented by Mercury in Scorpio until the 28th and suggests a bit of discord within your relationships for lack of hindsight. Also, focus your energy on the emotional intensity that Venus offers you and let go of negative thoughts. Soften your mind!

IN A RELATIONSHIP:

The monthly energies push you to move, to change your daily life, so prepare a suitcase and go on a romantic trip, success is guaranteed! Exchanges with your other half may not be lukewarm, but who would want that? Certainly not you! Your desire will be powerful, live this beautiful sensuality in love, together.

SINGLE:

Until the 22nd, a meeting remains possible, during an outing, or at a neighborhood party. Your feelings could be whole and more powerful than usual. Unless a difficult love at first sight hits you, first decan!

PISCES – (Feb 18 – March 18)

Boosted finance and increased magnetism, dear Pisces! The Sun in Libra until the 22nd endows you with a particular attractive power, even a bit haunting! March in Aries powerfully boosts your financial sector, inflows and outflows in expansion, a balance will be found. Uranus pushes the first decan to open themselves to other modes of expression, some unexpected movements will be beneficial.

Second decan, you still receive Neptune, your planet and you take spiritual flight! Venus facing your sign, from the 4th to the 28th, makes room for the other, for your conjugal or associative life. Until the 28th, Mercury in Scorpio gives you a mental strength, your thoughts are deep, devoid of pettiness. A nice social sector, that which is solid stays anchored, that which is fragile disappears, last two decans. From the 23rd, an administrative ease.

LOVE IN GENERAL:

Your sentimental nature is more complex than it seems, the planets have fun with you! On one side Venus from the 4th to the 28th favors your love while Mars in Aries causes discomfort felt by this abrupt energy, your libido is not a warrior. Also, refocus on your innate romanticism, do not listen to that little wild voice that sleeps within you.

IN A RELATIONSHIP:

A lot of intensity between you during this month, something to bring you even closer together. You share your feelings easily, your communication is intuitive, deep and awake. The only downside is that the intrepidity of Mars could introduce a bit of sensual aggressiveness or a bit of untimely possessiveness. Show your love with all your pure romanticism!

SINGLE:

The little fish is like a shark? Your determination will be important but do it in good form! Uranus and Venus from the 4th to the 28th favors the meeting of a person likely to become your life partner within your entourage. With your quiet nature being ultra-dynamized by Mars, do not jump the gun



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SPIRIT MEANS BUSINESS



Alan Cohen

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arises, and defenses come forth. There is not anything inherently tension-inducing about money; like all things, it is a neutral object that we make what we will by projecting our beliefs onto it. If you get uptight when dealing with money, you are being directed toward a limiting belief you are holding about it, and you can heal it. Thus, upsets about money cease to be vexations and instead become golden arrows pointing to transformation by peeling away painful illusions and revealing the truth they have hidden.

One prevalent definition of money in our culture is that it is something to fight over. Money, as I mentioned, is the most frequent subject of arguments among couples. If money is issue for you, where did you learn to associate it with conflict? Perhaps your family struggled with money when you were a child, or your parents fought over it, or your grandparent survived the Depression or a war and became inordinately frugal as a result, or your mother begrudgingly gave you money to buy a candy bar, or your parents denied themselves vacations or a new car because they had a strong work ethic and believed that self-nurturing was indulgent; or . . . or . . . or . . .

You were not born with negative associations about money. They were all learned. Your “core” programming is not core at all. Your true core runs far deeper than social imprinting. Your real self remains perfectly, eternally connected to your Source, which is loving, abundant, and generous. So your journey to greater prosperity is not about traveling to a foreign shore. It is a journey home to your true self.

To begin reclaiming your inherent well-deserved wealth, redefine money as an avenue and expression of positive energy. When you give money, you are giving life. When you receive money, you are receiving love. When money flows through the economy, happiness is circulated and multiplied. Money is a healthy, worthwhile, joy-inducing commodity to have and share. All money transactions are statements of gratitude, mutual support, and unlimited prosperity.

Now that feels a lot better than “money is the root of all evil,” doesn’t it? Evil minds see evil money while loving minds see loving money. Even more than money lives in your checkbook, it lives in your mind. This explains why all changes in your world of money begin with changes in your mind. Here is my favorite affirmation about money, which some people write or have printed on their checks:

Every dollar I spend enriches the economy, blesses everyone it touches, and returns to me multiplied.

Now let’s take an important step to redefining money in your favor.

MONEY AS AN INSTRUMENT OF LIFE

Identify a financial transaction in which you feel troubled to pay a person or company: _____

Reframe and fill in the blanks with the name of the person or company involved in the transaction:

When I pay [name of person or company], I am giving [name of person or company] life.

When I give life, it flows through me and I benefit. Identify a financial transaction in which you feel guilty about asking for payment or receiving it: _____

REFRAME:

When [name of person or company] pays me, [name of person or company] is giving me love. In that transaction, we both benefit.

Identify a product or service you would like to purchase but have been hesitating: _____

REFRAME: When I purchase [name of product or service] for myself, I am giving myself spiritual sustenance and supporting the person or company from which I purchase it.

AFFIRM I use all financial transactions as opportunities to circulate love and life. I benefit along with everyone with whom I interact.

SOURCE OR AVENUE?

We impose unnecessary limits on prosperity when we confuse the avenue of our sustenance with its source. We believe that our well-being depends on a particular person, family, project, company, institution, or government. Then if a family member cuts off our payments, or the deal falls through, or we lose our job, or the government changes its policy, we feel abandoned, vulnerable, or betrayed.

If you worry about such a situation, or have experienced it, remember that no person, company, or government is the source of your good. Each is but one of many channels through which providence can find you.

The real source of your good is the universe, or life, or God, or however you wish to identify it. One of my favorite **A Course in Miracles** teachings is **Lesson 50**:

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Jeff Brown

SPIRITUAL GRAFFITI

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The focus of this process is not on forgiving them for their actions. It may well happen organically, but the focus here is on healing your own heart and coming to terms with what you have been through. To make sense of the effects that their messaging, availability, and ways of relating may have had on your ways of moving through the world. And, if necessary, forgiving yourself for anything that you mistakenly blame yourself for within the dynamic.

Of particular importance is doing anything possible to humanize your lens on the difficult parent. To see them for who they really are. To walk inside their shoes. Again, you don't do this for them. You do this for yourself, both as part of a valuable healing, and so that you will be less likely to glorify them after they are gone.

The more you see them in their humanness, the less likely you are to forget what you were dealing with later. The more you understand where they come from, the less likely you are to blame yourself for the limitations of the connection.

One of the great ironies of our relationships with difficult parents is that they can be held on a kind of primal pedestal, often more elevated than loving parents who gave their children what they needed to individuate and become adults.

Through a healthier lens, loved children can often see their parent(s) more clearly. But those of us with a difficult parent are often trapped at an earlier stage in our development, still waiting for the elevated parent to reach down, pick us up and give us what we need. There is an aloofness and confusion in the dynamic that can keep them somewhat elevated, and this projection can become a recipe for our own self-abuse after they die.

Because we don't really know them, we carry forward the childhood belief that we must be to blame for all that happened or, at the least, that they would have loved us if we were worthy.

To avoid this shame trip, do all that you can to see them for who they really are while you have the chance, so that you are less likely to up-frame and mischaracterize them later. This includes understanding the context they emerged from, the choices they made with respect to their own path, their patterns with respect to connection and vulnerability, their unactualized dreams and unresolved memories.

The bridge from stagnation and self-blame to empowerment and self-love lies in our ability to see the parent(s) for who they really are; to take them off their primal pedestal and recognize their human limitations. This is certainly not easy - the hungry child-self clings to fantasies - but it is so very necessary.

HEALING IN THE ABSENCE OF THE DIFFICULT PARENT

If the difficult parent is not available or open to a healing process, then work on the relationship nonetheless. We don't need a willing counterpart to work through the effects of a connection. If you can afford it, work with a therapist on the many ways that the relationship has landed within you. Clear emotional debris. Become conscious of the connection between their hurtful words and actions and your own issues and beliefs. Work determinedly to shed any internalized negativities, patterns of self-blame, ancestral shame. Confront and fully name the ways in which the dynamic has lived itself out in your daily life.

Centuries of survivalist conditioning have made it difficult for many parents to live up to a healthy standard with respect to their children. As a result, many of us are left with a negative imprint of their unconsciousness, carrying it forward often without realizing it. Fully confront and name those imprints, in an effort to liberate yourself from the parental ties that bind. Of particular value are body-centered psychotherapies, both because they allow you to connect in more deeply with the repressed emotions, and because they have developed techniques that are effective at moving them.

Talk therapy can be very effective, but it can also concretize our issues and challenges if the process becomes too cerebral. In other words, excessive analysis perpetuates emotional paralysis. Whatever you do, be sure that your therapeutic process supports the excavation and release of the feelings held in the body itself. This will lead to a more thorough, sustainable transformation.

Because the parent is not available for process, it may be more difficult to develop a deeper understanding of who they are and the context they emerge from. To help with this, do all that you can to dialogue with their friends or other family members. Anyone who can help you to understand the pressures they faced, the childhood they experienced, the messages they internalized. And look at old pictures if they are available. Work with them in an effort to clarify your lens. In addition, devote some time to studying the era that they lived in.

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Jeff Brown

SPIRITUAL GRAFFITI

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All too often, we forget that the ways that a parent behaved were consistent with their times. Like us, they were embedded in and influenced by particular ideas of gender, child-rearing, duty and obligation, religious perspective. It can be especially helpful to spend some time watching films, reading old newspapers and magazines, to develop a richer understanding of the limitations and relational patterns of their generation.

You don't do this in an effort to excuse their behavior- you do this in an effort to understand their context. Again, the more you can understand where they were coming from in their relationship with you, the less likely you are to personalize the state of the connection after they die. We go back in time, in order to move forward more freely.

RESOLUTION DOESN'T HAVE TO LOOK A CERTAIN WAY

Whether you are doing this preparation work in the presence or the absence of the difficult parent, it is important to remember that resolution of the relationship is not always possible or even desired. The bridge between you may be destroyed, or you may be dealing with an impossible person, one who is simply incapable of doing the reflection work necessary to heal the rifts. If the latter is the case, accept this without continuing to come back for more disappointment.

I have a cousin who hated his father, but went back every day and sat with him for hours, hoping and waiting to finally get the attention he craved from early life. He never got it, and by looking for it in all the wrong places, actually perpetuated his own stalled development. Only after his father died did he begin to look for it in those who actually valued him and to begin the work of learning how to validate himself from the inside out. Until we accept the limitations of those who cannot love us, we cannot embrace the willingness of those who can.

In addition, it is also important to remember that resolution doesn't always look a certain way. Sometimes it is soft and kind. Sometimes it is choppy and erratic. Sometimes accepting the impossibility of the connection is the resolution. And sometimes the resolution is accepting that it was perfect, despite its impossibilities and challenges, because it carries us to the shores of our own empowerment.

I think about my relationship with my Mother. She was a difficult person, but she gave me great gifts, somehow balancing the just right tension between worthy adversary and protective mother. For many years, I bought into the idea that we had to find our way to a perpetual peace, that our ultimate resolution had to be smooth and tender. But why is that?

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Why must resolution look a certain way? Perhaps the connection was exactly as it was meant to be, in order to bring me through to this awareness, this form of expression, this balance of vigilance and tenderness. Perhaps she gave me the exact gift she came to bring, and that is the resolution right there. Perhaps...

However we look at it, it is clear that the more deeply we can work the material around the relationship, the less likely it is that we will beat ourselves up after the difficult parent is gone. The more likely we will be able to grieve our loss healthily, without obstructing our own process. And, in this way, we break the cycle of shame and abuse that has carried forward from one generation to the next. We set the stage for a new way of being. We heal humanity forward. And perhaps we heal it backwards, as well. With every clearing of our emotional debris, with every foray into a kinder way of being, we heal the collective heart.

So many of our familial and karmic ancestors had little opportunity to heal their pains. They just carried them with them, not realizing that there was any other way. When we heal, their spirits surely breathe a sigh of relief. We heal them backwards, while healing ourselves forward. We heal in unison. That healing begins in the trenches of our own transformation.

SPIRIT MEANS BUSINESS



Alan Cohen

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"I am sustained by the love of God." This lesson asks us to consider the many people and entities we identify as the origin of our providence; then realize they are but channels of prosperity; then take back the power we have attributed to them; and then acknowledge our true Source that extends far beyond any particular avenue through which it flows.

If you resist change or try to force a historical outlet to keep supplying you, you will diminish your returns in two ways: (1) You will shrink your consciousness to a sense of lack, victimization, and battle, and crimp the flow of prosperity; and (2) You will miss noticing other available sources of your good.

Miguel de Cervantes's beloved **Don Quixote** advised, "Look always forward. In last year's nests . . . there are no birds this year." What provided for you yesterday may not be what will provide for you today. Yet rest assured that the Source that took care of you yesterday will take care of you today, tomorrow, and always. "Surely goodness and mercy will follow me all the days of my life . . ."

The Law of Grace that has delivered your blessings will not stop now. The ego is extremely shortsighted, absorbed in pettiness and lack. It sees current negative appearances and extrapolates them to eternity. But if you look back on your life honestly, you will see that you have always been guided and protected. Yes, you have had your challenging moments, but you emerged from them with valuable lessons and enhanced strength. Your good has not ceased and neither will it cease. Life's support for you is unfailing and nonnegotiable. As the saying goes, "God loves you and there's nothing you can do about it."

You can pinch yourself off from the awareness of that love, but your crimping does not remove it. Clouds may momentarily block your view of the sun, but they cannot stop the sun from casting its life-giving rays. Imagine bringing a cloud to the sun itself; the cloud would stand no chance of surviving. It would immediately dissolve. This is precisely what happens when you bring your thoughts of lack and poverty to the Source of all prosperity. Illusions of abandonment dissipate and give way to the reality of providence.



Roy Eugene Davis

A DAILY SCHEDULE SUPERCONSCIOUS MEDITATION

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You may have a simple altar or small table with pictures of spiritual role models or other items that inspire devotion. Do what pleases you.

It is important to have a specific meditation routine that is effective and enjoyable. New meditators are advised to practice daily for at least six months without concern about results, to allow time to become familiar with forms of meditation and for satisfying results to be obvious.

Early morning meditation is a good way to begin each day and indicates sincere commitment to nurture total well-being. New meditators can meditate approximately 20 minutes, then gradually extend the session to 30 minutes or longer. Short, alert sessions rather than longer, passive sessions, are better for new meditators. Some people like to include a short session in the early evening, especially if they had a busy day and need to reduce stress.

Once a week or once a month, meditate two or three times longer than you usually do to have opportunities to more fully detach your attention from mundane concerns and mental and emotional conditions, and to rest longer in the silence of your pure essence of being.

BEGIN WITH FIRM RESOLVE

Sit upright, poised, and intentional. Breathe in and exhale two or three times and relax. If you audibly or mentally recite a brief invocation to acknowledge ultimate Reality as you know or imagine it to be, your pure essence, and enlightened saints or sages, do it now. Acknowledge and want to be aware of the omnipresence of ultimate Reality around and within you.

If meditation flows easily, allow it to occur. If it doesn't flow easily, use a form of practice to quiet your mind and focus your attention, then sit in silence. In time, your urge to be Self-realized will bring forth your innate qualities and Self- and God-knowledge. Sitting still, with your attention and awareness in the front and higher regions of the brain can aid concentration and keep attention removed from the senses and subconscious influences.

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