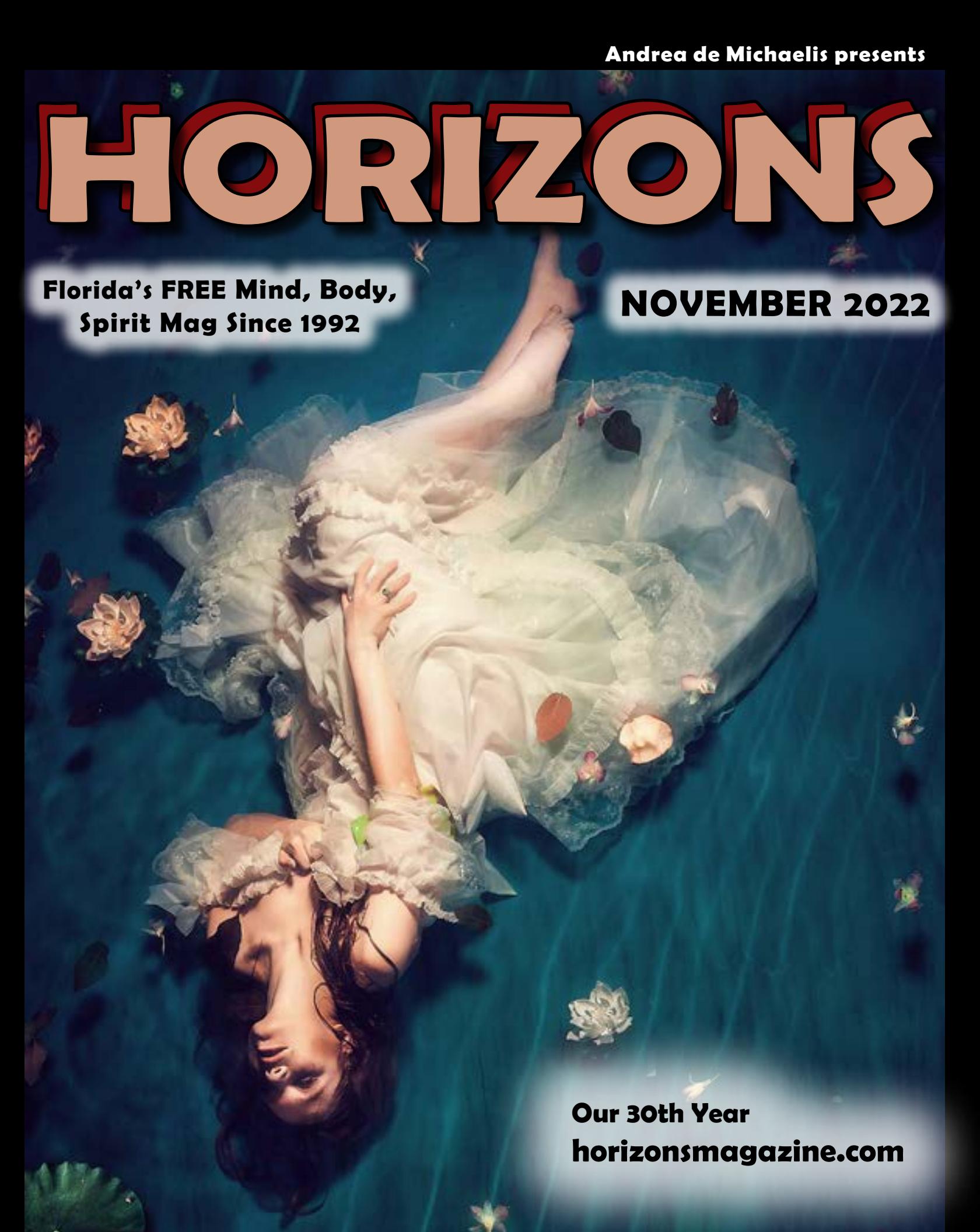


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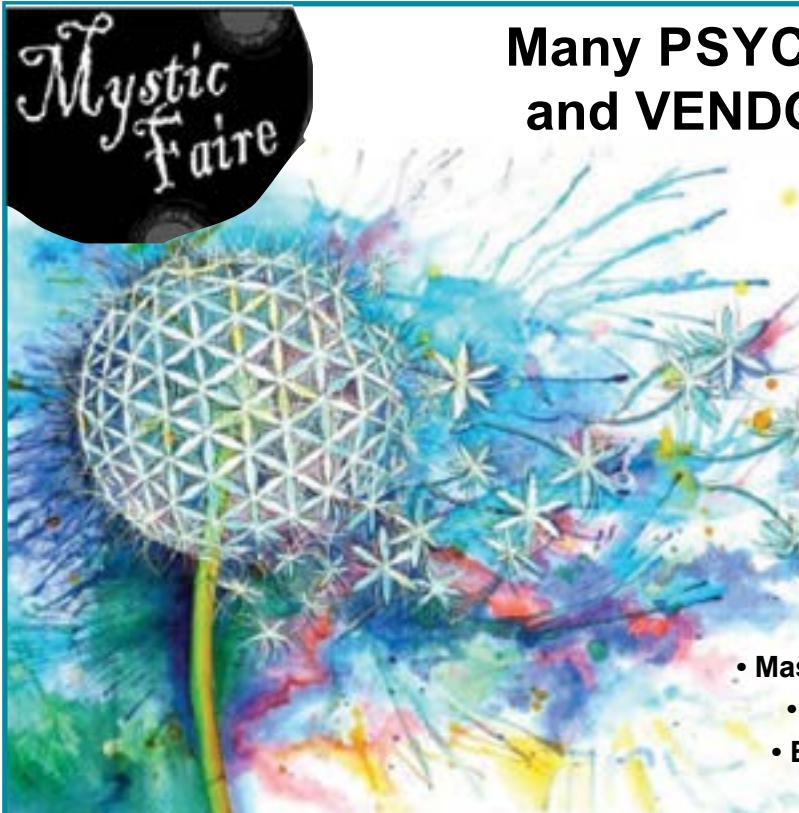
**NOVEMBER 2022**



A woman in a white, flowing gown is suspended in a dark, teal-toned liquid, possibly water. She is positioned horizontally, with her head at the bottom left and feet at the top right. Her hair is dark and loose. The background is filled with floating lotus flowers of various stages, from buds to fully bloomed blossoms. The overall mood is ethereal and dreamlike.

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Flo is fluent in Spanish, Italian and English. Shaman with training in Costa Rica, Peru, Cuba, Egypt, Romania, and the Congo, Native American, Incan, and Mayan Shamanism.



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# 12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar <https://new-thought.org/>

Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

**PUBLISHER:** We use many names for **God**, including The Universe, Universal Energy, Source Energy, Great Spirit, Divine Source. It all refers to the one **God**, no matter what name we use.

**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 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.

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**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.

**The greatest  
optical illusion  
is separation**

# HORIZONS

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

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



Horizons thanks everyone willing to take the risk

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

**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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# THIS MONTH'S THOUGHTS ABOUT THINGS

*"I want to look back on my life and be giddy with joy that I was the one who got to live it. So far, so good."*

**Andrea de Michaelis**  
Publisher

**HELLO AND WELCOME TO THE NOVEMBER 2022 HORIZONS MAGAZINE.** It's been an action packed last month and I managed to attract a week long cold. I wasn't real sick, just enough to get to drink soup and snooze for a week. The down time gave me some good realizations.

Getting over the cold, I realize when I have no appetite that I eat as I SHOULD eat: for nutrition to fuel the next few hours. Eating so much less this week, I realize how much MORE I usually eat that isn't necessary, it's recreational.

I was surprised by an 8lb weight loss. More would be cool, I've got an extra 20. I was also surprised by how many groceries remain untouched, so eating less is a real dollar saver, too. I buy what I want regardless of cost, good thing I'm inherently frugal. Eat less, lose lbs, save \$\$\$. Food for thought.

## ATTRACTING AN UNWANTED REALITY AT \$800 A POP

**LOL I KNOW how it works and I still get caught up in it when I'm not paying attention to how I'm vibing.**

In **August** I got irked a worker wouldn't refund an \$800 unused materials deposit. Rather than waste time going back and forth about it, I ceased contact and took it as an \$800 lesson. I knew I'd attracted that outa him, thought I'd released it but it stuck in my mind.

So much so that I attracted ANOTHER \$800 in emergency repairs in **Sept.** And then ANOTHER \$800 again in **Oct.** I had to laugh when the \$800 amount came up for the 3rd time. Ok, ok, I get it. LET IT GO ALREADY!

The third time was at the home I rent to a supercool tenant. We met fortuitously 2 weeks after my last tenant left. She had a week to find a place and was willing to take it as is. I gave her a good price bcz we'd have no time for cosmetic repairs.

I have a strict rental lease that prevents the landlord from being taken advantage of. It states tenant pays for ALL repairs and replacements. Common sense tells me when to OVERRIDE that so I've replaced the a/c, the stove, the water heater, the fridge, the washer and dryer and paid for several plumbing and electrical visits.

## WHY DO I PAY FOR IT IF THE LEASE SAYS THE TENANT WILL PAY?

Because (1) it's my unit and to my advantage to keep it up and (2) I try not to be a dick. I put myself in her shoes as I consider what's essential and what's not, what's affordable to whom, who has the more stressful life and job?

Then I ask myself how I WOULD FEEL if that (whatever) came down upon ME. If I can REMEMBER to ask myself THAT QUESTION, decision making becomes easy

**I'm glad experience has taught me that if I DON'T FRET when dollars start pouring OUT, me being EASY about it makes way for \$\$ to pour back in.**

Since that's been my experience, that's my EXPECTATION AND BELIEF for now and in the future. When \$\$ starts pouring out, that's my cue to not only stop and examine where I have RESISTANCE going on and resolve it, but to keep my eyes open for opportunities. Take everything as a sign it's on the way to me.

## I THOUGHT I WAS A CUP BUT DISCOVERED I'M A FUNNEL

Sometimes I have a hard time realizing when I'm the funnel and when I'm the cup. I used to be concerned my cup was always leaking, then I realized I was a funnel. And a pretty good one. Everything comes, everything goes, and everything comes again. When I see it that way, I can experience it as a never ending flow of goodness, that I can enjoy as it passes through. Otherwise I can make myself miserable, lost in the myth that I'm a leaking cup. Something tells me if you're reading these words you're probably a funnel too.

.

**MONEY IS THE SAME. DON'T THINK OF IT AS FILLING A CUP CUZ THEN YOU GET FREAKED IF IT'S NOT TOPPED UP.**

*...continued on page 25*

# 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](http://www.abraham-hicks.com).

## CAREGIVING HIS MOTHER

**ABRAHAM:** Why does anyone argue for their limitations? Let's start right there, that's a | really good discussion - why would anyone argue for their limitation?

**QUESTION:** Because I have, in my case, a practical experience of doing something that I'd like to have a different outcome, and I keep trying different things. Sometimes it works, and a lot of times it comes back to the same thing.

**ABRAHAM:** But wait, your trying different things in the same category of practicality - live at home or live in a facility is the same subject, have a roommate or live by yourself, live in my house or live in your house - it sounds like a whole bunch of different choices, but they're all exactly the same sucky choices because it's all about reality, it's not about **Source Energy** flowing and it's not about uplifting and it's not about getting into your true power and it's not about daydreaming and it's not about inspiring and it's not about refreshing, it's about the belief in the physical decline of human beings.

**QUESTION:** Well, I get that, and I agree with you on that. And there's a little more to the story that maybe I should have been quicker to say. So, she is exhibiting all the signs of dementia and she's got a neural issue, and I come across situations like last night, where, you know, smart TVs now, they'll go to some channel that's on the internet, and you know, for somebody who can't work a remote, she can't get it off there.

So it went to this lovely fluffy animal channel and there are all these kittens and dogs and puppies and stuff, and she's watching it for hours and hours and hours. And so she's watching this, and then I get these panicked phone calls, either in the middle of the night, or the next day when I come over - we have to do something right now about the animals in distress in her back yard.

She wants to contact the company that was on TV, which is just a production company making a fluffy animal show, and we went round and round about this. And I'm trying to tell her "*Mom, there are no animals in your back yard, and if they are, they belong there, they're part of nature, they're OK, everything's OK.*"

And while I'm doing this, I'm thinking "**Jesus Christ, how much do I have to meditate to make this OK?**" (joking) And at the same time, I can feel myself going down the rabbit hole, and then I can feel myself coming out it.

**ABRAHAM:** We'd just like you to meditate as much as you tell that story.

**QUESTION:** I'm telling you...

**ABRAHAM:** Just meditate as much as you tell that story. In other words, we know there is a reality that you are facing, and we are not making fun of you or wanting to diminish the discomfort that you're feeling in it, because if you didn't really have a strong desire, then you wouldn't be involved in any of this at all. We understand the importance of the relationship and how you want to make it better.

**QUESTION:** And I get what you're saying, that every moment, moment by moment by moment we create, we create, we create. And if I'm even telling that story, I'm creating it and reinforcing it, where I need to come up with something else. **And that's why I'm here - help me come up with something else.**

**ABRAHAM:** Well, the easy way to do this is to just pick another stick in the bundle. But to most humans, that doesn't feel like solving that problem, and it feels like you have to solve that problem and so then you're focused in the practicality of that end of it. And it's hard to let go of that and find the relief of alignment. And here's what we want to say over and over to all of you, and we really want you to hear this - the enormous power of non-resisted thought. So there's no power in any of those thoughts - even though they're logical, even though they're relevant, even though they're truth, there's no power in them.

**QUESTION:** But the recreating - isn't there the power with that?

**ABRAHAM:** **Law of Attraction** causes everything to maintain or to become more. It actually did become more because you put it on a channel, and then she got more worried about it, and now you're getting calls in

*...continued on page 23...*



# OPENING PANDORA'S BOX: FINDING OUT WHAT'S ON THE OTHER SIDE PART 2

Dr Joe Dispenza holds a Bachelor of Science degree and is a Doctor of Chiropractic. His post graduate training includes the fields of neuroscience and neuroplasticity, quantitative electroencephalogram (QEEG) measurements, epigenetics, mind-body medicine, and brain/heart coherence. As a researcher, lecturer, author, and corporate consultant, his interest lies in demystifying the mystical so that people have all the tools within their reach to make measurable changes in their lives.  
Visit [www.drjoedispenza.com](http://www.drjoedispenza.com).

## OVERCOMING THE BODY

**We often talk, in this work, about settling the body down and overcoming resistance. About sitting with discomfort long enough to find out what's on the other side. When we have a dream or vision that makes us uncomfortable or fearful, there's a strong inclination to run away – or quit.**

You could see this as a habitual response; another way the body tries to arouse and evoke a reaction; a way it tries to siphon our energy into the familiar past or the predictable future.

Many times, when we're in a dream state - where the body is asleep, but the mind is relaxed and awake - we're in **theta** brain waves. The door to the subconscious is wide open.

Think of **theta** as a very hypnotic or suggestible state; one where information can easily flow in and out of our subconscious mind. And with this flow come memories and experiences that tend to have high emotional charges. Why? Because that's what's stored in the body - when it's been conditioned to be the mind.

If we give in to fear during these highly charged events, and react with a strong emotion, that's a conditioned response. In a very real sense, we're reacting the same way as we do in daily life. We're feeding and fueling the same patterned reactions that keep us in the known past - because those emotions are a record of the past.

But when we give our energy to the fear ... or the reaction ... or the entity that scares us, we never get to the point of transforming that energy into something else.

*...continued on page 42...*

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Betsy Chasse. Writer, filmmaker, storyteller, changemaker and most importantly mom. You may have seen my film "What The Bleep Do We Know?." or possibly one of my other films Song of The New Earth (Producer), Pregnant In America (Producer), Radical Dating (Producer/Director), The Empty Womb (Producer/Director), or read one of my books, Tipping Sacred Cows, Dancing In The Unknown, Stories of Becoming Myself, or my most recent Killing Buddha. Get a FREE Digital copy of Tipping Sacred Cows by joining Betsy at [www.betsychasse.net](http://www.betsychasse.net)



## THE EGO: THE MONSTER IN OUR CLOSETS

I have been sitting here for days writing this thing on ego over and over again, remembering all the little moments in my life that turned my friendly ego into a giant monster. After attempt number . . . well, I can't even remember, I finally realized that my ego wouldn't let me write this chapter. That's how big of a monster I have created. Writing this chapter requires me to remember stories from my past where I allowed my ego to rule to such a degree that I'm a little (probably a lot) embarrassed by it, embarrassed to expose the hidden truth my ego has worked so hard to hide.

I was a child actress, supporting my family. Well, not entirely—my parents worked, but they were both teachers and raising six kids, so yeah, my almost six-figure annual income helped. From the moment I was born, I was onstage—literally. I was a stand-in for a television news program doing a story about natural childbirth. The woman they had followed through her pregnancy ended up needing a C-section, so they just filmed my mom from the bottom end, and the rest is history.

Even my birth was a fraud. My arrival was filled with "lights, cameras, and action!" I was the star of the show, and that seemed to suit my ego just fine. So here I am, the child star and the baby of six kids. Just being the youngest can turn the ego into an insane monster, you know? Try adding cute, little, and very precocious, and shazam—ego baby!

I was a short kid, but I made up for it in confidence created by a constant feeding of my little baby ego. Since I had burdened myself with the responsibility of being the main supporter of my family (because I had created a belief about myself and success and love), I thought working was imperative to my—and their—survival.

From the time I was eight, my ego, masquerading as the real me, could work a room. I could walk in and figure out in a minute what the producers wanted and deliver it. That's how it works in show biz, and I became a master at it. Never let them see you cry, and give them what they want; that was my motto.

Because I earned the major paycheck, I had a huge sense of entitlement. I was the ruler of the home roost, making sure everything revolved around me and that my wants and desires were catered to. I figured if I was going to get up at the crack of dawn to go smile for ten hours, I'd better have the prettiest room and the nicest clothes.

I worked hard and felt I earned it. Forget that I had five older brothers and sisters all crammed into two smaller bedrooms at the other end of the house. And with every year and every success, my ego grew stronger—up until about age fifteen when being short and chubby cute but not the world's greatest actress stopped my career in its tracks. I still had my smile.

But now, hiding deep underneath the shadow of my monster ego, were hurt and shame. Failure hadn't been an option, and in my little girl's mind I'd just failed—horribly. I just wasn't good enough, and that shame has lived with me my whole life.

Proving that failure wrong has driven my ego ever since.

Since I didn't have any money left to pay for college, and I didn't think I was worthy of it anyway, while all my friends went off to film school, my ego went into overdrive, scraping my way from the bottom of the

*...continued on page 32...*



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# 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. [herbcorner.net](http://herbcorner.net)

## REPAIR AND MAINTAIN YOUR BODY AND MIND WITH PROPER SLEEP

**To best improve your sleep, you need to get to the root-cause.** Is it from a hectic lifestyle, restless leg, sleep apnea, pain, shift work, going to bed too late, poor sleep environment, environmental noise, consuming caffeine products late in the day or the side-effects of medications?

**Prolonged insomnia** can cause physical effects on the body that most people ignore including diminished lack of motivation, a weakened immune system, hormonal imbalances, memory problems, increased cortisol, depression, blood sugar problems, obesity, poor concentration, infertility, and high blood pressure issues.

**Herbs or supplements** can help the brain and nervous system relax and recuperate helping you to feel refreshed and energized unlike many medications that leave you feeling sleepy; plus medications can become addictive and have side-effects.

**To promote better quality sleep** the amino acid **L-theanine** helps create a sense of relaxation, reducing stress and anxiety. It has been shown in many studies to enhance alpha-waves within 30 minutes without feeling groggy upon waking. In fact, the people in this study felt more refreshed and alert when they woke up.

**Melatonin** can also be good; unfortunately, this hormone decreases as we age and can be disrupted by EMFs, or by having too much light in the room. It is believed to regulate the body's internal sleep-wake cycle. This may be a good choice for shift workers or for jet lag.

**Magnesium** helps reduce nervous tension inducing relaxation, it helps regulate your sleep cycle and helps if you are being bothered by restless leg syndrome.

**Calcium** found in that warm glass of milk supports the nervous system reducing nervous tension and anxiety.

*...continued on page 29...*



# THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

*Magic is easy. Just change your perspective,  
and poof, the whole world has been transformed...*

Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious Man with the Ladder." See <https://www.tribalsoupproject.com/the-mysterious-man-with-the-ladder.html>

## THE LINE

**It was Saturday afternoon and the Man with the Ladder had the startling realization that he was quite bored. He quickly scanned his immediate surroundings for someone or something of interest whose mere presence might be a clue to the out of the ordinary event that was about to take place.**

From experience he had learned that it was only the weird, most bizarre moments that hid behind a mask of boring commonplace activity. All other moments hid behind the mask of semi-interesting commonplace activity.

When his initial glance did not reveal any speeding locomotives, dancing walruses or girls in tutus, he braced himself. He had no doubt that whatever it was, the longer it took to get there, the bigger it would be. He paused a moment in his alert vigil to scratch an itch on his toe.

*When he bent over he noticed a fine silver-gray line cutting across the concrete right where his toe was located. As he stared at it the line appeared to grow fainter until he could no longer distinguish it.*

He was about to clean his glasses, which he wasn't wearing, when out of the corner of his eye he noticed a shiny glimmer extending beyond the sidewalk into the grass. Once again as he approached it, the line seemed to fade, but off in the distance he could still clearly see it making its way out of the park. It seemed to beckon to him.

Without consulting his better judgment first, his feet decided to follow it and he found himself outside the park weaving through traffic and cutting across front lawns. The line always seemed to grow fainter as he approached it and disappeared completely as he tread its path.

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He strode very purposefully with his ladder under one arm, staring so intently at the ground as he walked that at several points he distracted passers-by profoundly enough that they too found themselves staring down at the ground.

He stopped to explain what he was doing more than once but whenever he took his eyes from the line even for an instant he would lose its path and feel embarrassed not being able to point out what he allegedly was following.

The moment the spectators left, the line would show up perched on a root of a tree, or a shaft of sunlight would make it shimmer on the grass like a reflection on the sea.

Meanwhile, unbeknown to the **Man with the Ladder, Reb Dunzel** was intently following a line of his own. It was a long line of people that included young and old, the poor and the obviously well to do, nationalities of many shapes and sizes each holding a computer card identical in every detail with the word **LOTTO** written in big red letters across it.

*...continued on page 47...*



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# SETH SPEAKS

Seth is the nonphysical spiritual teacher who spoke through the author Jane Roberts. Seth presented the furthest reaches of human potential, the eternal validity of the soul, and the concept that we create our own reality according to our thoughts, emotions and beliefs. Seth taught to access and use the tremendous source of power, wisdom within you. [www.sethlearningcenter.org](http://www.sethlearningcenter.org)

## SETH ON EXPERIENCING OTHER REALITIES:

**"I cannot stress too strongly the fact that mankind in general is aware of very little outside of physical reality.** He has managed to organize physical reality because he focuses so intensely within it. His knowledge of other realities is limited, however, to infrequent glimpses. He perceives bits and pieces of other realities. As long as his perception in this manner is so disorganized and so fragmentary, he cannot hope to compose any conception of the total.

"The nearest field of reality outside of the immediately physical one is the area of dreams. This field has been given very little study. It represents in many ways a meeting ground between psychic and physical existence. You realize here that the terms psychic and physical are merely designations used for the sake of convenience.

"I have mentioned before that in its own way the dream universe is as permanent as the physical universe. Basically, its structure is somewhat the same in that it is composed of atoms and molecules. These particles, however, simply exist within a different perspective. The inner logic is much more consistent within the dream universe, and action is permitted greater freedom in several important respects.

"The interrelationship between the waking state and the sleeping state has never been clearly understood. One of the main differences between the waking and sleeping states is merely the almost complete change of focus that is involved. When you are using intellectual methods alone, you will necessarily fall short in ANY study of the dream reality. Man is indeed his intellect, but he is much else besides.

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"The intuitions must go hand in hand with the intellect. The intellect is useful in interpreting your data in terms that the ego can understand. The intuitions come close to mankind's source, and it is through the intuitions that information pertaining to the dream reality will come.

"The experience involved in learning to change your own focus of awareness will be most beneficial. It will even add to the beneficial nature of your own dreams. You do not have to sleep to DREAM. Every individual has had his daydreams, and here you can see more clearly this change of focus. I meant to mention this earlier. **Ruburt** can request levitation dreams, and he will have them."

"Now. If the basic personality is fairly well balanced, then his existence in the dream reality will reinforce his physical existence. The opposite will also hold true. You are involved in a juggling of realities. The dream reality is simply the NEAREST reality with which you are concerned outside of your physical preoccupation. It is necessary to see the personality as it operates within both realities, if you are interested in viewing the personality as a whole. And even then unless you delve deeply, you will fall short.

"Studies of space and distance as they are experienced in dreams will be helpful, and our material will indeed deal with such discussions. For investigation into the nature of space and time as they are experienced within the dream framework, will tell you more about the real nature of space and time than you can ever learn through studying their distorted appearances within physical reality. This will be more important to us."

*...continued on page 44..*

# ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends. See [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

## WHAT HAPPENS TO SOULS OF THE CRYOGENICALLY FROZEN?

**DEAR WHITEDOVE,** There is a company in **Texas** that says their patients are in suspended animation. These people opted to be cryogenically frozen at the time of death so they can be unfrozen when cures are discovered for whatever disease or cancer that ailed them. It's been said that Walt Disney did this. Michelle, would you consider them dead? Where are their souls?

**DEAREST,** Well it's only a scientific theory that they will be able to revive a frozen body after many years. But the process of Cryogenics not taking into account the soul! With this experiment, all they will get is just a body that is well-preserved because it's frozen.

But that's it. The soul is not there. It will hover around for a bit, just like we all do when we cross over. Then the soul is pulled towards the light of **Heaven**. Only **God** can ordain the continuance of life. Our primitive science is mostly clueless when it comes to the body-soul connection.

## IS THE EARTH A PRISON PLANET?

**DEAR WHITEDOVE,** There are some that believe that the earth is a prison planet, and that souls are stuck in a reincarnation loop that never ends on earth. We just get our memories wiped at the end of our lives and are tossed back, without any choice, to earth to re-live as a new life, and do this over and over, to serve our overlords/masters (they supposedly feed off our energy/negative energy when life is hard).

What do you think of this hypothesis?

**DEAREST,** Well I guess if you reincarnate enough, each time experiencing a horrible life, it might seem like a prison planet. If you don't get it right and you keep returning to learn the same difficult lessons over and over, that's on you.

You need to know that we volunteer to come here for our soul's growth. We're the ones that raise our hand going, "I want to do it again. I want to do it again." Please I hope that you will read my book SHE TALKS WITH ANGELS to understand the reincarnation process and our Life Review so that you have a clearer and more sympathetic viewpoint of the soul's journey. Spirit says we are brave souls who come here to earth, we reincarnate for our personal soul's growth and as we each grow and make better decisions, then the world also is transformed.

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*...continued on page 43*

# ESSENTIAL LIFESTYLE HACKS



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## PRAYER

**Prayer is speaking to an unknown source for guidance and interference. In moments of joy, we pray. In moments of fear, we pray. In great need we pray. We pray to a higher power like Allah, Jesus, Buddha, Vishnu or the Sun god, or other gods, but we all pray. We pray even if we are non-believers. It is natural.**

We pray for our welfare, or for others. If someone has difficulty, we say “I will say a prayer for you.” Or we ask others to pray for us. We say grace before dinner. All of history has involved some form of prayer. We speak to a higher power hoping for relief or help of a situation.

Some empirical research has been done to see if prayer is effective. This research was in reference to praying for health of certain individuals. There was no evidence that prayer helped. But in the effect of prayer in relationships is measurable. Research has found that praying for one's partner enhances cooperation and forgiveness in the one doing the praying. Prayer changes us mostly for the better. It does not move mountains, but it inspires us to move them. Prayer has the similar effect as meditation.

In the 1980's they did the rice experiment. They placed the same cooked rice into two clear bowls. Then they set the one bowl into one college hallway with the message to send love to the rice as the students passed by.

The other bowl was placed in another hall with the message to send negative energy to the rice. After a few days the rice that was sent negative energy began to mold.

The other who was sent love had not changed at all. **Dr. Masaru Emoto** the renowned Japanese scientist proved that molecules of water are affected by our thoughts, words and feelings.

He was able to photograph water crystals. Water exposed to negative energy resulted in fragmented and malformed crystals. The same water exposed to positive thoughts or words resulted in well-formed crystals with distinct characteristics.

*From this we learned that the vibration of good thoughts has a positive effect on our world, whereas negative words has the power to destroy. Since we are 80 percent water, our thoughts have a very powerful effect on our wellbeing and health.*

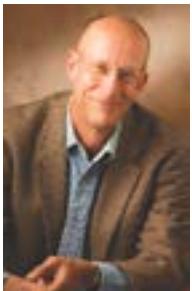
*...continued to page 45*

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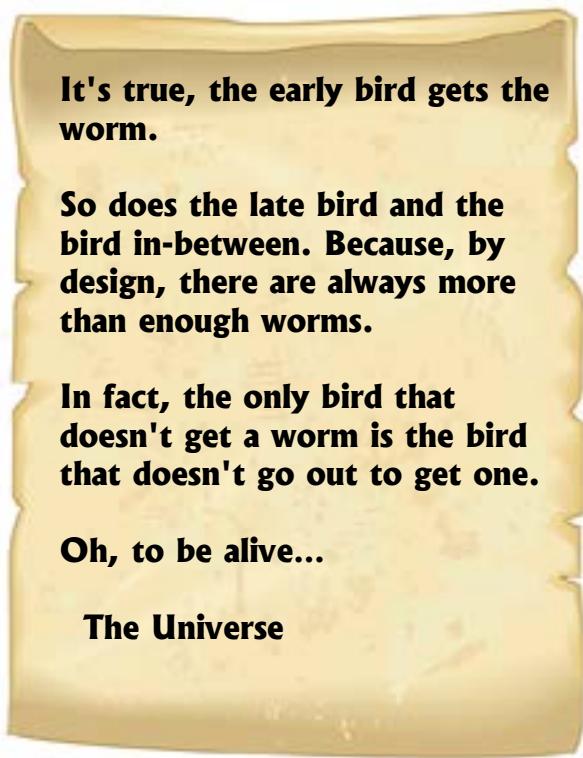
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# NOTES FROM THE UNIVERSE

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>



# SPIRITUAL GRAFFITI

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

**The fact is that some of us cannot preserve our dignity and well-being if we remain connected to one or both of our parents. We just can't.**

This applies to siblings as well. This is not to say that we don't do our best to heal and preserve those relationships, but sometimes it's simply not possible and it's not healthy to continue. Unfortunately, many who have made the brave, necessary decision to disconnect are met with a shaming, shunning response from others.

It is one of the most destructive and imprisoning guilt trips of all time “But she’s your mother”, “But he’s your brother”, “They did their best”, “You owe them your life” etc. This has to stop. You can be sure that if someone is considering disconnecting from members of their family of origin, there must be very legitimate reasons for doing so. Even if they did their best, that doesn't mean we have to stay in contact with them.

Some wounds cut too deep. Some bridges have been permanently burnt. Some people do not change. Let's get this straight- you are not a bad person if you choose to say good bye to abusive family members. You have every right to preserve your emotional integrity. Our responsibility to those who abuse us cannot be greater than our responsibility to ourselves.



# CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

## STIBNITE

Photo by Karin Wolf



Sharron Britton has been a rock collector for as long as she can remember. From picking up shark's teeth and fossils on Venice Beach in Florida where she grew up to honing in on rare mineral treasures at the world's largest rock and mineral show in Tucson, AZ, she has always felt at home working with rocks. 20 years ago she began selling a few pieces from her collection to her friends, and the response was so positive she started her business. Her customers run the gamut from mineral collectors and lapidary enthusiasts to lightworkers and metaphysicians. Sharron believes everyone who loves rocks is a kindred spirit. Visit <http://highspringsemporium.net/> and Facebook

**The chill in the air lets us know that the winter is on the way. Nights are growing longer and we all prepare ourselves to embrace the darkness that allows us to fully appreciate the light of a glowing campfire or a distant star.**

This is a time when mysteries emerge from places unseen. The veil between the worlds is thin and what we perceive through ordinary senses can feel confusing and impossible to understand. When we open ourselves to the unknown energies of the vast universe, it is important to be able to keep ourselves safe as we dive deep into the unconscious aspects of our being that allows us to bring back treasures of new awareness.

*...continued on page 31*



Stibnite

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# FOR YOUR REFLECTION

## THE LOST JOURNALS

Mitch Ditkoff is a human being, currently living in Woodstock, NY. Most recently, he has launched "The Year of Living Creatively" -- an online course for anyone committed to following their heart's desire and manifesting a creative expression of who they are and how they want to serve. Visit [www.mitch-ditkoff.com](http://www.mitch-ditkoff.com)

### FOR YOUR REFLECTION

**As time rolls by and I continue noodling on this wonderful opportunity called "life", I am increasingly realizing that the MIND has very little capacity to understand what the HEART experiences.** The heart experiences ecstasy, unconditional love, and the peace that passes all understanding while the mind, like some kind of over-caffinated 11:00 news anchor, tries to report what it THINKS the heart just experienced. Ha! Sorry, ladies and gentlemen. No can do. The mind simply does not have access to the realm of the heart, nor does it have the language, no matter how learned it may be. And this is one of the great plays of life -- what **Mark Twain** once described as the difference between lightning and a lightning bug.

All of us, at some time in our lives, have experienced the ineffable grandeur of this existence, though the catalyst for our beyond-the-beyond experience may have been totally different. Trying to tell others about it always comes up short. **Rumi, Hafiz, and Kabir** made noble efforts towards this end -- or is it the beginning? And the afterglow of reading their poetry often sheds enough light to see more clearly than ever before. But even that afterglow fades.

The key for all of us? To abide in the heart-land of what life is really all about. To experience the utter **WHOO HOO** of the whole kit and kaboodle with ease, grace, and gratitude. And then, to stay there, as best we can, no matter what. And if we choose to express something or other from this realm of wowee zowee, to do so in the same way a child laughs, the full moon shines, and all the great Masters, since the beginning of time, teach without teaching.

### THE LOST JOURNALS

**Upon moving from Woodstock to Catskill, NY and getting quite a workout lifting, carrying, tossing, selling, and noticing 26 years of my possessions, I came across three boxes, of old journals of mine -- 65 in total -- some going back more than 40 years -- moon howling rants, late night ramblings, incantations, madman utterances, lists, plans, drawings, and other outtakes from own suburban Mahabharata.**

I thought of throwing them out, not wanting to pray at the **Golden Calf of Memory**, but something stayed my hand and so I luggered them to my new abode. Usually, when I lug these journals around, as I've done for 40 years, I stash them in a closet or a basement.

But since I have only one small closet and no basement here in the town that time forgot, I removed them from their boxes and placed them on the bookshelves in front of my desk -- my feral children, mendicants, madmen, and monks.

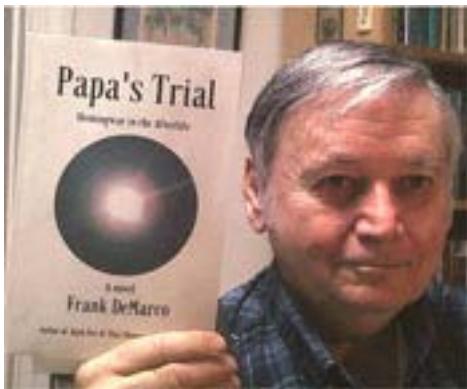
Every day I look at them, at least their spines, hesitating to pull any of them off the shelf, not wanting to disappoint what remains of myself with the half-baked jibberish of my soul's longing to express the ineffable.

Yes, sad to say, there's something in me that prefers the honeymoon phase of life -- the realm in which the promise of love is so much more magnificent than the earth plane experience of it, but as I move towards 74, I am increasingly owning the fact that there is absolutely no excuse for NOT opening these tomes and exploring what's in them, even if the perfectionist in me gets hugely disappointed.

And so, this evening, that's exactly what I did. I opened the green one and paged through it until I found something that was close enough for prime time to share with you today -- cleaning it up a bit, removing the clutter, the riffing and self-indulgence that has stalked me most of my life.

*...continued on page 45...*

# FRANK DEMARCO: MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)



## THE FUTURE OF THE INDIVIDUAL

**Frank DeMarco**, co-founder of Hampton Roads Publishing Company, is author of 4 novels (recent: *Papa's Trial: Hemingway in the Afterlife*) and 13 non-fiction books including *The Cosmic Internet*, *It's All One World*, and *Awakening from the 3D World: How We Enter the Next Life*. His books are rooted in more than 25 years of psychic exploration. Since 2005, **Frank** has been actively engaged in an on-going series of conversations with various non-physical beings, including historical individuals, "past lives," aspects of personal guidance and a generalized group he calls "**the guys upstairs**." This column is an excerpt of these conversations. Contact him with questions. [www.ofmyownknowledge.com](http://www.ofmyownknowledge.com). On Facebook he is **Frank.DeMarco.10**.

The future of the individual (1)  
Tuesday, October 18, 2022

**DeMARCO:** 9:30 a.m. You said yesterday that we as individuals were more important than the world in total. You didn't put it that way, but that's what it amounted to. Care to say more?

**TGU:** It will need to be said far more carefully. Focus, please.

**DeMARCO:** Presence, receptivity, clarity. Go ahead.

**TGU:** So many terms to define carefully, and so many relationships to clarify. It is a case of having to do many things at the same time. Let's see if bullet points will do it.

You as individuals. In this discussion, "you" will mean you as a subdivision of your larger being. One given 3D life is only a part, even when one considers other lives, Strands, to be part of the one life.

The world. This may be seen two ways, and it makes a difference. "The world" as an abstraction, merely the total of everything, could be disregarded. Real things (including souls, obviously) always outweigh abstractions. But "the world" as the sum total of souls is not an abstraction but a piece of verbal shorthand; in other words, it refers to real things, not some abstract concept.

Individuals have a future, a life beyond 3D life. They have a purpose; they are a vector. This 3D life is a template and a finishing-ground (or, if you will, a nursery, a school, and a training-ground), not an end in itself. The world as total of souls - or, say, as the shared subjectivity in which individuals swim - does not have

a future. It has no life toward which it is growing. It is now what it was and will be, an environment.

**DeMARCO:** You need to modify your third bullet, don't you? 3D life is not a training ground but an experience of a training ground.

**TGU:** That is correct. Good clarification.

**DeMARCO:** This says, as the Egyptians seem to have been saying, that First Life is merely to be shaped, and the important business proceeds from there.

**TGU:** It doesn't say that, you intuit it, but, close enough. Your experience of 3D life is important, it is never meaningless, but it aims you at something, it is not the end in itself.

**DeMARCO:** I can see that you are having trouble making a destination clear, but I'm not sure what it is. (Come to think of it, that's probably saying the same thing twice.)

**TGU:** The difference is between you at one level, and you at that level and another level. This is mostly what we're hoping to sketch via bullet-points: The former was only a beginning.

You - as we described you in the first bullet - may be seen in two ways: (1), as a subset of a larger being, (2) as a being considered only in relation to 3D. To begin to consider you as in (1), we need to take for granted the definition in (2) that we have been describing, these many years.

*...continued on page 30...*



# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS

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



## WELCOME TO NOVEMBER 2022

**November 2022 moon events include a Full Moon on November 8.** Enjoy the cooler temperatures by gathering outdoors with family and friends for a bonfire or a night time walk on the beach. If you've never seen the full moon rising on the beaches of Florida, you're in for a treat!

The **New Moon** occurs on **November 23**, after which we begin looking forward to even more gatherings to celebrate **Thanksgiving**, on **November 24**. **Thanksgiving** is often celebrated with turkey, mashed potatoes and football, but that's certainly not the only way to observe the holiday.

It's important for adults and children alike to learn that people all over the world have much to be thankful for. On **November 16 1995**, the **United Nations** agency **UNESCO** launched **International Day for Tolerance**. UNESCO quotes:

*"Education for tolerance should aim at countering influences that lead to fear and exclusion of others, and should help young people develop capacities for independent judgement, critical thinking and ethical reasoning. The diversity of our world's many religions, languages, cultures and ethnicities is not a pretext for conflict, but is a treasure that enriches us all."*

This year, ask your friends and family attending a gathering to contribute a dish or a story that reflects the cultural history of themselves, a spouse or a parent. The greatest thing to be thankful for is not just an abundant feast, but to live in a time where you can celebrate with a kaleidoscope of cultures around one table.

*Blessed Be*

**November 2nd: Anniversary of the Crowning of Haile Selassie**

**November 6th: Daylight savings Time ends.**

**November 8th: Election Day, United States**

**November 8th: Full Beaver Moon in Taurus. Solar Eclipse**, visible North/East Europe, Asia, Australia, North America, Much of South America, Pacific, Atlantic, Indian Ocean, Arctic, Antarctica.

**November 11th: Veterans Day, United States.**

**November 16th - 17th: Leonids Meteor Shower.**

**November 23rd: New Moon in Sagittarius**

**November 24th: Thanksgiving, United States.**

**November 27th: Advent begins. Christianity.**

*How the heart feels a languid grief  
Laid on it for a covering,  
And how sleep seems a goodly thing  
In Autumn at the fall of the leaf?*

Autumn Song by  
Dante Gabriel Rossetti (1828-1882)

The harvest would tell you how much you could put away for winter. If it was bad, then food would be scarce and those who were old or sick may not make it into wintertime. This meant that the gods of the harvest needed to be thanked if the harvest was good and asked for help if it wasn't. Also, the presence of a dying world of brown was a reminder of those who had passed before. There, the spirits of those loved ones who had transitioned into the other world were welcomed and remembered.

# GARDENING THE MEDICINE WAY



Debra Strasser resides on the Florida coast where she appreciates everything from the tallest trees to the humblest of weeds. She is Head ConjureWoman at Valkyrie Bees and Herbals, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak. *I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds.*

## LONG STORAGE VEGETABLES

**WELCOME TO NOVEMBER!** One of the motivations for planning a garden and growing your own vegetables is to save money and supplement your grocery shopping. Something to take into consideration are vegetables that will store long term. Also, to cut back on food waste and ensure that you'll always have nutritious produce on hand for a healthy dinner. If you are in a warm climate such as Florida, the tradition of using a root cellar or having a basement is not usually an option but there are creative ways to substitute. Here are a few vegetables that can last at least a month and many of them remain good far longer than that.

**PUMPKINS:** Pumpkins and other hard squashes can last up to three months. Consider spaghetti squash, swap out your carb-laden pasta for this squash that can stay fresh for up to five weeks in the dark.

**BEETS:** Can last between two and four months when stored in the refrigerator. Just be sure to cut off the greens if they're still attached. Keeping them on will draw the moisture out from the root, which, over time, can impact the flavor, draw out the nutrients and cause the vegetable to shrivel up.



**SWEET POTATOES:** For one month, these orange tubers are extremely versatile and can be used to make everything from fries to soup.

**CARROTS:** can last for one month in the refrigerator but may rot prematurely or become bitter when stored near bananas, apples, pears, or other fruits and veggies that release ethylene gas.

**ONIONS:** will keep for a month in the dark.

**CABBAGE:** Cabbage has a far lower water content than traditional greens, which helps to extend its shelf life. Wrapped in plastic and stored in the refrigerator, can last for about two months.

**Even a spare room,** closet or your pantry can hold fruits and vegetables for long storage, as long as the shelves keep your produce dark and cool.

**The principle of the thing is simple:** Cover the vegetables with something that will stay damp (not wet), and make them feel like they are resting in the ground, waiting to be used or grown. This requires only a few things: cardboard boxes and filler. Most things besides potatoes do well with peat moss, shredded paper or wood chips (be careful, certain types of chips can be toxic, so check first). Potatoes do best with newspaper.

Prepare the boxes by spreading a thin layer of filler in the bottom. Add a layer of vegetables. Cover this first layer of vegetables with more filler, then add another layer of vegetables, and so on, to the top of the box. Be sure you have moistened the filler as necessary (think of it like a humidifier, not a bath), then close up the box, and you're done! You will want to check your vegetables periodically for softening, drying out, or other signs of deterioration.

**Happy gardening**





# SOUL SONGS • ABRAHAM FUN

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

## TIME TO GET CAUGHT

**Well-being is chasing after me - this very moment. Well-being is my natural state, and I would have every iota of the love, health, prosperity, and leisure I've dreamed of if only I weren't doing something to sidestep my good.**

That "something" is negative thinking - giving my attention to what I don't like and don't want, even if what I don't like and don't want are in the news and in my neighborhood and in my body in the form of disease. I must stop bristling at the way things are if I want things to change, for my thoughts magnetize the events of my life.

Bad weather? So what...it'll change in due time. Annoying in-laws? I'll make the best of them and parody them in my mind.

Physical pain? Thank goodness I live in an age with so many medical and alternative treatments.

Not enough money? What fun, creative endeavors can I dream up to supplement my income?

A turbulent world scene? I resolve to think peaceful thoughts and thus contribute peace to this gorgeous, pulsating planet.

## BRIDGING THE GAP

**From a certain vantage point, I'm living three lives at once.**

At the core of myself, I'm an eternal being, ever fully-connected and part of the Source that sets all things in motion. As such, I'm always joyful and experiencing perfect well-being.

Then there's my physical existence that I probably once considered my only life. In this arena, I work, play, study, shop, and form relationships.

My third life is the inner world of my thoughts. This is where I ponder, imagine, remember, form beliefs and opinions, and generally direct my mental focus. This all-important life acts as a bridge between my exuberant Inner Being and my physical experience.

The degree to which I think good-feeling thoughts is the degree to which the health, abundance, and every good thing inherent in my eternal core can flow into my physical experience. When I harbor long-term resentment and self-pity or practice complaining, criticism, and other forms of unhappiness, I create barriers on my bridge, and well-being cannot travel freely.

Heavenly experiences are eager to move into my daily life. All I need do is start clearing the bridge.



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# ABRAHAM HICKS

*...continued from page 7*

Esther Hicks

the middle of the night about the specific subject that she's wanting; that did get worse and worse and worse and worse and worse and worse and worse. But what we're asking you to do - we're not asking you to find a solution that you can teach to her so that her experience can feel better, we're asking you to find a solution that can feel better to you.

We're asking you to get out of that maze which will just take you down another rabbit hole, which will bother your mother, or you can reach for the stream of consciousness that your **Inner Being** has about the whole thing. For example, you said your mother has dementia, and we want to say about that (on this end of the stick), this is her way of getting off of all of those subjects that are driving her crazy.

**QUESTION:** I agree. I don't like the word, but I don't know what the descriptor is on the other end.

**ABRAHAM:** "My mother withdraws from the details she doesn't like by focusing outside of those details, and they call it dementia, and I call it giving up the practicality and reaching for the **Nonphysical Energy**." That's what's happening with all of these people that are being diagnosed with dementia - it's their way of coping.

Your society hammers at you - how do you cope when you focus on the negative news in comparison with the wellbeing?

How do you stand it when you focus upon the details of all of the suffering that's going on on your planet as you fight with each other about the way that you're going to resolve that suffering?

In other words, you just spin around in your own juices and dis-empower yourself and each other while you bring yourself to a place that the only way out is dementia.

**QUESTION:** Because yeah, you gotta make a new world and go into that.

**ABRAHAM:** But for those like you who aren't in that house, for those like you who aren't having to live all of those details and aren't needing to repeat all those

details - who really doesn't need to nightmare about all those details - you don't need to keep nightmarining about them, you don't need to do that.

*You think a good son would be right there, would suffer right along, would do everything that you can - but nightmarining, even about things that are real, is the opposite of what your Inner Being is doing.*

And the reason that it feels so awful is because when you do it, even though it seems like the only thing that you can do or the only thing practical thing that could be done, when you do it, you leave the frequency of your **Inner Being** and that's why it feels so bad. You don't feel bad because of what's going on over there, you feel bad because your perspective of what's going on over there is so separated from the perspective of what your **Inner Being** knows.

**QUESTION:** I agree. I agree. But I don't notice any path to that connection to the Inner Being at that time. I mean there's so much energy going on.

**ABRAHAM:** Well, let's do something about this right now. So let's have a conversation, a practical conversation of what someone (you've laid this out really well) who is living something that you really don't want to live. We're just going to lead and see if you can discover a path of lesser resistance. These are the facts: "My mom lives...(how far away from me?)

**QUESTION:** Uh, ten minutes.

**ABRAHAM:** "...ten minutes away from me in a house owned by..."

**QUESTION:** Her.

**ABRAHAM:** "...with other people who are..."

**QUESTION:** Paying tenants.

**ABRAHAM:** "...paying tenants. My mother is, in terms of her usual attitude....(annoyed or easy going?)"

**QUESTION:** Oh, annoyed.

**ABRAHAM:** My mother is annoying, or easy to be with?

**QUESTION:** Annoying. (Fun)

**ABRAHAM:** All right. Well, everybody who spends any time with her would agree.

**QUESTION:** And then, that's not to say there aren't times when it's...

*...continued on page 24...*



# ABRAHAM HICKS

*...continued from page 23*

Esther Hicks

**ABRAHAM:** All right; it's all right. So there you are with that acknowledgement. So now, let's see if we can find a path of lesser resistance. My mother is annoyed and I don't blame her, or my mother is annoyed with no good reason.

**QUESTION:** Am I choosing?

**ABRAHAM:** Yeah, choose one or the other.

**QUESTION:** My mother is annoyed with no good reason - that's what gets me.

**ABRAHAM:** That does get you, but what would feel better, my mother is annoyed with no good reason or my mother is annoyed and she has good reason? So you gave her the benefit of the doubt just a little bit, and in the process, released your own resistance just a little bit. "Nothing ever changes with her, she just spins around and around in her own juices," or "Maybe things could change."

**QUESTION:** Maybe things could change.

**ABRAHAM:** So we're not asking for logic - we liked your answer - we're asking for what feels better to you. "I should be doing more..."

**QUESTION:** Actually, when I said maybe things could change, that was logic for me as well, because I know as I do for me, it has the affect out there in the world. And I've seen that happen with her and other people.

**ABRAHAM:** That's even better. So "My attention is of benefit to her," or "My attention makes no difference whatsoever."

**QUESTION:** Oh, my attention is a benefit.

**ABRAHAM:** "My attention, which is of benefit to her, is hard on me," or "My attention, which is of benefit to her, doesn't need to be hard on me."

**QUESTION:** The second one.

**ABRAHAM:** Yeah.

**QUESTION:** Let me say it - my attention, which is of benefit to her, does not need to be hard on me.

**ABRAHAM:** Yeah. "I would like to be inspired to some practical solutions, but I don't think I can find them because this has been going on for a while," or "I would like to be inspired to some practical solutions."

**QUESTION:** I'd like to be inspired to some practical solutions.

**ABRAHAM:** "These practical solutions better get here damn quick" or "I'm willing to experience the exhilaration of discovering them because they indicate my releasing of resistance, too."

**QUESTION:** I'm willing to experience the exhilaration of discovering them because it signifies my release of resistance, too.

**ABRAHAM:** "The idea of the path of least resistance is a valid concept," or "The idea of the path of least resistance indicates weakness."

**QUESTION:** Oh, the idea of path of least resistance is a valid concept.

**ABRAHAM:** "The path of least resistance equals the path of most allowance," or "The path of least resistance..."

**QUESTION:** The path of least resistance equals most allowance, come on.

**ABRAHAM:** "This path of most allowance is the path to broader perspective, which feels so good. I appreciate having a situation where I'm deliberately required to reach for the path of least resistance because it's not just presenting itself to me like pretty flowers do. Pretty flowers, easy mothers, lovely puppie, it's easy.

It's really easy to feel good when good things are presented, but with something that isn't quite that easy to feel that good about requires me to dig a little deeper and actually make the choice of more resistance, less resistance, more resistance, less resistance.

So as I get this sense that as thought by thought (which is not that hard to do, I can accomplish less resistance, less resistance) I will begin to feel the momentum of it. And if there's enough momentum that is gathered, then ideas begin occurring to me; ideas that really have a lot of bang for their buck, ideas that I can really feel the importance and the power of.

"I believe that my **Inner Being** has a path of least resistance relative to this subject, and I believe that my mother's Inner Being has a plan or a very clear path of least resistance about this. And all I want to do is know what that plan is, all I want to do is get out of the way of it.

*...continued to page 25...*



# ABRAHAM HICKS

*...continued from page 24*

Esther Hicks

And I'm beginning to understand that as I'm struggling in the details where we're all just spinning around in our own juices, we're not getting anywhere, and we're all sort of resenting each other because we all innately feel that there is a path of least resistance.

I know in my heart of hearts, I know at the very core of my being, that we're all here for a great reason. When I think of mother, I can think of mother trouble, or I can think of mother as the other end of the stick and let that be my avenue into this experience.

I can think of all the wisdom that she offered to me. I can think of mother in trouble, or I can think of mother who is an extension of Source Energy, who has Source Energy all over her. I can think of mother who is really suffering from the details of maybe what she's living, or who has (thru a dementia diagnosis) found the path of lesser resistance where she doesn't suffer so much.

I'm really pretty proud of her, the way she's going about finding her path of least resistance, and I'm going to follow her lead and I'm going to follow my path of least resistance about all of this.

"Nothing is going wrong here - there really is nothing wrong. We have a perception as physical beings that when people start declining, that something's going really wrong, when all that's happening is they're readying themselves for their reemergence into the whole of who they are.

Nothing is going wrong here except that I keep thinking there's something going wrong here. Nothing is going wrong here except that I keep feeling responsible for the things that I think are going wrong here. But when I step back from it a little bit, I realize that not only is nothing going wrong, but I'm certainly not responsible for what's going wrong.

I'm responsible for one thing and one thing only - I'm responsible for discovering my own path of least resistance and practicing it until it's an easy path to take no matter what else is going on. And I, for one, make a claim to this Universe: I'm not going to get dementia in order to find the path of least resistance. But it's all right with me that some people find the path of least resistance in that way."



Andrea de Michaelis  
Publisher

## THOUGHTS ABOUT THINGS

*...continued from page 6*

Think of it as a funnel and as long as you're pouring it out, it'll keep pouring in.

Provided you remember that's how it works.

Because if every time you spend \$ you think "*Oh no, I'm depleting my coffers! What if no more comes in?*" that thought is a sign post that shows you where your focus is and that's what'll keep happening UNTIL you remember that as it flows out, it'll flow back in.

Don't worry where it's gonna come from. It will come from wherever it is now! When you think of it this way, you'll be guided to ideas and opportunities to keep it flowing.

### JEFF BROWN ON THE MOST IMPORTANT QUESTION YOU CAN ASK A POTENTIAL LOVE PARTNER

I'm honored **Jeff Brown** lets me reprint him in Horizons. He writes, *"Perhaps the most important question you can ask a potential love partner relates to their relationship with the shadow-their own, and the shadow that emerges in the relationship itself. That is 'How much work are you willing to do on yourself and the relationship when the s#!t hits the fan? Are you willing to go as deep as we have to go to work it through, or are you only interested in a breezy, low-maintenance relationship?'*

*Few people ever talk about this during the romantic phase, because they are not envisioning the challenges to come, but it is an essential inquiry. I have known many people who were shocked to watch their 'great love' walk out the door when the connection required personal accountability and therapeutic work-through. Some of us will brave the journey; others will flee the fire.*

*...continued to page 52...*

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# HERB CORNER

REPAIR & MAINTAIN YOUR BODY AND MIND WITH PROPER SLEEP

*...continued from page 10*

One of the best researched herbs for sleep is **Valerian**. Studies found **Valerian** works better with long term use easing nervous tension improving sleep without leaving you feeling groggy in the morning.

For some people **Valerian** was found to be stimulating and not relaxing.

Hops is also calming to the nervous system helping you relax and fall asleep deeply. If you don't like the flavor of **Hops**, you can try making a sleep pillow adding a little **Lavender** to it for added effects.

**Lavender** interacts with **GABA** quieting the mind increasing relaxation, reducing tension and anxiety. I have a friend who makes the best Lavender shortbread cookies which make a nice bedtime snack.

And don't forget using the **essential oil of lavender**; it can be diffused in the air, sprayed on your linens or PJs, or added to a relaxing bedtime bath. Another herb that interacts with GABA is Passionflower; when you drink a cup of this tea before bed it acts as a mild sedative helping you to fall asleep faster.

If overthinking is what keeps you awake, **Lemon Balm** may be of help; not only does it quiet the mind it also relaxes the body and soothes the nerves.

If pain is keeping you awake, you can try **California Poppy** or **Skullcap** because they have analgesic properties that reduce pain.

All of these herbs either alone or combined can be used in a nice relaxing cup of tea.

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## SETH SPEAKS

*...continued from page 13*

### SETH: DIFFERENTIATE BETWEEN PRIMARY AND SECONDARY EXPERIENCE

**Seth:** Now, Physically your body has a stance in space and time.

I will speak of primary and secondary experience. Let us call primary experience that which exists immediately in sense terms in your moment of time--the contact of body with environment.

I am creating certain divisions here to make our discussion--or (with a smile) monologue-easier. Therefore, I will call secondary experience that information that comes to you through, say, reading, television, discussion with others, letters, and so forth.

#### The secondary kind of experience is largely symbolic. This should be clear.

Reading about a war in the middle of a quiet sunny afternoon is not the same thing as being in the war, however vivid the description.

Reading about the energy shortage is not the same as sitting in a cold house.

Reading about the possible annihilation of mankind through nuclear destruction or other stupidities, while you are sitting calmly enough in your living room, is obviously far divorced from the actuality described in an article.

At the levels with which we are concerned, the body must primarily react to present, immediate, primary existence in space and time.

At other levels it is equipped to handle many kinds of data, in that I have mentioned before the precognition of cells. But the body depends on the conscious mind to give it a clear assessment of precise conditions of the space and time it occupies. It depends upon that knowledge.

If you are safely ensconced in a comfortable room, in no present danger, your senses should accurately convey that information.

*...continued on page 45....*



Frank DeMarco

# MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

*...continued from page 19*

**DeMARCO:** I think I see that. If we were still thinking of ourselves as one-body-one-person, or even as one-body-one-reincarnational-history, it would be harder for us to understand the first of the two definitions.

**TGU:** You have thought you understood, as we have suggested relationships in the past, but no, you couldn't have gotten it right.

**DeMARCO:** I was thinking of us 3D beings as the children (so to speak) of the larger non-3D being, but I hadn't gotten any farther than that.

**TGU:** Implied, you see, is a qualitative difference between 3D beings and their "parent" being.

**DeMARCO:** Yes, that's how I was thinking of it.

**TGU:** Now we want to refine your understanding of the situation.

**TGU:** Remember, 3D and non-3D are not different, nor separated. They are polarities and they interpenetrate. Therefore, do not overdraw the distinction between consciousness currently immersed in 3D - you - and that which is "located" in non-3D. Same substance, different state, like water and ice.

Therefore - and this will not have come clear until now, perhaps - consider all of it together as one thing: the larger being, all of its "children." Part is in 3D, part isn't, but it is all one thing as opposed to another. This separate being - this larger non-3D being and all its children who live in and also out of 3D - may be called -. Well, what should we call it? At some point names only confuse, as they imply more of a distinction than is warranted.

**DeMARCO:** I get it, you're reminding us that distinctions are always provisional; no absolute separation in reality, but not undifferentiated jello either.

**TGU:** Yes.

**DeMARCO:** Will it help to say that we are going to treat as individuals things that we will later have to see as all part of one something?

**TGU:** You have been paying attention. Yes, that will help clarify what we are doing here. For initial exploration, we treat it as if it were a discrete unit, then later we may go over it again, stressing connections instead of distinctions.

But while we are stressing distinctions, we want to say this: Each such unit has a destiny, a future, a state it can grow into, which is not merely more of the same.

**DeMARCO:** Bob Monroe talked of clusters "winking out" of existence when they reached a certain level of completion. I gathered he meant they were moving on to a new level of complexity.

**TGU:** Close enough. The point is, life never ends, it never stays still, and it changes nature, situation, possibilities, challenges, depending upon what it chooses. And in the case of this larger being we're sketching, that means all these decisions made by 3D beings, that shape them, and in so doing help shape the larger being of which they are part.

**DeMARCO:** And you still haven't gotten it said. I get the sense of it, though. On the one hand, - no, it fled.

**TGU:** You got distracted. Let's pause there, and resume another time. This is hard work, and taking it slowly helps give you time to process in the background.

**DeMARCO:** Okay. Today's theme?

**TGU:** "The future of the individual"?

**DeMARCO:** Perhaps. Add "(1)"?

**TGU:** Perhaps.

**DeMARCO:** Thanks as always.

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# CRYSTALS, ROCKS



Photo by Karin Wolf  
Sharron Britton

## STIBNITE

*...continued from page 17*

Since much of the chaos swirling around us these days is quite daunting, I want to share with you one of my favorite crystal tools for keeping ourselves safe in the dark realms of the unknown -- **STIBNITE**.

**STIBNITE** is a primary ore of antimony and crystallizes in long striated blades of silvery grey. It is found in **Japan, China, Romania** and parts of the **United States**.

Metaphysically, **STIBNITE** is considered to be a stone of **Pluto** and it is powerfully connected to the underworld and the unconscious mind.

When we have mental, emotional or spiritual blocks, it is necessary to look into those aspects of ourselves that are hidden from us. There is usually a very good reason we do not wish to become aware of these things. It makes us uncomfortable or afraid to acknowledge them as part of our being. However, if we do not acknowledge these parts of ourselves, we will continue to be blocked and that can make us blind to the insights that can lead us to evolve.

**STIBNITE** is an incredible ally in overcoming our resistance to seeing the truth and releasing the demons of fear. Facing our fears and transmuting that energy into

the strength to go on come what may is true liberation from the confusion and delusions that can trap us into feeling helpless.

Working with **STIBNITE** can bring the power to remove the negative energy that causes fear and the toxic behavior that fear engenders. Shamanic healers use it to banish entities and restore spiritual health and well being. Many alchemists believe **STIBNITE** is the precursor to the **Philosopher's Stone**.



Stibnite

**Pluto** is now direct. Much is emerging that will give us the opportunity to know ourselves and seek clearer vision. When it is necessary to walk in the darkness, **STIBNITE** can help show the way to beginning a new pathway towards the light and provides serious protection along the way.

Putting a cluster of **STIBNITE** under the bed can be very helpful for those suffering from nightmares or night terrors.

Should you feed the need for **STIBNITE** in your life, you should be able to find it at any good rock shop. Single crystals are fairly inexpensive, although large specimens can be pricey. You can also order **STIBNITE** on line. Many blessings to you all.



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Betsy Chasse

## TIPPING SACRED COWS

*...continued from page 9*

ladder all the way to the top. It seems in this life I was born to have to work for it, and work hard I did. I went to work as a production assistant on films. By the time I was twenty-two, I had my own production company and was hiring as my production assistants a lot of those friends who had gone to college. The fact that I couldn't manage college and work at the same time left a chip on my shoulder.

In retrospect, I could have gone to college; I've often wondered why I chose not to. In uncovering the reasons why I made the choices I did in my life, I've come to see that my ego didn't want college because I was used to being the big fish in my little pond and my ego didn't want to compete with any other fish.

Plus, I had convinced myself that the only way I was going to succeed was the hard way, stubborn in my beliefs as I was. I spent every production meeting striving hard to be the brightest one in the room. I dated the guy who could make sure I was hired, even if my credentials didn't muster up to the job qualifications. When you're in charge, you get to hire who you want, and I often stacked the deck in my favor.

I am comfortable looking back on my old self now, because we've all been little shits in our lives in order to feed our ego, especially when that ego is what's protecting us from what we fear the most. Using my skills as an actress and a perceptive people reader, I managed to convince a lot of people a lot of the time that I knew what I was talking about. What I lacked in book smarts, I made up for in street smarts. There was no way my ego was going to take another beating with the failure stick.

I worked my way up to executive at a production company and weaseled my way into the corner office. Whatever it took, my ego did, armor on and ready for battle, my tongue like a sword even as I smiled coyly. I liked that people were afraid of me. I liked that I had a lot of friends. Never mind they were all in the biz and their friendship probably had something to do with the fact that I was the one employing more than four hundred people. My ego was happy and apparently that was all that mattered.

I was actually good at my job (at least I think I was). I kept rising toward the top. Somewhere deep inside was that soft little girl who just wanted to be loved, chosen, and appreciated. But having lost that once, I allowed my ego to create such fear of having it ever happen again that I built this incredible cage of steel around me that nothing could penetrate. Work and success were all that mattered.

Somewhere around age twenty-seven, when I was on the verge of being hired for a job that would have been a major advancement career-wise, I had the realization that something wasn't right. Nothing I could put my finger on. I just stopped enjoying my life. I realize now that I had lost my bliss and had replaced it with fear and doubt.

When you're unaware of your soul's desire and living happily in shoe consciousness, the soul will use anything available to send you a message. In my case it was literally my gut. But instead of diving into a deep exploration of self, I took some antacid, went shopping, and had an epiphany based on what I believed was what I really wanted.

I've since learned that epiphanies based on the advice given in **Cosmopolitan** are probably not the ones you should jump into, **Jimmy Choos** first. Not entirely anyway. My gut was on to something, but I just used the same old tools I had used before to help me whittle myself a new life. I had no idea I was carrying around a set of beliefs that didn't fit, protected by an ego who just wanted to avoid being hurt again.

So I turned the position down, quit my job, quit **Hollywood**, and retreated into what I thought was a new life, which entailed starting a **gourmet dog treat business** with a guy I thought I loved but really was just having great sex with. A man who had no entrepreneurial spirit and really just dug my **BMW** and the fact that I was out of town a lot on business so he could take out other women in my **BMW**.

When we carry around our bag of beliefs, every choice we make starts with something from that bag. Since I didn't understand that my bag was filled with low self-esteem and fear of being abandoned, my ego, my protector, told me to grab what I could, by force if necessary, and make it work.

It would take two years of flailing, failing, and crashing into an abyss before a life jacket called **Bleep** came along. Well, actually, it was called **Sacred Science** at the time, but it became **Bleep**.

*...continued on page 33...*



Betsy Chasse

## TIPPING SACRED COWS

*...continued from page 32*

Upon stepping into my newfound pasture of “new thought,” one of the first things I was told was to get rid of the ego. Ego—okay, I kind of knew what that was, and usually when someone brought it up, it wasn’t pretty.

In spiritual practices, the ego sacred cow is described as the part of us that makes this illusion real. It’s said that reality isn’t really real unless the ego says it is. It’s the part of us that fights for our individuality; it creates order for us from the chaos of the world. It gives us the sense of being human and is apparently the main cause of all our woes, because the ego helps us hide from our true nature, our true self.

As the grounder, the protector of the reality we have bought into, the ego helps us design our outer shell, our masks, if you will, and from there we unconsciously feed it, over and over again. Our ego is tied to our emotional experiences, which could be a good thing if we have tipped over all of our other sacred cows and are living our true selves. Alas, our ego does get in the way because we’re human, and once we like something, we want it over and over again, and when we don’t like something, we avoid it like the plague, and our ego is sort of in charge of that.

The problem with our wonderful ego arises when we let it run roughshod over our true self, the one underneath all the beliefs and masks and sacred cows. So our ego is simply doing what it thinks it should be doing, running around like a selfpleasing monster, eating up all the chocolate cake it can find because we like it, it gives us pleasure, it makes us feel real when we eat the chocolate cake. Our ego is a winner-takes-all kind of girl. It’s dead set on delivering what we want, and it will act accordingly to get it. But we aren’t really telling the ego what we want—we’re letting our beliefs do the talking.

As I child, I learned that success fed my ego. Failure hurt, so every time I got a role or won an award, my ego got fed, and every time I didn’t, my ego went hungry. As I grew, my ego got creative in how I could feed it—more money, more success—because after a while just one piece of cake wouldn’t do! As an adult, I worked in a man’s world. Surrounded by men, I was short and cute; add that to being a woman, and it made it hard to suc-

ceed (this was hard for my ego to take and hard for my normal, thinking, feminist brain to take as well\*.)

Back to my point about my ego and what it thought. My ego figured if I wanted success, it was going to make me tough and rough and more like one of the guys. It helped me design a mask that would help me get that.

And then my ego paraded around town, strutting its stuff for the world to see. For a while this worked just fine. It takes time for truth to seep down through all the cow manure we pile on top with the help of our ego, so sometimes it takes a while before the true self can be heard over the roar of the ego.

But when it is finally heard, even if it’s not totally understood, what was working usually stops working. So all my little tricks of the trade became inadequate to fill my empty heart. My skills as a producer, the newest designer shoes, the hottest men: none of it was enough to ease that sick feeling in my gut. My true self spoke to me through my body, because that was the only way I would hear it.

Here’s the thing—the ego isn’t inherently the bad guy. It’s just trying to please us, it’s saying, Here, you want success? I’ll give it to you, I’ll make it real.

The bummer part of that is that because we have allowed our beliefs about who we are, what we want, and what we should do to take charge, well, it’s sort of like letting your five-year-old pick what he wants for dinner—he’s always going to go for dessert.

So the ego gives me what I want. It protects my true feelings and stops my fear from being exposed to the world. It often hides my feelings and fears from even myself. That’s how good our ego is at doing its job: most of the time we don’t even know it exists, but we do know when it’s been bruised.

Being the stand-in baby was a perfect setup, a perfect metaphor (and you can tell how much I love a good metaphor) for my life right up to this moment.

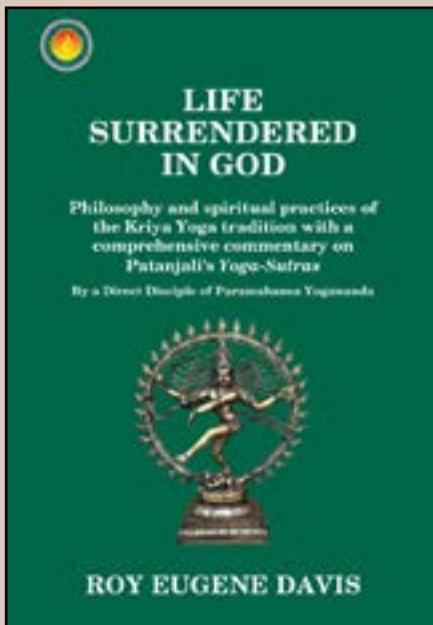
From the days of waiting in the casting director’s lobby, hoping to be “the one” so I could please my parents, make money, and succeed, to waiting for that guy to call so I could feed my ego’s need to be wanted and loved, my ego has never felt safe or been fully satiated. It’s been on constant red alert and focused on covering up the beliefs and fears hidden behind it, because those fears were not going to get me what I wanted.

*...continued on page 35...*

*An Enlivening Power is Nurturing Our Universe and We Can Learn To Cooperate With It.*  
Roy Eugene Davis



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Roy Eugene Davis  
(1931–2019)



Betsy Chasse

# TIPPING SACRED COWS

*...continued from page 33*

Until I become conscious and aware of my true thoughts and emotions, until I clearly understand where they come from, the ego will continue to fight the battle for me. But it does have reinforcements. The true self (the voice of reason and love in our heads) is often soft-spoken, but if heeded, it can negotiate you out of even the fiercest of battles.

Ever since I plummeted into the world of “spirituality,” I’ve heard people blame the ego for everything, but I’ve always felt a kind of disconnect when it comes to ego bashing.

Thing is, it’s a part of us. It’s what helps us experience our humanness, and if we bash our ego, aren’t we bashing, well, us? And we create it. Unconsciously maybe, but we create it. I guess it feels good to say, “I’ve let go of my ego.” But isn’t that just the ego congratulating itself for letting go?

It seems like all this talk about the big, bad ego is just us letting our egos run over all the things we know about the ego. And ego doesn’t find irony funny.

When I was twenty, after going to a self-help seminar called the **Landmark Forum**, I came out telling anyone who would listen about what an asshole I was. I was so proud to be able to say that. But admitting I am an asshole doesn’t stop me from being an asshole, does it? Is it the ego admitting to being an asshole, or is that our true selves admitting to being an asshole? I’m going with the ego just grabbing on to the idea with a yippee! It is like ego-smack, running around bashing ourselves; it simultaneously shows that we know something and that we are self-aware and self-effacing.

How is a gal, then, supposed to separate herself from her ego? It’s kind of like the earth and the moon, a package deal. It would probably be pretty sucky for good ol’ planet earth if it didn’t have the tidal pull

of the moon and the moon’s ability to take a meteor hit for the team now and again. If you think about it, that hanger-on has real purpose. Perhaps, thought I, ditto on la ego?

It seems silly, when given a nice earth-needs-moon-fortidal-action-and-meteorite-shield metaphor, to throw my ego out like it’s doing me wrong. Our ego isn’t bad—it just needs a little management, some gravitational pull, if you will, to keep it on an even-keel path.

When we look at it straight on, it seems like sitting around bashing the ego that’s “us” just makes us start to doubt ourselves even more. Judging our ego just makes us dislike ourselves— maybe even hate ourselves.

Wow! What a mess I’ve made taking the easy road, falling back and letting my ego do all the work instead of taking the time to be conscious of how I’m really acting. That’s why my ego hasn’t let me write this chapter ’til now. Because in doing so, it has been exposed. But don’t worry, ego. I won’t throw you out. I’m just going to put you under new management— conscious management.

My ego is a tool (duh, tool as in tool), here to help me succeed in being any sort of person I want to be. It is part of my human experience, an experience I want to live fully. I can use it as a barometer of my feelings, my true feelings, the ones I’ve uncovered underneath my masks and beliefs about myself. If I’m living and operating from my true self, my ego has no way of confusing what I really want. It’s my soul’s desire, and it’s clear, and my ego can feed on that all day.

## Note

\* I would like to say, just briefly and because I have an opportunity here, that I have some disappointment that this uphill battle due to having a vagina and breasts is still pretty universal across the cultural board. What the hell, all the people of the world? It is sad to say that I can point out, without actual bias or hyperbole, that we chicks ended up with the suckiest challenge-mountain to climb from beginning to end. I mean, check out that grade—it has to be 90 percent or some shit. And while you’re checking that out, check out the history of the world. We of the tribe Vagina do not end up being, or being treated as, Chief Grand Poobah very often. We are far more frequently treated like a non-queen of poopoo. We’ve made some strides, but it’s going to be a while before that tide turns (“binder full of women”: I rest my case).

[MORE next month. Can't wait? Get a FREE Digital copy NOW of Tipping Sacred Cows by joining Betsy at www.betsychasse.net](http://www.betsychasse.net)

# HOROSCOPES NOVEMBER 2022



## ARIES – (March 19 – April 18)

### ARIES: MOOD FOR NOVEMBER 2022

Since May 10th, Jupiter has probably boosted your desire to renew yourself, your enthusiasm, and thirst for action. This giant planet of the zodiac has temporarily withdrawn from its zone of influence on your decan. Let's bet that it will have had time to help you recharge your batteries and your self-confidence, which should last until it comes back into play (from December 20th).

### ARIES: LOVE FOR NOVEMBER 2022

Are you longing for a more inspiring relationship? Count on Venus between the 16th and the 24th to give meaning to your relationship, or why not meet someone who will give you wings. It is not a question of being satisfied with little but rather nourishing an ideal, and why not embark with the one you love.

#### In a Relationship:

Bet on your capacity to make your partner dream to share moments of collaboration (between the 16th and the 24th), and why not some strong emotions far from a banal and bland daily life. The Sun confirms the trend from the 22nd.

#### Single:

Venus invites you to raise your ambitions in love. Do you dream of meeting your soulmate, who will share your ideas and vision of the world? Keep your eyes and heart open between the 16th and 24th.

### ARIES: MONEY FOR NOVEMBER 2022

If your goals are financial, Jupiter has helped you open up perspectives between May 10th and October 28th. From the 22nd onwards, count on your rising ambitions to plead your case advantageously.

### ARIES: WORK FOR NOVEMBER 2022

Jupiter left your perimeter in October and will not return to support your recent progress and momentum until December 20th. You may want to take advantage of this period of reduced effectiveness to think about what to do next. You will be ready to finalize a project or even a new life cycle that has been in the works since mid-May.



## TAURUS – (April 19 – May 19)

### TAURUS: MOOD FOR NOVEMBER 2022

Somewhat willing to take advantage of your links or associations? Whether on a professional, financial or emotional level, you will work in November to attract the proper flows, the right people, and, more generally, the correct energies. Those allow you to open the way to the hoped-for changes by playing to your strengths (charm, intuition and..).

### TAURUS: LOVE FOR NOVEMBER 2022

You can count on Venus, who will endow you with an undeniable magnetism (between the 16th and the 24th) to bring about changes in your relationships. It could make your emotional ties evolve as you hope. You will know how to influence events and people. Count on your radiance to leave no one indifferent.

#### In a Relationship:

A sensuality in effervescence and the desire to awaken the same passions in your partner. Count on Venus (between the 16th and the 24th) to delightfully warm up the atmosphere and explore new paths together.

#### Single:

Your libido is running wild, and your power of attraction is at its peak? What a priori (between the 16th and 24th) to hit the bull's eye and break with your solitude. Whether it's for a day or forever.

### TAURUS: MONEY FOR NOVEMBER 2022

Let's bet that you'll encourage those who have the power and the money to give you what you ask for. Count on Venus (between the 16th and 24th) and the Sun (from the 22nd) to help your initiatives.

*...continued on page 37...*

# HOROSCOPES NOVEMBER 2022



## TAURUS: WORK FOR NOVEMBER 2022

Since mid-May, Jupiter has been helping you develop plans and strategies to open a new expansion cycle next year. Still, since the end of October, the giant planet of the zodiac has stopped influencing your decan. This will not prevent you from thinking in November about the means (financial?) to move the lines to be ready in May 2023 to launch new challenges.

## GEMINI – (May 20 – June 19)

### GEMINI: MOOD FOR NOVEMBER 2022

No disruptive cosmic flow can alter a rather communicative good mood in November. You do not wish to remain in your corner, to be apart, and will not hesitate to go out to connect with others. Your ability to listen and your desire to share with others should lead you to spend moments of beautiful collaboration with those around you who are under your spell.

### GEMINI: LOVE FOR NOVEMBER 2022

Venus expressly invites you (between the 16th and the 24th) to take a step towards the other. A time to listen to those you love and who will appreciate your attentiveness to their needs and requests. The Sun will take over from the 22nd, assuring you of a month dedicated to communication that should go smoothly.

#### In a Relationship:

No question in November of zapping the other. You will redouble your benevolence and prove to those around you that their opinion counts. You are concerned about giving them a voice and forming a close team.

#### Single:

You can rely on your ability to turn to others to engage in a dialogue that will not only win you the appreciation of those close to you but could also draw

### GEMINI: MONEY FOR NOVEMBER 2022

This month, you can turn to others to ask for their help if you need money. You will know what to say and do to make them want to support your cause (financially?).

### GEMINI: WORK FOR NOVEMBER 2022

Jupiter has moved away at the end of October, and some of your projects are on hold (until December 20th?). In that case, you can count on your sharp sense of communication this month to maintain creative and productive exchanges with your business partners, colleagues, and boss. Just to keep your future on track.

## CANCER – (June 20 – July 21)

### CANCER: MOOD FOR NOVEMBER 2022

More inclined to blend in than to stand out in November, where your discretion and desire to be of service should help make you popular whether at the office or at home. Take advantage of this relatively supportive state of mind to initiate discussions to improve the ordinary. Whether at work or in your personal relationships.

### CANCER: LOVE FOR NOVEMBER 2022

Venus will urge you (between the 16th and 24th) to put yourself at the service of the community. This is especially true for your family and close circle of friends. Your efforts to manage the household with kindness will be appreciated. You will be appreciated for being available and attentive to the needs of each and every one.

#### In a Relationship:

If at the end of October, you had in heart to occupy the place and, if possible the first, to shine of all your fires, let us bet that in November, the aspirations of your ego will leave the place to intentions much more disinterested.

#### Single:

If recently you have been seen as the only one and your aura has brought you some success and conquests, in November, you essentially wish to make yourself valuable, to give of yourself to please those you love.

### CANCER: MONEY FOR NOVEMBER 2022

Your finances will not be at the heart of your preoccupations in November. You will seek, above all, to evolve in a relaxed atmosphere that will allow you to move forward without difficulty and without making waves toward your goals.

### CANCER: WORK FOR NOVEMBER 2022

You will be quick to participate and to get involved. In November, you should show a good will to collaborate, which should largely boost your popularity within a group, a company. You will not be afraid to launch helpful debates while remaining open-minded and listening to all, and you will not spare your efforts to do your part.

*...continued on page 38...*

# HOROSCOPES NOVEMBER 2022



## LEO – (July 22 – August 21)

### LEO: MOOD FOR NOVEMBER 2022

Nothing seems to want to darken your horizons in November, where you will have a priori all the leisure to express yourself with ease and success, whether in love or in business. Jupiter has recently contributed to broadening your horizons and boosting your ambitions. In that case, you should continue this month on your excellent momentum and therefore keep smiling.

### LEO: LOVE FOR NOVEMBER 2022

Venus boosts your magnetism and desire to love and be loved between the 16th and the 24th. The Sun ensures a flamboyant relay from the 22nd. You will undoubtedly shine and seduce in all directions. Take advantage of these positive flows, which do not seem clouded by the situation, to have a good time and attract attention.

### In a Relationship:

It is the moment to rekindle the flame, to do everything possible to embark with the other in your universe or even for the land of love. They won't resist the temptation to surrender to the vertigo of love in your company.

### Single:

Take advantage of the fact that you are highlighting your assets (charm in particular) to attract the rare pearl in your nets. You should have no trouble hitting the bull's eye since Venus, and the Sun will be working together in November in this direction.

### LEO: MONEY FOR NOVEMBER 2022

You are carried along by a cosmic state of affairs that supports your successes. If you are asking for money or need money, you can count on your current radiance for a positive answer to your requests.

### LEO: WORK FOR NOVEMBER 2022

Your attention seems to be focused on your quest for personal and sentimental fulfillment in November. In that case, you will also count on exalted creativity and the undeniable power of seduction to charm your interlocutors and transform them into fervent admirers. Take advantage of this to praise your merits and rally the votes around your proposals and initiatives.

## VIRGO – (Aug 22 – Sept 21)

### VIRGO: MOOD FOR NOVEMBER 2022

Venus favors cordial exchanges with your family and puts you in tune with those around you? You will take full advantage of this time to enjoy yourself and your family in an atmosphere conducive to deep relaxation. Enough, if possible, to be in a position soon (from the end of December) to relaunch the business in progress.

### VIRGO: LOVE FOR NOVEMBER 2022

In November, you will be keen to evolve in a warm and serene atmosphere within a sensitive clan with your affectionate gestures. You will indeed redouble your attention to your loved ones. You will take care to improve your living conditions and put everything in place to blossom in an environment that will contribute to your physical and moral well-being.

### In a Relationship:

No earthquake or fundamental movement to be feared in November. Peace seems to reign at home, and you will have the possibility to blossom at your ease well surrounded by your loved ones.

### Single:

If you feel like starting a home, investing in real estate, or simply enjoying the presence of those you love, this is the time. Nothing and no one should disturb your serenity in November.

### VIRGO: MONEY FOR NOVEMBER 2022

Have you worked hard between May 10th and October 28th to boost your income, obtain a pension, or benefit from a bonus or a return on investment? Your possibilities of action may be delayed until the end of December.

### VIRGO: WORK FOR NOVEMBER 2022

Jupiter, who was tending to make you benefit from returns on investment, more related to a recent association, to a promotion, is moving away from this area of influence for the time being. While waiting for December 20th, when he will come back to reinforce your progress, take care of yourself, of your entourage, and continue to surf at the office on relatively buoyant winds.

*...continued on page 39...*

# HOROSCOPES NOVEMBER 2022



## LIBRA – (Sept 22 – Oct 21)

### LIBRA: MOOD FOR NOVEMBER 2022

Venus should maintain a rather debonair state of mind (between the 16th and the 24th). Far be it from you to upset anyone. You will instead want everyone to love you, appreciate you, and want to share good moments with you. Take advantage of your relatively light mood at the moment to maintain or improve your relationship life.

### LIBRA: LOVE FOR NOVEMBER 2022

Count on Venus (between the 16th and the 24th) to communicate with your loved ones in harmony. It will help you gently pass on your messages. Jupiter has probably favored closer relationships between mid-May and the end of October, even decisive encounters or (and) unions. In November, the situation still invites you to close ranks through dialogue.

#### In a Relationship:

The current passes well between you and the other (others)? You are keen to make sure that a cordial understanding reigns. Do not hesitate to feed the exchanges so that everyone feels listened to and heard.

#### Single:

If you have recently met someone, don't hesitate to maintain a dialogue between you and the one you love to strengthen the link. Don't stay in the corner if you're still looking for your soul mate.

### LIBRA: MONEY FOR NOVEMBER 2022

Jupiter has been on your side between May 10th and October 28th and has helped to improve your status and income. If there are still agreements to be finalized, use your verve to close them to your advantage.

### LIBRA: WORK FOR NOVEMBER 2022

Nothing should dampen your bliss in November, whether you've just made a partnership, landed a lucrative contract, or had a promotion. You're a good talker and ready to discuss everything with your colleagues, so you shouldn't have trouble keeping your rating at the top. Until Jupiter returns to confirm your progress from December 20th.

## SCORPIO – (Oct 22 – Nov 20)

### SCORPIO: MOOD FOR NOVEMBER 2022

You have been somewhat carried along by the elements since spring. You are evolving in an atmosphere that pleases you and allows you to express your desires and see them satisfied (at least in part). This month, nothing can alter this joyful climate that invites you to surf in life's possible and pleasant lightness.

### SCORPIO: LOVE FOR NOVEMBER 2022

Jupiter has undoubtedly favored your daily fulfillment from mid-May to the end of October. Often through an improvement in your living conditions or an increase in energy. In November, if the planet has temporarily (until December 20th) deserted the scene, count on Venus (between the 16th and 24th) to boost your personal magnetism...and desires.

#### In a Relationship:

Venus tends to sharpen your thirst to take pleasure? Why deprive yourself of this since you are currently evolving in an atmosphere favorable to expressing your feelings and sensuality.

#### Single:

Whether you've just met someone (under the influence of Jupiter) or not, you can rely on your magnetism and your appetite to attract your crush or simply seduce everyone.

### SCORPIO: MONEY FOR NOVEMBER 2022

Your talents are appreciated, recognized, and probably rewarded to their actual value. If this is not the case, do not hesitate to claim your due. Especially between the 16th and the 24th, when Venus will exalt your ability to put yourself forward and in value.

### SCORPIO: WORK FOR NOVEMBER 2022

Jupiter must have helped you get a promotion or a new job? This could be the time (if it hasn't already happened) to claim the reward for your merits. Venus (between the 16th and 24th) should contribute to their recognition if you are exploring new potentials, and the Sun will take over from the 22nd.

*...continued on page 40...*

# HOROSCOPES NOVEMBER 2022



## SAGITTARIUS – (Nov 21– Dec 20)

### SAGITTARIUS: MOOD FOR NOVEMBER 2022

Venus gives you a glamorous aura between the 16th and 24th, and from the 22nd, the Sun adds a layer? To boost your self-confidence and your power of seduction. This is your opportunity to show off, attract attention, and keep it. All these ingredients should help you to keep smiling.

### SAGITTARIUS: LOVE FOR NOVEMBER 2022

Jupiter has probably favored your sentimental blossoming between May 10th and October 28th. A child or a love affair was born, conceived, and a meeting evolved into a long-term experience. A return of the flame brought you and the other person closer together? In November, count on Venus to take over and give you a lot of charm. What to prolong the enchantment?

#### In a Relationship:

Charming and charming, bet on your radiance to continue to live fully and delightfully a relationship that fills you and delights the partner. This osmosis will be reinforced (between the 16th and 24th) by the magnetic presence of Venus in your decanal.

#### Single:

You should have no difficulty in November bewitching whoever you want. If you have recently started a romance, you can count on the current situation to strengthen the link. If you are still looking for your soul mate, increase your chances of meeting her.

### SAGITTARIUS: MONEY FOR NOVEMBER 2022

You may have received an increase in your income between May and October. A new job, a promotion, better working conditions? If not? Use your current influence to get recognition for your merits.

### SAGITTARIUS: WORK FOR NOVEMBER 2022

From the 22nd onwards, you are entering a new expansion cycle under excellent auspices. Jupiter has probably boosted your creativity between mid-May and the end of October, assuring you of top popularity. Count on Venus in November to reinforce your ability to unite. Especially between the 16th and the 24th when the delightful planet will play on your side.

## CAPRICORN – (Dec 21 – Jan 19)

### CAPRICORN: MOOD FOR NOVEMBER 2022

You will not necessarily be very voluble nor very inclined to communicate about what you feel at the moment. Venus favors the sifting of your emotions between the 16th and 24th, while the Sun takes over from the 22nd. Take advantage of this temporary pause in your communication with the outside world to identify your priorities.

### CAPRICORN: LOVE FOR NOVEMBER 2022

You have recently (since last May) worked to improve your family and private life. In that case, you should take advantage of the presence of Venus in the shadow of your sign and decan (between the 16th and 24th) to take a step back from events. It is a question of determining if what you have set out to do corresponds to your most essential aspirations.

#### In a Relationship:

Venus invites you to reflect rather than act this month. It's time to sift through your deepest emotions to see if the recent improvements in your family life are ticking the right boxes.

#### Single:

Whether you are moving to a new home or are starting one, take time (between the 16th and 24th) to probe your heart to see if it really resonates with your current expanded horizons on the private front.

### CAPRICORN: MONEY FOR NOVEMBER 2022

You have just spent money to improve your living conditions or environment. In that case, you will be more inclined in November to do your accounts, to look at your growth (or decrease) forecasts, than to ask for anything.

### CAPRICORN: WORK FOR NOVEMBER 2022

Here again, this is not the time to rush things. Instead, you'd review your copy, fine-tune your strategies, and sharpen your arguments. When the time comes (from December 21st onwards), you'll be ready to begin a new cycle of expression and even expansion in full possession of your means and complete knowledge of the facts.

*...continued on page 41...*

# HOROSCOPES NOVEMBER 2022



## AQUARIUS – (Jan 20 – Feb 17)

### AQUARIUS: MOOD FOR NOVEMBER 2022

Boosted by prospects that seduce you and support those who believe in you and are ready to follow you? What a way to strengthen your already high morale in November. Take advantage of these currents to convince those around you. Those you love, but also those you need to succeed.

### AQUARIUS: LOVE FOR NOVEMBER 2022

You will have a lot of projects in your head and heart between the 16th and the 24th? Suppose you have concocted new plans between May 10th and October 28th. You may well wish to put them into practice as soon as possible or even immediately. Count on the Sun from the 22nd onwards to give you a boost to your ideas.

#### In a Relationship:

You dream aloud in November and aspire to concretize an idea of life running through your head. You should immediately receive the support of those you love to support your initiatives.

#### Single:

A friendship that is evolving tenderly, and/or the support of your friends put you on the right track. A project emerging from your thoughts? In any case, this is the ideal time to move from dream to reality.

### AQUARIUS: MONEY FOR NOVEMBER 2022

You'll have no trouble financing your projects in November, as everyone's esteem seems to have been earned. You can count on your ability to rally the support of all those around you.

### AQUARIUS: WORK FOR NOVEMBER 2022

You have recently been inspired to take on a goal. In that case, you should benefit in November from the active and genuinely committed support of those around you who are determined to help you in your endeavors. Count on a surge of solidarity from those you love between the 16th and 24th and from your collaborators from the 22nd.

## PISCES – (Feb 18 – March 18)

### PISCES: MOOD FOR NOVEMBER 2022

You're more likely to be in the limelight than in the corner. Still, you'll undoubtedly put yourself forward in November. It's not a question of being a wallflower but instead of getting out into the world and testing your influence on others. In short, you should go about your month with the mind of a winner.

### PISCES: LOVE FOR NOVEMBER 2022

You can count on Venus (between the 16th and 24th) to increase your circle of admirers. Whether in society or in the office, you will know how to seduce your interlocutors and shine. If you are currently looking to boost your rating, this is the moment to put on the show.

#### In a Relationship:

More in search of social recognition than cuddles in November? Your partner shouldn't be too offended because you have a way of drawing attention to yourself. All the more reason for the other person to congratulate themselves on being the chosen one.

#### Single:

if you aspire to be noticed, there is no need to worry. In November, you will have a magnetism that should not fail to strike a chord with those around you. Not necessarily enough to attract in your nets the rare pearl. But what?

### PISCES: MONEY FOR NOVEMBER 2022

You have probably benefited from golden opportunities to earn more between May 10th and October 28th, and it's not over yet. Jupiter will return on December 20th to reinforce the trend. In the meantime, treat yourself.

### PISCES: WORK FOR NOVEMBER 2022

You have had the opportunity recently (between mid-May and the end of October) to develop and express your potential more fully and obtain the deserved and probably quantified reward. In that case, you should consolidate your progress from the 22nd onwards when the Sun puts your business in the spotlight. And since Venus exalts your power of seduction, what more could you ask for.



Dr Joe Dispenza

# OPENING PANDORA'S BOX PART 2

*...continued from page 8*

Sometimes, these dreams and visions can take on a life of their own, forming a parasitic relationship with us. Those entities and thought forms harvest our energy and attention, looming larger and larger in our imaginations and emotional realities. They interfere with our ability to move past them.

But if we can learn to sit with the discomfort and overcome it ... if we can refrain from judging the experience as "good" or "bad" ... a whole new world opens up to us.

## APPLYING WHAT WE'VE LEARNED

**How do we get there? Through discipline and practice. When we're in our meditation, and something troubling or uncomfortable arises, we sit through it. We look directly at our emotions and relax into them. We master the feelings that keep the dreams alive in our minds – by overcoming them.**

We settle the body down into the present moment – and master its habits and strong emotional condition-

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ing. Sooner or later, all that stirred up energy is going to move. And when it does, we're going to liberate it – right out of the body.

This is the moment where we finally free ourselves from the emotions of the past and the same habits that keep us tied to the same future. And, with that liberated energy, we are free to create a brilliant new life.

If the familiar past is the known, and the predictable future is the known, then this moment – the generous, present moment – is the unknown.

## THE UNKNOWN: THE SEAT OF UNLIMITED CREATIVITY

As with every aspect of our practice, dream work is another opportunity to be the scientist in our own lives – and evolve our experience. As we get better at lingering in these different brain wave states – especially in theta – we'll find we have dreams and visions of a higher order. More lucid and more profound – with more elevated emotions.

Viewing our lives and practice as an ever-evolving experiment means we interrogate our experience with willingness and honesty. All information is useful information. And we can learn from whatever arises.

The most important information derives not from dream analysis, but from understanding the emotions evoked by the dream – and the work we need to do to change those emotions during our meditations ... by changing ourselves.

That stored energy; our "shadow" or hidden self; has to come up and out. And it comes out in all kinds of interesting and unusual ways. Sometimes it seems unfavorable – just like life. It's important to remember not to judge or overanalyze any of it. To stay curious and open. And to remember, ultimately, we have the power to create our dreams ... just as we have the power to create our reality.

It really comes down to this. Emotions are energy. And energy is frequency – derived from our thoughts. So we have to transform our thoughts and feelings – and transform the energy of the frequency or the emotion of those thoughts. When we do, our dreams will change. And our experience will change, too.

When we stop reacting in our habitual ways, our responses to dreams won't be a barrier to progress. Instead, they'll be an invitation to the unknown. A portal to the field of infinite possibilities and other dimensions. Another tool for unlimited creation.



Michelle Whitedove

# ASK WHITEDOVE

*...continued from page 14*

## WHY IS PRAYER IMPORTANT? BECAUSE WITH IT WE CAN ALTER OUTCOMES. AS MULTI-DIMENSIONAL BEINGS WE HAVE THE ABILITY TO JOIN TOGETHER AND CO-CREATE A BETTER REALITY

**DEAR WHITEDOVE,** War is happening and threats of nukes are being thrown around so I'm asking my church to start a prayer group specifically for this. Thank you for the continued reminders for all of us to pray daily.

**DEAREST,** In times like these, now more than ever, this is the time to turn towards **Spirit**. Prayer is having a conversation with **God -- whoever or whatever that is for you** -- it's so simple. Seriously, everyone can afford to put aside 15 minutes a day for a conversation with **Great Spirit** or whatever label you chose for the **Creator of all-that-is**.

In this way we can alter outcomes; as multi-dimensional beings we have the ability to join together and co-create a better reality. I would encourage everyone to start Prayer and Meditation groups: choose a time and pray for the same outcomes. You need not be in the same room, just pray at the same time.

**HERE ARE SOME TIPS:** Pray in a positive manner, do not beg or plead because that is a prayer of lack. Instead give prayers of thanks as if, it were already done: Thank you **God** for giving humanity global freedom. Thank you for the protection and health of my loved ones. Thank you for removing the evil agendas that are planned to dictate to humanity or harm us. Bless the innocent of this world and thank you for providing safe havens for all. I give thanks to **Mother Earth** for her abundance that sustains us with plants, animals, the waters and the air.

In this way you are in a state of gratitude when you pray, visualize the positive outcomes, feel the blessings of your thankfulness being bestowed on humanity - in this way it's a more powerful multi-dimensional prayer that you are speaking into fulfillment as a co-creator with **Spirit**.

And one last thing: never tell **Great Spirit** how to fix your problems because Spirit has far greater solutions than you can imagine. And so it is, Amen!

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# SETH SPEAKS

*...continued from page 29*

Your conscious mind should assimilate it. It should be an easy enough accomplishment to look around you and see that you are in no danger.

Your conscious mind is meant to give your body an assessment of what I will call cultural conditions, for there are sophistications and specifications that in your terms consciousness alone can assess.

If, under conditions naturally safe in the terms of primary experience, you become overwhelmed by unsafe signals from secondary experience - that is, from your reading or whatever-you show a lack of discrimination.

You are not able to differentiate between the physically safe present situation, and the imagined, which is perhaps unsafe, calling forth the alarms of danger.

The body mechanisms become highly disoriented. The signals to the body are very contradictory, so that after a while, if such conditions continue, you

can no longer tell whether you are in actual danger or imagined danger.

Your mind then forces your body to be in a state of constant alert- but more unfortunately, you train yourself to ignore your direct, sensual feedback in the present moment.

Your body then might say you are safe, and your senses show you that no danger is present-yet you have begun to rely so upon secondary experience that you do not trust your creature reactions.

Because of man's great gift of imagination, however, the alarm signals not only invade a safe present moment, but go jangling into the next one and the one following, and are endlessly projected into the future.

To whatever extent, and in whatever fashion, each individual is therefore robbed of his or her belief in the personal ability to act meaningfully or with purpose in the present.

The body cannot act tomorrow, today.

Its sense data must be clear. This resulting feeling of powerlessness to act leads to a state of hopelessness of varying degrees-and that mood does not tie itself to specific details, but pervades emotional life if it is allowed to.

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# ESSENTIAL LIFE HACKS

*...from page 15*

## PRAYER

Mokshapriya Shakti

**Dr Sheldrake's** work on telepathy finally explains scientifically that our lives are made possible by unseen energy and our act of thinking or looking at an object or person directs that energy towards it. Our thoughts and words and prayers affect everything around us. This unseen energy is the same everywhere, therefore everything is linked. We are one. Every thought or prayer affects the whole.

**SO WHAT DOES PRAYER DO?** When we pray we surrender our ego and allow our higher self, or soul self to send this unseen energy. We ask for Divine intervention, but in reality, it is our own soul self, or **I am Presence**.

In the **12-step program of AA** we learn that a habit has a strong hold on us that we cannot release it on our own and ask and pray for a power that is greater than us to give us strength.

Once the ego self, who wishes to control us, is out of the way, our inner strength takes over. We are all made in the image of the Divine and have some power to create. Without the ego desires, our innate potential is activated. So, prayer is surrendering our ego and it gives us our own personal power. Prayer and meditation have the same effect. We find that the Divine resides within us in our heart center. It is that divine power within us that allows us to accomplish whatever we set out to do if our ego desire body does not interfere.

Since we all have the same energy it truly links us together as one. When we pray for another person they receive that energy, but it is up to them to allow it to be perceived. If we wish for their health, it will not change their health, but it will activate their personal power centers to help them heal. If they do not accept the energy of the prayer, it will stay within their astral body so it may download when they are ready. So every prayer has the potential to be effective even if it is not at this time.

We all have experienced situations when we think of a friend and suddenly they call. Or mom had a feeling that we are in trouble. When I was young my appendix burst in gym class. The teacher just put me out in a hall by myself. I was in agony, and to my surprise my mother came before the class finished. There was no phone, no one went to get her, she just felt that something was not right and came to my rescue. We all have this ability, but we rarely use it.

We are all connected to one Divine Energy. Prayer and meditation opens that channel and allows us to communicate with the world. So let us Pray!

“Thousands of years ago, man lived in harmony with the rest of the natural world. Through what we would today call Telepathy, he communicated with animals, plants, and other forms of life—none of which he considered “beneath” himself, only different, with different jobs to perform. He worked side by side with earth angels and nature spirits, with whom he shared responsibility for taking care of the world.”

Benjamin Hoff, *The Te of Piglet*

  
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Mitch Ditkoff

# REFLECTION THE LOST JOURNALS

*...continued from page 18*

**And so here it is for you, my friends. I'm not really sure what it is. It's not poetry. It's not a story. It's not a prayer. It's not a song. It's more of a sand mandala of words that came to me like a flock of birds, a murmuration of my soul. Enjoy!**

"What this existence is all about -- my own self-invented scripture few people will ever read -- needs no jabbering disciples to argue its fine points over what I meant by saying nothing, the next day congregating, as they have long been accustomed to doing just a little too studiously and debating whether or not we should start our own religion or speed dial the nearest sage sweeping up this morning's sand mandala just before the BIG interview with **CNN**.

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Yes, indeed, it was THIS kind of moment I was having -- a bit too much and not quite enough, so I grabbed a notebook -- what used to be a tree where birds sang -- and opened it to a random page and wrote, my sudden revelation taking form, a kind of kidnap letter to myself, though there was no ME, no MY, no MINE, just the caretaker of a feeling every jazz musician since the beginning of time knows in their bones.

That's what I'm talking about, my brothers and sisters -- why animals get hugely agitated just before a tsunami and I am left homeless with only my breath held high above the heads of anyone who has ever prayed or played, **Jerry Lee Lewis**-like, alone in a room, bouncer at the door, a heavy-lidded man with a scar on his cheek refusing to let anyone in -- him not wanting anything I play to be misunderstood or any side conversations going on, my left hand not knowing what my right hand is doing, the night shift cleaning up, as the space between day and night opens wider, a kind of red sea parting in the underground kingdom of love.

I must say, with all due respect, I was a bit surprised at how little of what I knew to be true made it to the page, writing as I was with a kind of invisible ink, with still the faintest glimmer of wanting to say something meaningful enough to sign my name to and feel good enough to die.

Space.

Lots of space.

There was lots of space.

And lots of silences between the space, each one an orphan from a place now spinning in great circles around me.

What did I actually write that night in the underground kingdom of love, bouncer with the scarred cheek standing guard at the door?

What holy hieroglyphics made their way to the page, my right hand twitching, my left hand hitchhiking Westward?

Are you sitting down, my friend?

Are you ready to receive the shortest scripture ever written?

## FOUR WORDS.

That's all I wrote that night, none of them longer than four letters, one of them only two, my entire revelation a kind of speechless tourist meeting **Miles Davis**, backstage, on opening night, with only enough time to say hello.



# STORIES THAT BEND REALITY

*...continued from page 11*

Jim Egan

**Reb** was involved in his weekly ritual of filling in his lucky numbers on his card when out of the corner of his eye he saw his friend the **Man with the Ladder** approach. He didn't approach directly, he sort of zigzagged across the post office lawn, making a sharp right at an elm tree, then left, then back past some shrubbery all without looking higher than an ant would have. When he had made it almost as far as Reb's loafers without looking up and noticing him, Reb cleared his throat and said: "Out for a stroll? Taking your grasshopper for a walk perhaps?"

"Oh hi **Reb**," he smiled widely, looking up, "I didn't hear you coming."

Before **Reb** could reply, the **Man with the Ladder**'s expression sank, his eyes darted back down to the ground. "I've lost it." he moaned, dropping to his hands and **Reb** looks, inspecting everything in the vicinity very minutely.

"I get it," **Reb** realized, "you've lost something and now you're retracing your steps." he stepped back carefully so as not to step on whatever the **Man with the Ladder** was looking for.

"Actually I've lost something that I've been tracing the steps of." the **Man with the Ladder** attempted to explain, his face inches from the ground, inspecting every pebble.

"Is this what your looking for?" **Reb** asked, spotting a dime store ring near the curb.

"It shines like that but that's the wrong color."

"There's something." **Reb** said, pointing to what looked to him to be a contact lens stuck in the crack in the sidewalk.

"It's as narrow as that but infinitely longer." he explained turning to the grass bordering the sidewalk and running his fingers through it.

"What exactly am I looking for?" **Reb** asked, noncommittally nudging an empty cigarette pack with his toe.

"I barely know what I'm looking for--how am I supposed to know what you're looking for?"

"I'm trying to help you."

"Oh, very kind of you, thank you." The **Man with the Ladder** said, returning to the task. He stopped a moment.

"How are you going to help me if you don't know what I'm looking for?"

"Well tell me--I'm curious, what's shiny and narrow but infinitely long."

"A line."

"A line? What kind of line?"

"I'm not sure. It's certainly not your average ordinary line. It appears green when it passes over grass, brown near soil and gray on concrete. It's not an easy line to trace that's for sure."

"If it takes on the color of whatever it crosses how can you see it?" **Reb** asked, beginning to get a little skeptical.

"I already told you--by its shine. But it seems as you follow it you wear off the shine so you can't go back only forward."

"How did the line get there in the first place?" **Reb** asked, eyeing suspiciously anything with the remotest shine to it.

"I don't know. So far no one else who's crossed its path knows it's purpose or origin either."

"Do you think by following it you'll find out?"

"Perhaps." the **Man with the Ladder** said, blowing some dust off the sidewalk, still prone on his hands and knees, "Perhaps not."

"If you don't know if it will lead you anywhere why bother following it?"

"Because its there." he said, pointing at the ground, "Or maybe its there. In any case, once you start following a line you just can't stop in the middle, it would make the journey pointless."

"If you don't start the journey with a point how far do you have to go before you know you're not going to find one?"

"How should I know, I haven't gotten to that point yet."

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# STORIES THAT BEND REALITY

*...continued from page 47*

Jim Egan

The **Man with the Ladder** turned toward a homeless man half buried in a newspaper, "Excuse me, sir. Did you by any chance see a line lying around here?"

"It wouldn't be a shiny one, disappears when you look close, seems to go on forever?"

"That's it, that's it!"

"I used to find lines like that all the time when I was a kid. Never lead anywhere for certain but it'll keep ya busy following it forever. Haven't followed one for years--I try to use my time more constructively." He said pointedly, rumpling back beneath his paper.

The **Man with the Ladder** turned back to **Reb**.

"It's got to be around here somewhere. I followed it across the lawn to that tree there, then around the bushes. It was a little hard to track across that walkway but then it was smooth sailing right up to here."

**Reb**'s eyes traced the path he described. "I don't see it."

"Most people don't. Perhaps the reason I've yet to find someone who could explain it is because except for winos and little children I've yet to find someone who could see it."

"Oh, I see." **Reb** said, straightening his back with an 'ouff, "Well since I can't see it you won't mind if I go back to filling out my lucky numbers."

"Please do, don't let me disturb your luck." he said, returning to his search on all fours. He paused a moment.

"How do you know they are lucky numbers?"

"Well I've been playing the same numbers for years now and they've never won, so I figure they're about due."

"Some lucky numbers. Has it occurred to you the Lottery might be broken?"

"What do you mean?"

"Well if you spent years putting money into a vending machine and you never got anything out of it, wouldn't you eventually conclude it doesn't work?"

"What the Lotto machine is broken?" a burly man behind them asked.

"No, my friend is just making an analogy."

"Is Lotto machine broke?" a **Korean** man asked the burly man.

"The guy on the ground with the ladder says it is, but his friend here says he has an allergy."

"Analogy, analogy," **Reb** corrected, "And an absurd one at that." he turned toward his friend who was running his fingers through the grass, "A Lottery isn't like a vending machine, if you could predict when it's going to pay off it would defeat the whole point of it."

"What exactly is the point of not knowing and paying good money for the privilege of losing."

"It's a small price to pay for losing--I mean it's a small price to pay for the chance of winning someday."

"Oh I get it, the whole point of it is to encourage patience and perserverence. If you stick to it and keep playing you have to win eventually."

"Not necessarily." **Reb** admitted.

"No can't be," the Korean interrupted, "You mean I play every day for whole life, spend thousands of dollars and still lose?"

"That's the risk you take." **Reb** pointed out.

"Sounds like a sure thing to me." The **Man with the Ladder** added.

"Don't worry." the burly man comforted, "You're a foreigner, you'll probably win tomorrow. Me, I'm just a working stiff--one of the minority born in this country--all we're allowed to do is pay taxes, work our tails off and stand still while we're being robbed. I couldn't win if they gave me all the tickets."

"Then why do you play?" the **Man with the Ladder** asked.

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Jim Egan

# STORIES THAT BEND REALITY

*...continued from page 48*

"I'm not playing by myself, twenty illegal aliens from work are in on this ticket--If that don't bring me luck, nothing will." "Eighty two coworkers, all on one ticket." the **Korean** man said, holding his up proudly.

"Yeah but then if you win you have to divide it that many ways."

"Forty Zillion divided by 82 is plenty."

"It's a hundred zillion this week, no one won it last week."

"If you could win it, the Lottery wouldn't be broken, would it?" the **Man with the Ladder** pointed out.

"Why he keep saying it's broken."

"I told you, he has an allergy."

"Don't tell me, Lotto machine broken?" a woman in an **Indian** sari asked.

"Only for Americans." the burly man replied.

"Could you move for a second sir. I think you're standing on my line."

"The line starts back there buddy."

"I'm not interested in the paying good money to lose line, thank you. I'm following a less expensive line."

"And a lot of good it will do you." **Reb** added, "You'll spend the whole day following it and where will you be? Not a penny richer."

"So far I've found thirty cents and three deposit bottles, so there. That's more then you've gotten out of your line and you've been waiting on it every week for years. You don't even get a change of scenery."

"True, but every week I get a shiny new chance. My chances may be slim but if I didn't play I'd have no chance at all."

"No chance of what? To be happy? To do what you want to do? It's pretty sad if you need millions to be happy or as an excuse to do what you want to do."

"I could be happy without it. I just couldn't be happy all the time."

"Okay, lets pretend it was possible for you to win and you beat all the odds and actually won. What would you do?"

"First thing I'd do is quit my job."

"You could quit your job now."

"Yeah but it wouldn't be any fun now. I'd eventually have to go out and find another one."

"You could find a job you enjoy doing. It beats sitting around with plenty of money and nothing to do."

"I'd have plenty to do. I'd travel all over the world."

"You get lost going around the corner, you can't speak any language but Brooklynese and you get fidgety on a two hour trip to Jersey."

"With all that money I'd hire other people to speak for me and get fidgety for me and get lost for me. Besides I'd have my own yacht and go in style."

"You got seasick that time we went to the aquarium."

"Forget the yacht, I'd have my own airplane."

"You're scared to death of airplanes. You get nervous when you take an elevator to the top floor!"

"Who needs to travel. I'd be surrounded by pretty women, fast cars, a never ending nightlife."

"You hate to drive and your wife would have her cousin Vito shoot you if you ever managed to stay out later then ten o'clock."

"Okay, I'll tell you the truth." **Reb** groaned, "The real reason I play the Lotto is because I've been playing these same damn numbers for years and haven't won a nickel. So long as I play them I'm sure I never will win, but I'm just as sure that the one time I don't play them, just for spite they'll win."

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# STORIES THAT BEND REALITY

*...continued from page 49*

Jim Egan

"That doesn't make any sense." The **Man with the Ladder** pointed out.

"And I should be taught sense by a man who has spent the day following a line that disappears before he gets to it? You said yourself that you keep following that line because stopping in the middle would defeat the whole point of the journey. Doesn't that same principle apply to Lotto lines as well?"

"I guess we're both in the same boat-- treading paths we didn't make, we don't know where they lead and we don't know why we follow them."

"So what do we do?" the **Korean** man asked.

"I know." said the homeless man, tossing his paper aside and sitting upright, "We've got to resist temptation! That's right, resist the temptation to keep following paths big on promises but with no soul and no hope of success!" he waved his long gnarled finger at the Lotto sign, "Those paths are like empty carrots dangling so far away that they have to be enormous just to look like they're closer than they really are."

"This line not for vegetables this line for Lotto." the **Korean** man said helpfully.

"Don't be so sure," the homeless man went on, unsuccessfully struggling to make it to his feet. "Look at me-- in the end we end up vegetables, forever waiting for something that don't arrive when we could be pursuing our dreams. Real dreams, not some glossy paper advertisement for lifestyles of the rich and bored."

"That's easy for you to say." **Reb** muttered, "Your numbers aren't going to run out and win a billion dollars tomorrow just to spite you."

"If you didn't check the numbers every week you'd never know." he shot back.

"I'd know, one way or another. Even if I spend the rest of my life walking on the other side of the street whenever I passed a candy store just in case the numbers

were posted. Even if I didn't break into a cold sweat every time the newspaper was delivered. Even if my mother-in-law didn't call me with a great cackle in her voice to tell me the news, somehow I would just know."

"But the more time and money you spend to keep your numbers from winning, the greater the agony if you miss a week. There's no escape. In the end you'll be on your death bed, too sick to buy a Lotto ticket and begging death to hurry before the numbers are drawn."

"Begging death to come and get me, versus listening to my mother-in-law's cackle for the rest of my life --doesn't leave me much to look forward to either way." **Reb** sighed. "One thing for sure I'm damn tired of waiting on lines."

"What do you say we head for the park." the **Man with the Ladder** suggested, "The hotdogs are on me."

"They'd probably be a line for that too." **Reb** grumbled, tossing his **Lotto** card into the air. "No I think I'll go home and cancel my newspaper subscription and hide under the bed until the Lotto numbers are drawn."

"That's the spirit." the burly man called after him, "I'd do the same myself if my mother-in-law wasn't so good at cackling already."

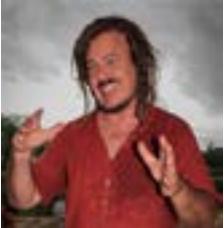
The line quieted down, the homeless man carefully re-wrapped himself in newspaper and **Man with the Ladder** hoisted his namesake up on his shoulder. He was about to head home when he saw a glimmer right in front of his right foot. He bent over with the intention of staring it down until it disappeared and then head home. What he didn't expect to see was that the line had taken a short-cut across **Reb**'s discarded **Lotto** card. It was as if it had played connect the dots with the numbers **Reb** had chosen and each seemed to glimmer with a light of its own.

'I've never seen numbers glow before, maybe Reb was right.' the **Man with the Ladder** thought to himself, picking up the card. Now that **Reb** had discarded them they certainly looked like lucky numbers to him. He imagined his friend discovering his numbers had won without him. Worse still he imagined him remembering who had helped talk him out of playing them.

"Would anybody mind if I take my friend's place on line?" he asked cautiously.

"Go right ahead," the burly man replied, "I thought you didn't play Lotto."

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# STORIES THAT BEND REALITY

*...continued from page 50*

Jim Egan

*"I don't. I'm just playing for my friend. I figure the only way to keep his numbers from winning would be to play them myself."*

'But only once', he told himself. He wasn't going to his grave playing **Reb**'s numbers to keep them from winning.

*"So you're going to cash in on your friend's numbers is that it?"*

*"No, no, of course not. Even if the impossible were to happen I would gladly give it all to him."*

*"Oh sure, and I'm the Pope and this is Princess Di to my right."*

The **Korean** man poked his head out from behind the burly man, "Princess Di? Where Princess Di?"

The **Man with the Ladder** looked down at the card. The numbers were still glowing.

And what if they really did win? he heard a voice whisper quietly in his mind. He imagined his friend all glowing and happy at least until his prophecy came true and he was rich and miserable and then once again it would be his fault.

He imagined **Reb** seeing through the plot and refusing to take the winnings leaving him stranded with more money than sense. He imagined spending the rest of his life in the company of tax accountants and investment brokers, having acquaintances and relatives several times removed (for good reason) hounding his every move.

*Oh this is silly', he told himself, 'It could never happen.'* But as he moved closer and closer to the machine and the numbers lost none of the glow of winning numbers he started to worry again. He was sure his portfolio managers would not approve of him changing lightbulbs as a career

and would lock him in a big ladderless office and make him stare at endless reams of stationary and presharpened pencils.

By the time he was before the **Lotto** machine he could see his money managers using his millions to finance corporate takeovers of community businesses, milking the pension funds of little old ladies and loaning all the profits to Right Wing dictators to buy weapons from companies he would probably own. It would all come out in the wash eventually and even **Richard Nixon** would be embarrassed to have him over for tea.

*"What's the story buddy? Give the guy the card!"*

The man behind the counter did not wait for him to act decisively, he reached over and in one swift motion took the card and ran it through the machine. The **Man with the Ladder**'s heart plummeted down a roller coaster. He walked out dazed into the sunlight, not daring to look down at the **Lotto** ticket for fear of seeing the glow still there. The warmth of the sun, the flower-scented air, the chirp of sparrows bouncing randomly on the sidewalk, all seemed to mock the ominous turn this day had taken.

*"Hey Ladderman, you got any spare change?"* the homeless man startled him out of his dark thoughts.

The **Man with the Ladder** mumbled something and absentmindedly patted his pockets inadvertently glancing down at the ticket. It was just a plain ordinary ticket, not a glow or glimmer anywhere. It was quite beautiful to his eyes, he could not pull them away for a moment.

*"It worked! It worked!"* he shouted, *"They're not lucky numbers anymore!"*

Even the homeless man, who was wearing a woolen overcoat in the middle of summer, looked at him kind of strangely.

*"Here, take this Lotto ticket. It's for this week's drawing."* the **Man with the Ladder** assured him, *"May you have as much luck with it as I have."*

He felt so light on his feet that he practically skipped down the street, oblivious to traffic and glimmering lines and Lotto tickets, whistling a happy sparrow tune. He didn't even notice the look of wonder in the homeless man's eyes as if the ticket before him had started to glow or something.



Andrea de Michaelis  
Publisher

## THOUGHTS ABOUT THINGS

*...continued from page 25*

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

*Some of us will do the work to transform our stories  
into the light at their source; others will run away  
with their 'tales' between their legs, only to find  
out later that their tales go with them everywhere  
they go.*

*If we can determine someone's willingness at the  
beginning, we can save ourselves a lot of trouble  
later." Jeff Brown*

**ANDREA** here: "He's right, not everyone will tell the truth if asked. An ex could keep up the pretense of doing deep soul work as long as he was miles away and talking about it; one on one in person it faded fast. **People don't understand what they tell you they understand. They show you what they understand by how they perceive life and how they react to it."**

### JEFF BROWN SAYS STAGE -- NOT AGE -- IS WHAT MATTERS IN A RELATIONSHIP.

He writes, "I make a distinction between relationship challenges that are sourced in trauma and those sourced in developmental stages. Quite often they are linked but not always. Sometimes what is blocking someone's emotional availability and fueling dysfunctional behavior is primarily related to unhealed traumas.

But sometimes the deeper issue is that they are at a different emotional stage. In the latter case, it is not simply a question of holding the space for their healing. It's a question of waiting, often for years, in the hope that they reach the stage you are at. An impossible scenario, both because you will have to stop growing yourself if they are to catch up, and because you really don't know who they will be at the next stages of their developmental journey.

They may grow into someone perfectly compatible with you, or they may move in another direction altogether.

Perhaps the most important questions we can ask about a partner relates to their emotional age: How emotionally mature are they? What areas have they developed and integrated? What aspects are still under-developed? And how will their stage of development intersect with ours?

Don't be fooled by chronological age. Stage—not age—is what matters most"

### I HAD SOME REVELATIONS OF MY OWN ABOUT CHRONOLOGICAL AGE

I had some real revelations in **September** as I dealt with cats and vets, revelations about seeing my cat dander allergies and carpal tunnel episodes absolutely disappear for weeks as I did what I had to do for the cats, lifting etc.

*Since my mind tells my body how to work, I figure it  
tells it how old it is.*

*So I decided that Ima stop counting chronological  
years and decide on one age that I'll stay at from  
now on.*

*I chose 50 since it's close to my birth year and I  
feel more 50 than 70.* As I do morning yoga, I relish in how flexible I still am and I think back to how my body worked at 50. I'm lucky, no health problems, not too many extra lbs, so it's easy to get back into the "**I'm 50**" mindset. Ima live my life and forget my age. Sure, I still have lots of future to look forward to but it's time to revel more in the moment.

### I'M ALSO LEARNING TO BE MORE FLEXIBLE IN FOCUSING ON CONTENT OVER FORM WHEN OTHERS SPEAK

I think to where else I'm being inflexible. We don't always use the same words nor say them the same way so I'm training myself to DROP the old guidelines. Like it used to irk me when someone would call an all veggie platter a **VEGAN CHARCUTERIE** board. Charcuterie literally means **MEAT**. Or call it **VEGAN** altho it contained dairy and honey. Now I'm like "*it's ok to have your own words for everything and call them anything you wish.*"

Life is so much easier when I dont care about the small stuff.



Enjoy our offering this month.  
Hari Om

*Andrea*

# HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

## OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions.

To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience.

What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind.

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

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

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

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it. We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise.

So, if you read an article that touches you or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss 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.

**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.**

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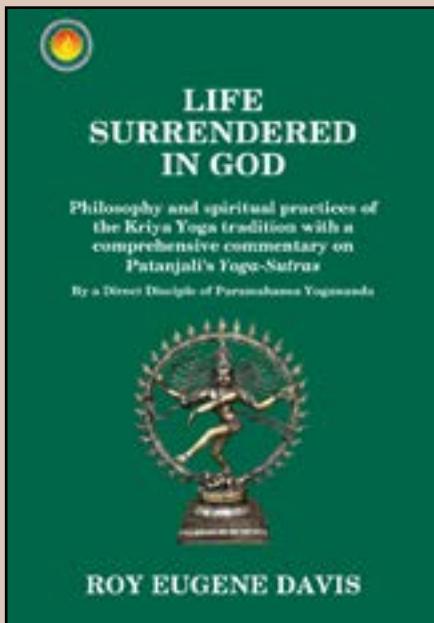


*As hopeless as any situation feels,  
it's really only your thoughts that  
you're dealing with. And you have  
the power to change those.*  
Louise Hay

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



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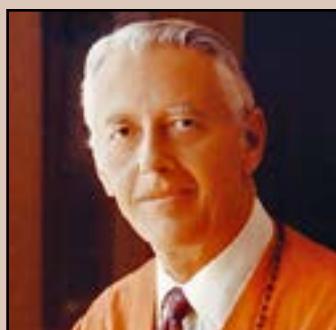
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