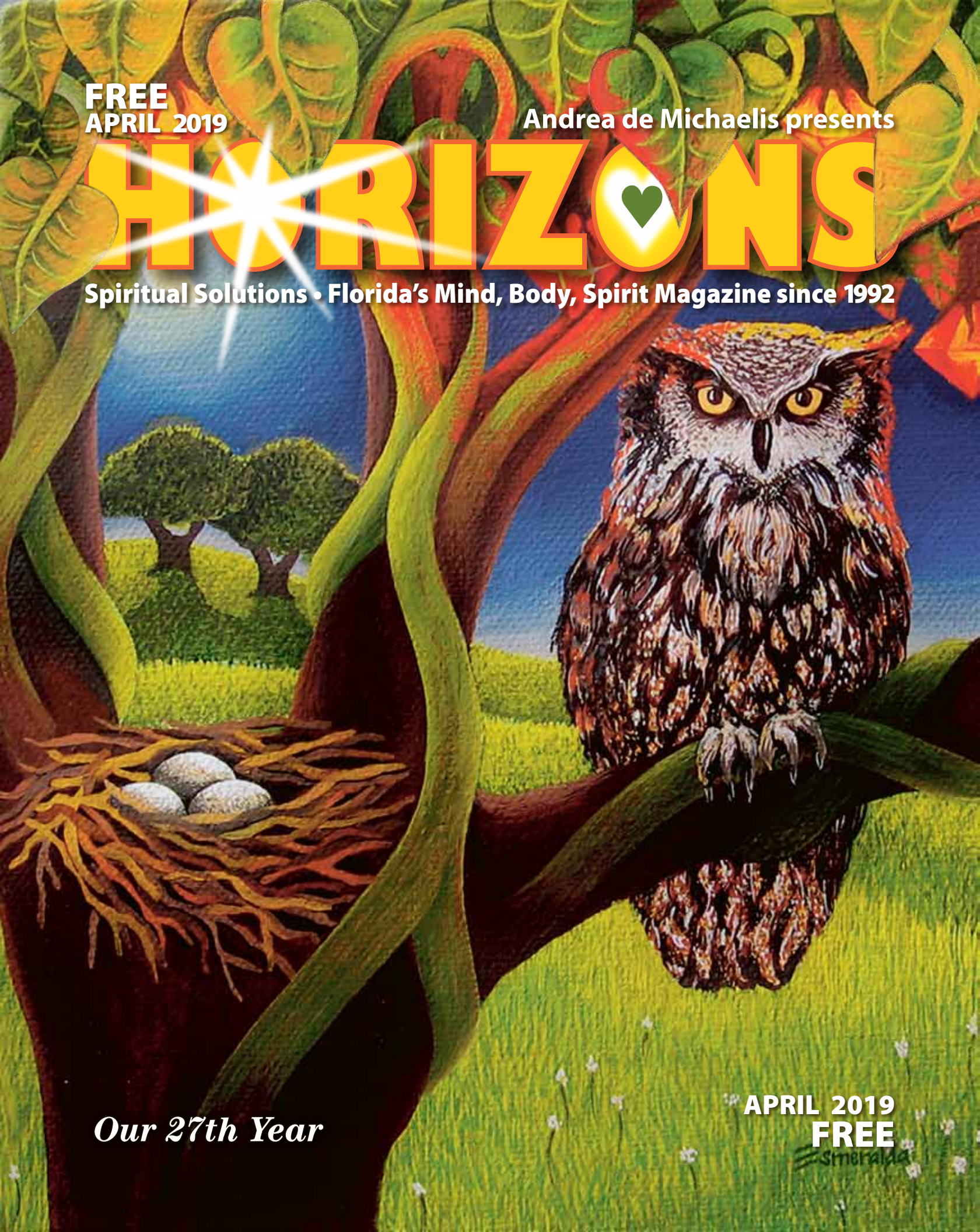


FREE
APRIL 2019

Andrea de Michaelis presents

HORIZONS

Spiritual Solutions • Florida's Mind, Body, Spirit Magazine since 1992



Our 27th Year

APRIL 2019
FREE

Emeralda



THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Essential Guide to Aromatherapy and Vibrational Healing, and many more. Her latest book is Crystals Beyond Beginners: Awaken Your Consciousness with Precious Gifts of the Earth. Margaret Ann is an evolutionary aromatherapist and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established 1988.
www.MargaretAnnLembo.com TheCrystalGarden.com

Essential Oils & Gemstones for Careers and Professions: Accounting, Bookkeeping, and Finance

Focus and attention is required to compile all that is needed for good bookkeeping of the year gone by. It's always a good time to reflect on finances and money management. Looking at how things were handled in the past is beneficial in order to improve your financial condition in the upcoming year. It's helpful to use gems and aromas for clarity and accuracy. Lemon and citrine are beneficial for accountants, bankers, entrepreneurs and all those who work with numbers and finance. **Citrine**, a yellow quartz, boosts abundance and confidence. Lemon in the air is beneficial success in business and tracking the associated numbers.



Citrine

Diffusion of **lemon** is a detoxifier and a deodorizer so use it to keep your workspace air and energy clear and clean. It helps with mental clarity and focus so you can keep your attention on work, especially when dealing with important details. Interestingly, when the aroma of lemon essential oil is diffused into the air in office buildings, it is believed to improve worker focus and reduce error. **Lemon** is a good aromatherapy ally for accountants, bankers, lawyers, healthcare practitioners, and any profession that requires thorough and unwavering focus.



Good for mental clarity, **citrine** reminds you that whatever you ardently believe and desire and work passionately toward will manifest. It has been known as the "merchant's stone" throughout the ages and also has the ability to increase your courage to accept abundance in your life. Match the **lemon aroma** and the **citrine gem** with some positive thoughts and affirmations like these: *Prosperity abounds in my life. Goodness multiplies. Whatever I desire, imagine, and passionately act upon becomes a reality. Prosperity abounds in my life. Goodness multiplies. Whatever I desire, imagine, and passionately act upon becomes a reality.*



THE CRYSTAL GARDEN

AROMATHERAPY SPRAYS & ESSENTIAL OILS

From the
creator of
Smudge
in Spray



DIVINE FAMILY



**JESUS THE
CHRIST**
Spray this
comforting
scent for
forgiveness
and
compassion.



**MOTHER
MARY**
Spray this
fresh scent
for a little
extra
nurturing.



**SAINT
JOSEPH**
Spray this
woody scent
for peace in
your home.

2610 N. Federal Highway, Boynton Beach, FL 33435 • 1-877-444-5099 • www.TheCrystalGarden.com



Open 7 days
Monday-Saturday 10am-6pm
Sundays Noon to 5pm

Visit our new sacred space at:
780 West New Haven Avenue
Melbourne, FL 32901
Celebrating 22 Years in Business!

reative Energy

Enchanted Gifts for the Mind, Body and Soul

Happy Earth Day!



Honor Mother Earth



An expanded selection of items to enhance your Spiritual Journey including: Crystals, gemstones, jewelry, salt lamps, drums, didgeridoos, singing bowls, books, tarot, CD's, candles, incense, oils, herbs, sage, divination tools, statuary, altar items, men & women's world clothing, belly dance accessories, henna, tapestries, peace-promoting items, faeries & much more!

321-952-6789

Located just 1.7 miles west of
Downtown Melbourne & less
than a mile east of the mall



Follow us on facebook
to get updated information

<https://www.facebook.com/creativenergymelbourne/>

Psychic Readings with
Kathryn Flanagan or Yvette
Friday, Saturday & some Sundays



To inspire
spiritual
growth
through
conscious
living

*Rev.
Valarie
welcomes
you*



2401 N. Harbor City Blvd
Melbourne, FL 32935
321.254.0313

SUNDAY Services
9:30 and 11:00am
Sunday school at 11:00am
Child care both services

Sunday, April 7th 9:30 and 11:00am

STILL I RISE Speaker: Rev. Valarie Parson

"You may write me down in history with bitter, twisted lies. You may trod me in the very dirt, but still, like dust, I'll rise." Maya Angelou said this of herself. Perhaps Jesus felt this way, too! Maybe we've all been there... that point of resiliency where nothing will keep us from rising again. Have you been there?

Sunday, April 14th 9:30 and 11:00am

LET JOY RISE Speaker: Rev. Valarie Parson

Joy is the emotion evoked by well-being, success, good fortune, or by the prospect of possessing what one desires. When my joy increases, my good fortune abounds. Get the good vibrations going first, then watch your successes and well-being overtake you.

Monday April 8th 7:00pm • SOUND HEALING with Vashti Saint Germain and James Trufan. Time for Heaven on Earth. Lay back and journey with the hypnotic sounds of Sacred Grandmother Drum (Rainbow Warrior) and the vibrations of a Paiste Symphonic Gong. Between Father Sky and Mother Earth, we will be transported to a new realm of inner peace.

Saturday, April 13th 10am -- 3pm

EARTH DAY EXPO! Free Admission –

Raffle Prizes – Free Giveaways. Family friendly activities – arts & crafts – drum circle. Eco-friendly products, services, presentations, and FOOD!!
www.unityofmelbourne.com/earth-day-expo



Sunday, April 21st 9:30 and 11:00am LET THE CHURCH ARISE

Speaker: Rev. Valarie Parson It's time, my friends! It's time for something different, something fresh, a more excellent way, a more inclusive vibration. It lives in us! It's waiting for us. The world needs it. We gotta' bring it! Out of the buildings and into the streets. Let the church arise from its pews and its seats! We've got work to do. Now is the time.

Sunday, April 21st 12:30-1:30pm

EFT TAPPING CIRCLE Facilitators: Julie Jacky, Certified EFT

Practitioner. We will uncover our hidden beliefs, thoughts, feelings, and emotions that are keeping us stuck and no longer serving us, then as a group we will tap together and release it. There is great POWER in tapping as a group -- each person will experience shifts and leave feeling calm and at ease. *If you have not tapped before please show up 15 minutes early (at 12:15 PM) to learn the tapping points and experience the constricted breathing exercise

Saturday, April 27th 10:30am – 1:30pm

MEMBERSHIP ORIENTATION CLASS with Paulette Mason, LUT

If you are interested in membership with Unity of Melbourne or just want to know more about Unity and our beliefs, this class is for you. Come, bring your curiosity and questions.

Sunday, April 28th 9:30 and 11:00am

LET THE SONGS ARISE

Speaker: Rev. Valarie Parson and The Unity of Melbourne Music Team

Join us for this joy-filled and inspiring service where we will weave the message with songs. Take in the beautiful sounds of our award winning musical artists infused with a message to encourage your heart to take one more step on the path that unfolds before you. You don't want to miss this one!



ONGOING CLASSES

Tuesday, April 2nd 9:45am or Wednesday April 3rd 6:30pm (Final Week)

FOUNDATIONS OF UNITY: DISCOVER THE TRUTH WITHIN with Maggie Rosche, LUT. Begin your new year on solid ground! Explore the foundational concepts of Unity studying two master teachers: Emile Cady's Lessons In Truth and Eric Butterworth's Discover The Power Within. Learn more about the Truth teacher within each of us by contemplating these seminal Unity books.

Saturday, April 6th 1:00pm – 3:00pm (Final Week)

DARE TO LEAD Facilitator: Dorothy Xavier

Author of the book, Dare to Lead, Brené Brown begs the question: "What does it look like when our values, connection, courage, and life purpose are aligned...?" In this two part workshop we will focus on identifying our personal values and aligning with our core principles, and we will learn to rise for ourselves and our spiritual community!

Sunday, April 7th 12:30pm (3 Weeks)

LAWS OF THE SPIRIT Facilitator: Suzette Kachmaryk, LUT

Something missing? Join Suzette in a discussion of the parable of a man and a sage. The Laws of Spirit, by Dan Millman, give you the opportunity to expand your perspective and provide leverage to change the course of your life.

Tuesday, April 9th 10:00am – 11:45am (6 Weeks)

SPIRITUAL ASSERTIVENESS TRAINING Facilitator: Dr. Christina Gilman

Join us as we learn the five-step process in which the students will use prayer, affirmations, meditation, journaling, and practicing loving, honest interpersonal interactions in a supportive group. Students will communicate from higher awareness in the role plays that honor themselves and the other person by expressing their needs, opinions, and beliefs. By demonstrating our perfection, we show God's works.

Wednesday, April 10th – May 8th 2:00pm – 4:00pm or 6:30pm – 8:30pm (5 Weeks)

SPIRITUAL ECONOMICS Facilitator: Paulette Mason, LUT

Are you prosperous? What is prosperity really? This class will delve into these questions and reveal how our conscious and sub-conscious beliefs affect our reality. We will be using the books Spiritual Economics (Eric Butterworth) along with Prosperity (Charles Fillmore) and The Soul of Money (Lynne Twist).

ONGOING EVENTS

Noon Prayer Service Tuesdays and Thursdays

Tuesdays – Course In Miracles 7:00pm

Wednesdays – Melbourne LBGT AA 6:30pm

As One, we celebrate a spiritually awakened world www.unityofmelbourne.com

**The greatest
optical illusion
is separation**

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover (page 31)

Crystal Tree by
Esmeralda Raven Aponte

Contributing Writers:

Seth thru Jane Roberts

Michelle Whitedove

Cecelia Aitable

Margaret Lembo

Nanea Hoffman

Abraham-Hicks

Ma Yoga Shakti

Karen Williams

Gregg Prescott

Jamie Coulson

Mike Dooley

Alan Cohen

Tom Sannar

Helen Fisher

Maya White

Mastin Kipp

Jeff Brown

HORIZONS

Crystal Garden with Margaret Lembo	2
Our Advertising Rates • Low because we're in it for the outcome, not the income	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
So, Your Spiritual Awakening Cost You Friends by Gregg Prescott	8
The Teachings of Abraham-Hicks	9
Herb Corner with Cecelia Aitable	10
Sweatpants & Coffee with Nanea Hoffman	11
Wayne Dyer Helped Me Beat Adderall Addiction with Mastin Kipp	12
Seth through Jane Roberts	13
From The Heart with Alan Cohen	14
Ask Whitedove with Michelle Whitedove	15
Don't Fuel It, Cool It with Jamie Coulson	16
Soul Songs: Abraham Fun with Karen Williams	17
Our Calendar of Events	18
Spiritual Graffiti with Jeff Brown	19
Notes From The Universe with Mike Dooley	19
Our Phone Directory *Pick up Horizons at these stores and locations* ...	22
Yoga: A Natural Pathway to Godhood with Ma Yoga Shakti	26
When To Listen To Your Gut, When Not To by Helen Fisher	27
Monthly Horoscopes by Maya White	30
Cover Art	31
Roy Eugene Davis, Center for Spiritual Awareness	32

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

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



**Horizons thanks
everyone willing
to take the risk**

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

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

The views expressed in Horizons Magazine are those of the authors and not necessarily those of its publisher or advertisers. We do not necessarily endorse the ideas or products of our advertisers, but we honor their right to offer them. We reserve the right to edit material for space and content. Horizons Magazine © 1997 Andrea de Michaelis

HORIZONS MAGAZINE
575 Escarole Street SE • Palm Bay, FL 32909-4802

cell/text 321.750-3375

We accept all credit cards and Paypal

Visit www.horizonsmagazine.com
Email HorizonsMagazine@gmail.com

Calendar \$.50 per word. page 18
Phone Directory \$5 per line pages 22-25

DISPLAY ADVERTISING RATES

Ad size	1 month	3 months	6 months	12 months
Small Strip Ad	\$ 50	\$120	\$180	\$300
Business card	\$ 85	\$225	\$420	
1/4 page	\$235	\$562.50	\$990	
1/3 page	\$250	\$630	\$1170	
1/2 page	\$365	\$945	\$1620	
Full page	\$505	\$1332	\$2370	
Inside front	\$575	\$1515	\$2580	
Page 3	\$575	\$1515	\$2580	
Page 4	\$505	\$1332	\$2370	
Inside back	\$545	\$1455	\$2490	
Back page	\$625	\$1515	\$2580	Unavailable
Front cover	\$900	(Restrictions apply)		

*You must prepay to get discount

Example: Small strip ad for 6 months is \$180 prepaid
Full page ad for 6 months is \$2,370 prepaid
Broken contracts receive full advertising credit

Since 1992, distributed monthly to 200+ bookstores and health food stores all over Florida, as well as by private subscription. See pages 22-25 to see where to Pick up HORIZONS MAGAZINE.

For good advertising results, studies show it takes a reader 3-4 times seeing a new ad before it is noticed and acted on. By the 4th ad, readers begin to call.

Payment is due by the 10th with your ad

DISPLAY AD SIZES

Full page ad is 7.25" wide by 9.5" tall
1/2 page 4.25" tall by 7.25" wide or 9" tall by 3.5" wide
1/3 page 2.8" tall by 7.25" wide or 9" tall by 2.3" wide
1/4 page 4.25" tall by 3.5" wide or 2" tall by 7.25 wide
Business card ad is 2" by 3.5"
Small strip ad is 1" x 3.5"

We accept all credit cards and PayPal online

Email HorizonsMagazine@gmail.com

321-750-3375 cell/text

HORIZONS MAGAZINE

575 Escarole Street SE
Palm Bay, FL 32909-4802

12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.com

1. Recognition - God Is First. I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.

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

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

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

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

HELLO AND WELCOME TO THE APRIL 2019 HORIZONS MAGAZINE.

Last month the flu got me! After a week of 101 fever, I went to the walk in clinic and got the Zpak of antibiotics which cleared it up. I only went to the doctor because I'd seen on Facebook where several FB friends unknowingly had bronchitis or pneumonia and I didn't want that to be me. I was good, though, lungs were clear, no pneumonia, no bronchitis. My lingering cough was gone in 3 weeks. I'm glad I've got a strong immune system and seldom get sick.

I know factored into my strong immune system are my thoughts as well. An optimistic mindset cures a lot of woes. You know, think happy thoughts and good things will happen.

Someone on FB had been mocking me for "*thinking happy thoughts*," giving examples that I pray to fairies and crystals and tell crime victims they should be more positive. This comes of talking about things you don't know about. I publish

Florida's new age magazine the last 27 years. Some people see the words "new age" and have an automatic opinion about what it is.

Apparently this critic has the idea it's about archangels and fairies, praying to crystals, being blind to reality and pretending everything's all sunshine. Clearly she's never read my writing since I don't talk about archangels or fairies or crystals. You don't "tell the victim of a crime to be more positive." You don't tell someone to "think happy thoughts and they won't die jumping off a cliff." I was glad she wrote because it never occurred to me someone would think those things. It gave me a chance to address it. Here's how it works.

HERE'S HOW THAT "THINK HAPPY THOUGHTS" STUFF WORKS

Q: So then how does positive talk/happy thoughts work?

A: It works this way: As soon as you realize that your inner self-talk is what propels you into your next experience in life, that is when you begin a daily practice of thinking happy thoughts on purpose. I didn't know it until I was 30. It took another few decades to have discipline over my thoughts so I could think "on purpose."

Q: So as soon as you begin thinking happy thoughts, the bad experiences in your life stop happening?

A: No. When you begin thinking happy thoughts, you stop setting unwanted things in motion and you start setting in motion the things that you want. When you begin thinking happy thoughts on purpose, you stop activating old wounds and you begin instead finding things to look forward to.

...continued on page 28...



Many PSYCHICS and HEALERS and VENDORS to choose from!

Massage • Tarot • Mediums • Angel Portraits • Feng Shui • Crystals • Candles • Incense • Beads
Spiritual Art • Jewelry • Mandalas • Angel Art • Reiki • Past Lives • Native American Art & Drums
Animal Communication • Alternative Practitioners • Massage & Energy work • Aromatherapy
Astrology • Aura Photography • Gifts • Crystals • Jewelry • Health & Nutrition • Psychics

Saturday May 25, 2019

10:30am - 6:30pm

Sunday May 26, 2019

11:00am - 5:00pm

\$7 day/\$10 for the weekend. 12 and under free

Orlando Live Events

6405 S US Hwy. 17/92

Fern Park, FL

Email canbria@aol.com www.mysticfares.com

For info, call Candyce 239-949-3387

Sarasota Mystic Faire July 27-28, 2019



SO, YOUR SPIRITUAL AWAKENING COST YOU SOME FRIENDS

Gregg Prescott, M.S. is a visionary, author, transformational speaker and is the founder of In5D, Body, Mind,

Soul, & Spirit, and Zentasia. You can find In5D on YouTube, Twitter, and Facebook. Visit <https://in5d.com/>
<http://www.bodymindsoulspirit.com/> <http://zentasia.com/>
<https://www.facebook.com/gregg.prescott>
<https://www.youtube.com/user/in5d>
<https://twitter.com/greggprescott1>

Have you noticed a change in your relationships with other people lately? Is it sometimes difficult or awkward to talk to others about spiritual topics? Do you, at times, feel alone in your beliefs? Have you lost contact with any long time friends recently? You are not alone!

I'm fortunate to have a lot of Facebook friends who post similar types of links. Too many times, I see a lot of people who talk the talk but are afraid to walk the walk, due to being ridiculed for their thoughts and posts (GROUPTHINK.) I've lost some longtime friends because of this but have made many, many new ones. Once the ego is released, you no longer worry about conformity and peer pressure.

Groupthink is a psychological phenomenon that structures various belief systems within a group of people while discouraging individual creativity and independent thinking. Even within a group of individuals who are spiritually awakened, you will find groupthink.

If you look at the recorded history of mankind, you'll find that this history is merely someone's interpretation of a landmark event or evolutionary process, backed by eyewitness testimonial, scientific data, video or faith. The actual truth may be hidden or distorted for many reasons, but mostly for control and power. Look no further than the origins of mankind and you'll find a plethora of creation myths from all cultures with varying dates of our existence. Who's right?



Reverend Robyn Stevens

Consultant,
Psychic
Medium

Card & Spirit Readings
321-327-8881
Rmoondrop@aol.com

Can you talk to your friends about the universe? Do they know what a stargate or chakra is? Are they willing to talk about ascension or spiritual enlightenment? When you talk to people about the creation myth, they tend to remain inside the box with a belief system that supports religion's story of creation, which dates mankind back to 4,000 B.C. If you raise questions about our true origins, it tends to separate people and relationships between those who think outside the box versus those who think inside the box. When these topics arise within relationships, they often create dissension. It's hard for anyone to admit they've been deceived for so long and even more difficult to admit they were possibly wrong in their assumptions.

From an ego perspective, our thoughts are basically cultivated by what we've learned from our family, friends, educational systems and religious beliefs, but what have we truly been taught? What can we say about anything that wasn't regurgitated to us by someone else? As evidenced by past life regressions, our previous lives and soul history remain dormant in our cellular DNA and can be recalled through our subconscious minds through hypnotherapy. Within your cellular DNA, you actually remember being back with the Source along with all of the things you wanted to accomplish during this incarnation, as well as all of the challenges you wanted to overcome and all of the people who would lead you to where you are. This includes the people who have come and gone from our lives.

Sometimes, we project to be someone that we expect others to see in us. In psychology, this is referred to as the shadow self, where we project an identity that conforms to how other people may perceive us versus being true to who we really are. Some people may find out that they never knew who they were because they lived their lives through the expectations of how others will perceive them. Those who have begun their spiritual journeys may also be confronting these issues, which initially creates cognitive dissonance. Cognitive dissonance occurs when you get an uncomfortable feeling caused by holding conflicting ideas simultaneously. This is the transition period that many of us have gone through, where our beliefs have changed, yet we're unsure about relating these new ideas to our friends and family, due to fear or rejection.

As our spiritual journeys continue, we become more comfortable within our own beliefs and less concerned about how our friends and family view this awakening. This is when the ego becomes separated from the self and fear is dissolved by love.

...continued on page 21...

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.

Abraham on A Blitz Of Appreciation:

Almost all of you, right from the beginning, relative to Self, were taught that you are inappropriate beings, here to prove worthiness to something that moves around so much you can't even really figure out what the rules are - because everybody has a different interpretation of what's right and what's wrong. So, we could put it very simply: *The only thing that has been getting in your way, the only thing that has been holding you up, the only thing that has been troubling any of you, is one thing: you have not been appreciating you.* You've been looking at you, seeing lack and vibrationally closing down the energy that allows you to get what you want. That has been it.

Can a person who doesn't appreciate Self suddenly start appreciating Self? We don't think so. We see, every time you try, you fall back into these same old ruts. Every time you try to get outside of yourself to look at yourself, what you see is the same thing you've sort of trained yourself to see. That's why you've said and you have heard others say, "I can't see myself as others see me."

Well, you do see yourself as some others see you. In other words, everybody sees you a little differently depending on where they're vibrating. A connected one thinks you're magnificent. A not connected one doesn't think you're so magnificent - but it doesn't have anything to do with you. It has to do with where they're vibrating as they are perceiving you.

So here is a process: Some say it is a trick that works. It's not a trick. It's a utilization of the **Laws of the Universe**. Remember that your goal is to find an object of attention that makes you feel good while you find it. Well, some objects are easier than others, aren't they? Esther looks at her little cat, and she cannot feel other than appreciation for this pure positive energy beast. You look at someone misbehaving, and it's less easy to find appreciation.

So what you are wanting to do is look for objects of attention to which you can flow an energy of appreciation.

Now, here's the reason that this is sneaky. By choosing an object of attention that causes pure positive energy to flow through you, guess what happens to the vessel through which the pure positive energy is flowing? You thrive. When you try to look back at yourself most of you shut down, because you already have negative thoughts about Self that are hard for you to overcome.

...continued on page 20...



Between 2 Worlds... allow me to connect you to your loved ones


Tara Edwards-Nyanza
Psychic *Medium*Intuitive

Readings: \$55 for 30 minutes

813-713-0349 www.clarityhealings.com

Get the Free Best Selling Book
Rejuvenate Your Life
With Your First Coaching Call
Audacious Living & Confidence Coach
339 E New York Ave, DeLand
386-748-5484 • InezBracy.com/book *Inez Bracy*

Leslie Hoffman
Psychic Medium Angel Channel
Animal Intuitive
Booking Private Sessions & Groups
LeslieHoffman@aol.com
321-536-6914
www.facebook.com/LJH.channel

 **Crow's Crossroads Shoppe**
Aurora Collins Owner/Psychic Consultant
Readings, Classes, Aura Readings
Tarot, Crystals, Herbs, Jewelry
3810 SE Lake Weir Ave, Ocala, FL 34480
Email Avalon.biz@gmail.com
352-235-0558

I AM Organics 599 Sherwood Ave Suite 200
Satellite Beach, FL 32937
(321) 215-5036
*Reiki *Massages *Cupping
*Facials *Craniosacral
*Private Yoga Sessions

 Rev. Andy Conyer 
UNITY LIFE ENRICHMENT CENTRE 863-471-1122
10417 S. Orange Blossom Blvd, Sebring, FL 33875
Email unity@vistanet.net www.unityofsebring.org



THE HERB CORNER AND LEARNING CENTER

HERBS AND HERBAL CLASSES

Certified Master Herbalist &
Holistic Healthcare Provider on Staff

Hours: Wed-Fri. 10-5, Sat. 11-3

277 N. Babcock St., Melbourne
321-757-7522



Our Herbal Certification Course

“Reclaiming Your Roots”

*An in depth study of the healing
properties of herbs*

February 17 – April 2019
on alternate Sundays.

Pre registration is required

Cost \$325 plus a materials fee of \$50 includes
all printed instruction and materials.

A \$50 non-refundable deposit is required for
books and supplies with the balance made in
13 additional installments of \$25. A certificate
will be awarded upon completion.

Call for more info 321-757-7522

As a Master Herbalist I will help to start you “on the road” to herbalism. “Reclaiming Your Roots” provides you with the health-promoting herbal skills that have nearly been lost to our “modern” world. In 3 months you will learn how to treat non-emergency health problems and gain an excellent grounding in the basics: teas, tinctures, salves, syrups, compresses. Classes will include herbs for the Digestive, Nervous, Circulatory, Urinary, Respiratory, Immune, Muscular and Skeletal systems, along with healthy choices for women, men, children and pets. To sign up now for these classes, call The Herb Corner 321-757-7522.

VISIT THE STORE! We also have gifts, jewelry, gemstones, candles, Himalayan salt lamps, organic skin care soaps and cosmetics, glass and plastic bottles, herbal supplies, organic essential oils and diffusers, detox foot bath sessions.

Visit www.herbcorner.net
for articles, recipes, newsletter
321-757-7522

Herb Corner

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

Chronic Fatigue Syndrome (CFS)

Now considered to be an energy deficient disorder where the mitochondria (our cells energy producers) are no longer working correctly. The causes of **CFS** are numerous. It may be related to hormonal changes, immune system imbalances, viral infections, abnormalities of the red blood cells, digestive disorders, parasites, stress, lack of sleep, environmental factors, EMF sensitivities, nutritional deficiencies or genetics. Just as there are many possible causes symptoms may be different from person. The main symptom is unrefreshing sleep which leaves you constantly feeling tired and drained. There may be an inability to concentrate, muscle and joint soreness/pain, poor tolerance to exercise, swollen, tender or painful lymph nodes, low grade fever or sore throat, a chronic cough, night sweats, sensitivities to allergens or environmental pollution (smells from cleaning or building supplies), unusual headaches or digestive disorders.

Since each persons **CFS** is different, it is best to match lifestyle modifications to their specific needs. Starting with pacing yourself throughout the day, avoiding extreme physical activity or emotional stressors (ones that leave you feeling drained) as much as possible and developing regular bedtime sleep habits. Herbs are becoming more and more beneficial when it comes to **CFS** for their effects on helping the specific needs. Increasing energy is probably the main objective, over-time herbal blends can do this. **Ones like Schizandra, Nettle, Oat Straw, Astragalus, Eluthero, Ginkgo, Ashwaganda and Maca have adrenal and adaptogenic properties.** Research has found these help with exhaustion, mental alertness, memory, stress, rejuvenation and for re-establishing metabolic processes. They also help support the endocrine system with the balance of hormones. **Nervine herbs help the body cope with stimuli like smells that can cause stress and anxiety, they also help with insomnia and depression. This would be herbs like Oat Straw, Bacopa, Ginkgo, Valerian, Lemon Balm, Passion Flower and St. John's Wort.** **Immune modulating herbs like Echinacea, Reishi, Rosehip and Astragalus encourage the immune system to function properly; supporting the white blood cells in their role removing pathogens. Along with immune modulators antiviral herbs like Peppermint, St. John's Wort, Echinacea, Olive leaf, Lemon Balm and Osha help with the possible viral link to CFS; and for the prevention of future viruses that may make the situation worse. If digestive issues like gas, diarrhea or bloating are a problem then herbs like Artichoke, Dandelion, Meadow sweet, Peppermint, Fennel and Anise may help reduce inflammation within the GI tract and help with the production of digestive enzymes that can reduce the stomach acids that can cause digestive distress. Finally, nutrient rich herbs like Nettle, Alfalfa, Oat straw, Dandelion, Burdock, Maca and Spirulina help build the body back up helping fight off fatigue. If used overtime many of these herbs can help the causes and with the symptomology of **CFS**.**



Nanea Hoffman is the founder of Sweatpants & Coffee. She writes, she makes things and she believes in love, peace, joy, comfort, sweatpants and caffeinated beverages. Visit <https://sweatpantsandcoffee.com>, <http://www.twitter.com/sweatpantscafe>



Janice Scott-Reeder, AA, BA, Druid

Licensed Psychic, Astrologer, Broward County, FL
Master Tarotist, Hypnotherapist, Psychometry, Spirit Contact
954-698-6926 (Coconut Creek 33073)



1951 Stimson St.
Jacksonville, FL 32210
(904) 389-3690
www.earthgifts.com

Open Wed - Sunday 10am - 6pm Closed Monday & Tuesday

ROCK SHOP,
CANDLES,
INCENSE,
HERBS, OILS,
BOOKS, TAROT,
MORE

STOP EXPLAINING YOURSELF

What would you do if you knew you could not fail?

I've seen this quote everywhere. I'm pretty sure it has been rePinned approximately one jillion times. It's designed to shake you loose from the rigid confines of your own expectations and chip away at the quick-setting emotional concrete so many of us get stuck in. Forget reality, forget circumstances, forget the limitations of the time-space continuum – what would you do if you knew success was guaranteed?

When I was a child this answer was easy: rule the Universe with an omnipotent, benevolent, candy-sticky fist. Then my ambitions evolved to include marrying Ricky Schroeder, becoming a pop star, writing professionally, and developing magical powers. If the Harry Potter books had been published then, I'd've been hoping for a letter from Hogwarts.

These days the question is much more existential. What would I do? I'd take chances. I thought about it as I dangled hundreds of feet above the ground, suspended from a zip line harness in the Alaskan wilderness. My brain was 99.7 percent sure I could not fail, and the baby-faced 19-year-old guide who fastened my gear and told me I was going to "rock it out" assured me so. My body, however, was convinced death, or at least catastrophic injury, was imminent, and had helpfully released life-saving levels of adrenaline because there's no situation that can't be made better by uncontrollable shaking. The point is, the fact that the chance of failure is small does not equal motivation.

I've recently decided that we're asking ourselves the wrong question. It's not so much the fear of failure that stops me—although that explains why I won't even attempt to try on that pair of white skinny jeans—it's having to justify myself. This also works with the skinny jeans example.

What would you do if you didn't have to justify yourself?

How about that? What if you didn't have to explain yourself or your goals, however humble or lofty, to anyone? What if you just went for it and stopped questioning yourself or worrying about how it looks to other people? (Again with the white skinny jeans! Ok, maybe in that case you should worry how it will look. Because of adulthood.)

Seriously, though, it might be something like this:

I want to write a book about all the shit I went through growing up / open up a flamenco bar / take up cosplay / raise Puggles.

I'm not going to question this brightly burning spark of desire and ambition. Is it something I may have to examine later in therapy? Yes. Am I going to squash it now with worry and overthinking? NO.

People may or may not: ask me if I've lost my ever-loving mind / become furiously butthurt / point and laugh / quietly begin planning an intervention. I am going to put on my metaphorical Teflon helmet and let all the doubts and speculation slide off. Instead, I'm going to proceed with step one, which is getting started. I'll learn as I go.

I don't know about you, but when I just played out that scenario in my head, I realized the tremendous amount of energy I spend having imaginary conversations in which I explain the thing I'm about to do. Or the decision I've just made. Do you know how much freaking time that wastes? I'd be completely finished marathoning The Vampire Diaries by now if I'd cut that crap out.

So here is my challenge and my wish for you: No more justifying. You, a beautiful, weird, quirky, flawed human being are completely and inherently valid. When some light kindles inside you, don't question it. Cup it close and feed it. Let it burn big and bright. You can work on all that pesky verbalization and explanation later. For now, go after it.



HOW WAYNE DYER HELPED ME BEAT ADDERALL ADDICTION MY JOURNEY FROM NARCISSISM TO TRUE SELF-LOVE

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

So here's this twentysomething kid in early recovery and fresh off of Adderall who thinks he's a badass spiritual guy because he's read some books. It was a recipe for disaster, and disaster came. And once again in one of its most unfortunate forms: success.

Once you commit to a path and take action, things start to change. Said another way, when the Uni-verse knows you are serious, it starts to move into action right along with you. This does not, however, mean that there will not be pain—and I mean a lot of pain. That's what the crisis-to-Grace cycle is about. I wanted so desperately to follow my bliss, and I'd taken the first steps—firing all my clients and starting a new record label. Yet I still felt like a blind man trying to walk through the streets of **New York City**; I had no idea which way to turn and I kept bumping into things. Bliss was my new compass, but it seemed to be shrouded in fog. I guess the fog had been there all along, but now I was aware of it. As a former music executive in Hollywood, I was used to hobnobbing with celebs and traveling the world. Now here I was, down on my knees trying to feel my way.

The pain of crisis is a natural part of the waking-up process. There are two kinds of pain that I've seen: the pain of staying asleep, and the pain of waking up. When we stay asleep—or choose not to examine our lives—pain is inevitable. An unexamined life will always bring pain because we'll spend most of our time avoiding that which is uncomfortable. All the while we create more and more discomfort for ourselves because we're not aware of the consequences of our actions. If we choose to wake up, on the other hand, we must face the pain of our wounds. But once we start to see—and then Love—our wounds, once we become aware of how they got there, that pain turns to joy. Every feeling, fully felt, is joy.

The pain of staying asleep is a quiet longing for something more. It's a yearning for a deeper connection to life. At first, the pain of staying asleep seems easier than the pain of waking up, because it's more subtle. Until, that is, you get to the end of your life—and you realize you just wasted a whole lot of time. When we don't listen to the wake-up call our yearning eventually turns into skepticism and a closed heart. The pain of staying asleep is a path of choosing short-term pleasure that creates long-term pain. The pain of staying asleep is the story of all addicts and all those who live unrealized dreams.

Waking up, on the other hand, requires us to embrace short-term pain to create long-term joy. It's the harder path. It's a rare path to follow, because none of us wants to consciously cause ourselves pain. But we must feel pain if we are going to awaken. And I was feeling a lot of it. So I did what I always do when I'm lost and need help: I prayed. My sincere prayers were, "Thy will be done" and "Show me how to follow my bliss." There was a long period where no answers came.

I've actually come to believe that while we are in transition from one phase of life to another, we sometimes get lost—on purpose. Sometimes there is a Divine fog placed in our path because we aren't supposed to know the best step. We aren't supposed to have clarity. We're being taught how to relax control—to stop holding on so tightly.

During this Divine fog, it felt as if all the power I once had was gone. I felt truly powerless for the first time in my life. It's no surprise, then, that one of my addictions showed up again with a fury. My Adderall experience.

...continued on page 29



*To Promote the Religion,
Science, and Philosophy
of Spiritualism*



IFSK Director
Marilyn Jenquin

**Private
Readings**
BY APPOINTMENT



www.ifsk.org

GoFundMe.com/promote-development-classes

**ON-GOING PSYCHIC/MEDIUM
SPIRITUAL DEVELOPMENT CLASSES**

The Villages/Belleview
April 9th, 10th, 23rd

Gainesville
April 6th

Orlando
April 28th

Melbourne
April 2nd

Check website for complete details
dependablepc@earthlink.net

407-247-7823



SETH SPEAKS ON CREATION

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

THE DREAM STATE IS CONTINUOUS

"Once psychology realizes that the personality is also alert and conscious in the dream state, then indeed its precepts and its bases must change. For information is given to you not only in your waking, conscious, alert daily life but in what you would call your unconscious sleep state. Now your sleeping self is awake all of the time - you dream all of the time. Your dream life is continuous, only your waking ego closes out the inner stimuli and does not see it, for it must concentrate upon physical daily reality. But it can learn to look inward, change the focus of its awareness and take quick pictures of this inner environment. So more than reincarnational existences are involved."

ON RESPONSIBILITY FOR CREATION

There is a point where all realities intermingle. It can only be reached from inside. Many of the questions you have asked cannot be answered in the manner in which you have asked them. The ideals of which you speak are for your protection, built-in survival mechanisms that warn of danger, invisible fences like psychic signs saying beware.

You are being allowed freedom within limits. The human race is a stage through which various forms of consciousness travel. The ideals keep the race pointed in beneficial directions. Thoughts and emotions form the basis. You learn by seeing these turn into physical reality. You may be killed by what you have created. If so the lesson is doubly learned.

Before you can be allowed into systems of reality that are more extensive and open, you must first learn to handle energy, and see, through physical materializations, the concrete results of thought and emotion. As a child forms mud pies from dirt, so you form civilization out of thoughts and emotions, and then see what you have created, and you must deal with it on its terms.

In other systems energy is more directly felt, more extensive. Consciousness has much more freedom in its utilization. The lessons must be properly learned before such responsibility. There are other training systems, each dealing with various aspects of such understanding and discipline. You cannot do any basic harm. When you act within your system however you act within others.



SOLUTIONS OF CASSADAGA
 Psychic Mediums Carol & David offer intuitive
 & supportive readings.
Phone reading special 20 mins \$20
 Also classes, regression & hypnosis
386-320-2696

SPIRITUALIST CHAPEL of Melbourne

We Welcome All To Sunday 10 AM services

Spiritualism + Mediumship
Classes \$5
\$10 others

1st and 3rd

Thursdays
6:30-8:30 pm

1924 Melody Lane, Melbourne, FL 32901

Spirit Messages - Healing Service
Guest Speakers - Private Readings
\$15/15 minutes after Services

321-419-6262

www.SpiritualistChapel.com

Friend us on Facebook: [Spiritualist Chapel of Melbourne](https://www.facebook.com/SpiritualistChapelofMelbourne)

When you leave the physical system after reincarnation, you have learned the lessons, and you elect to leave it. Only the conscious self dwells within it in any case, and it is other portions of your personality who simultaneously dwell within the other training systems. In other more advanced systems, thoughts and emotions are automatically and immediately translated into action, into camouflage, into whatever approximation of matter there exists. Therefore the lessons must be taught and learned well.

The responsibility for creation must be clearly understood. You cannot hurt others within your system. To some extent you are, comparatively speaking, in a soundproof and isolated room. Hate creates destruction and in that room, unless the lesson is learned, destruction follows destruction.

In the terms of other systems that kind of destruction is meaningless and does not exist, but you believe that it does, and the agonies of the dying are sorely felt. A vivid nightmare is also sorely felt, but quickly over. It is not that you must be taught not to destroy, for destruction does not actually exist. It is that you must be taught and trained to create responsibly."

FROM THE HEART



courses, and weekly radio show, visit www.AlanCohen.com.

Alan Cohen is the bestselling author of the newly-released *Spirit Means Business*, illuminating how you can successfully merge your career and financial path with your spiritual life. He will present a program related to this book on the US Mainland (west coast) in August. For more information about this program, Alan's books and videos, free daily inspirational quotes, online

Where to Get More Love

A seminar participant asked me, "How can I let in more love from my girlfriend?" I told him, "It's not your girlfriend's love you need to let in. It's your own love you need to let out."

We have consistently been taught that what we need is out there somewhere, and our task is to import it. This quest applies to material objects like cars and flat-screen TV's, as well as spiritual experiences like love from a romantic partner or salvation from a savior. This never-ending search is based on the lie that you are somehow flawed or lacking, and if you can just get what you need from some outer source, you will become whole. But you can never become whole because the quest is based on the illusion that you are broken, and any campaign based on an illusion must fail. Contrary to what you have been taught, you were created in utter perfection. Your real goal, then, is not to import your good, but to accept the good you already are. This is why the master yogi Paramahansa Yogananda called his organization "Self-Realization Fellowship." We are not going for self-improvement. We are going for self-knowing.

A Course in Miracles tells us, "Only what you have not given can be lacking in any situation." This statement is highly confrontive, even insulting to the ego, which swears that if something in your life is missing, it is because someone or something out there is withholding it. Our pain is always someone else's fault: My husband doesn't share my spiritual path; my parents don't understand me; my ex- doesn't raise my kids properly; my company doesn't pay me enough; the government won't acknowledge my gay marriage. Our emptiness never has anything to do with our own consciousness, ego argues; we are innocent victims.

Spiritual Services with Laura Beers

3/8 Messages from Spirit Gallery Melbourne
3/21 Class Spiritualist Chapel Melbourne



Spiritual Development Coaching
Psychic Medium,
Spiritual Certified Coach,
Motivational Speaker, Ordained Minister

In Person, Phone, Skype, Groups, will travel

By Appt **321-751-4766**

HealYourSpirit2.com



We can resolve such frustrating situations by reaching into ourselves and claiming the experience we seek. **Tony Robbins** suggests a 90-day marriage-saving technique. When a client complains to Tony that his or her partner is not giving enough to the marriage, Tony asks the client to invest more of his- or herself in the relationship. If you want more truth from your partner, give more truth to him or her. If you seek listening, listen. If you want your partner to share your path, make an effort to share his or her path. If, after you have given all you can for 90 days, the relationship is still not working, **Tony** suggests, feel free to leave. Yet in most cases the relationship works better because you recognize yourself as the source of your empowerment, rather than demanding that your partner fill an illusory gap.

This dynamic creeps more subtly into many spiritual paths and religions that teach you to draw energy from your mentor, guru, or savior. If you absorb positive healing energy, you will be healed. So you sit quietly and open yourself to take in the chi, prana, mana, orgone energy, or whatever you name it. Then you feel better and thank the guru for healing you.

This technique surely works, and if this is your spiritual practice, I absolutely encourage you to continue. Any method that achieves healing is valid, and should be used as much as possible. All healing is of **God**, regardless of the channel through which it comes.

Yet eventually you must consider whether or not the healing energy is coming from outside you or from within you. Is your guru or savior really a separate entity who transmits healing, or does he or she live in your own mind? Could your spiritual master be an aspect of your own higher self? Thus you are not reaching out for your answer, but tapping in.

Ram Dass's guru **Neem Karoli Baba (Maharaj-ji)** told him, "Guru, God, and Self are one." This is the meditation of a lifetime! The guru and **God** we strive to reach out there are really our own Self. There is no separation. We make up stories of division and then struggle to bridge a gap that doesn't exist. Rather than seeking a guru to save you, seek to dissolve the false sense of separation that tells you that the guru lives in India rather than your own heart.

In a sense, the ego is absolutely correct in telling you that the answer is out there. The answer is far beyond the ego's own resources. **A Course in Miracles** tells us, "You cannot be your own guide to miracles, because it is you who made them necessary." You will never get yourself out of trouble by using the same mind that got you into it. The self that is trying to help is the self that needs help. To be healed, you must reach beyond your current idea of self, which is quite limited and ultimately fictitious.

What appears to be the outer teacher lives within you; he or she is the most valid part of yourself. The outer teacher is your "permission slip" to receive what you already own. Keep using that permission slip as long as it works; it is a blessing from **God**. Yet the greatest blessing is to recognize that God and all good dwell within you, as you. Then you won't need to let in more love from your partner or the world. You will already own all the love you could ever need.

ASK WHITEDOVE



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

Dear Whitedove,

Being brought up in a household of devout Catholics with a Priest and Nuns as great aunts and an uncle, we were always taught that homosexuality was a mortal sin. Now I am in a great dilemma. I believe my young son is gay and may be fearful to come out to the family. I am torn, because of my beliefs and the great love for my sweet boy. How can I come to terms with my religion?

Dearest,

As a Spiritual Medium, I want you to know that in God's eyes our sexual preference is of no consequence. This is contrary to dogmatic religious teachings that people have been taught to believe. Please know that there are many passages in the bible and other sacred texts that were added by men in order to exert control over the masses. And there are many segments that were incorrectly translated from the original text.

What the bible and other sacred books were supposed to teach is that hurting another is wrong no matter what gender, hurting another under the pretense of love, or sexual desire whether emotional, physical, sexual or mental abuse is immoral. Remember God destroyed the city of Sodom and Gomorrah because of the dark debauchery, this city was full of heterosexual and homosexual men and women.

What God wants you to know is that true love is real love, it is natural, it is not bias and crosses gender boundaries. Sexual relations when done by consenting adults in a loving relationship can create ecstasy which is the closest sensation to experiencing the natural state of heaven.

I would ask your family to suspend their judgment and have compassion. We come to Earth to learn how to give love and we come to learn how to receive love. And love comes in many guises. Please don't allow your family to persecute your beautiful son, his sexual orientation was intact when this soul came from heaven and God doesn't make mistakes. God wants us to let love rule without prejudice. Remember, thou shall not judge.



Experience This Peaceful Community Where Certified Mediums And Healers Are Available Daily

- Classes & Workshops
- Special Events
- Historic Tours
- Readings by Certified Mediums
- Spirit Encounter Tours
- Certified Spiritual Healers



Wednesday Message Service, Colby Temple 7pm
Sunday Adult Lyceum, Davis Bldg 9:30-10:15am
Sunday Message Service, Davis Bldg 12:30-1:30pm

Cassadaga Spiritualist Camp Bookstore & Welcome Center

Largest Selection of Books of Spiritualism, Metaphysics and Meditation
CD's • DVD's • Crystals • Jewelry • Candles • Unique Gifts and Crafts

Monday - Saturday 10am - 6pm Sunday 11:30am - 5pm

Camp Bookstore 386-228-2880 • Camp Office 386-228-3171
1112 Stevens Street, Cassadaga, FL 32706
www.cassadaga.org

Dear Michelle,

I see all this stuff being sold by doomsday preppers, they believe that something is big is going to happen and the masses need to stockpile food and water. What do you think is needed?

Dearest,

Since the year 1999 I've been writing about Earth Changes, the natural cycles of Mother Earth cleansing and replenishing the land, air and seas. I have come to know that our weather is going to cause havoc across the globe and I'm very concerned about power outages far and wide. In Florida, we always prepare for hurricane season, so I plan on having food, water and other supplies like propane for the grill, candles and batteries too.

I would suggest that everyone have a stash of these supplies just in case the power goes out for a week or two in your area. What's that old saying, "Prepare for the best but expect the worst."? Great Spirit gives us warnings as opportunities to change outcomes or at least lessen the affects. I'd like to encourage everyone to pray when they see a weather phenomenon looming, pray for the protection of innocent people and the animals too, for group prayer can influence the outcome. Also it's vital to take action and be of service to those in need when opportunity rises.



DON'T FUEL IT, COOL IT

MANAGING POST TRAUMATIC STRESS

Jamie Coulston is a family man, a former boxer and a jeweler by trade. After his older sister Tracy died from cancer, he found himself spiraling down to a dark and scary place. Because of his fighting background, he knew he couldn't stay down for too long. He has now made friends with anxiety and depression and see them as great indicators as to when he's not thinking healthy. **His Facebook group is Don't Fuel It, Cool It.**

Change your mind, change your life?

We have the same neurones (brain cells) we were born with all our lives, it's just the neural networks, neural pathways and circuits that have changed. Over time our views, opinions, thoughts, beliefs etc, change through our life experiences, we learn to adapt.

But if we have a fixed mindset that doesn't want to change, and all that we know is from past experiences and past memories, does this mean we are living in the past? Are we creating the same things over and over again? When we think from past experiences, does our past then become our future? Because that's all we know, what else can we expect!!

The quantum field, law of attraction, self fulfilling prophecy, asking the universe, God, a higher energy force, reticular activating system or just a general optimistic attitude. Whichever one you use or believe in, you should know this, this is the important part!

The above respond not to what we want, they respond to what we are BEING!

So ask yourself... What am I being? What am I giving off? What am I projecting? What signals am I sending out?

If you like the answers you got, then that's great. That means you're at one with yourself.

But if you don't like the answers you got, that means it's time for change!

Change your mind, change your life. Change your outlook. Change your thinking. Change your feelings. Change your diet. Change your attention. Change your habits. Change your routines. Change your attitude. Change your reactions. Change your beliefs. Change your personality. Change your behaviour. Change what needs to be changed! Change your whole being if need be.

Sounds overwhelming, easier said than done, but to get to the top of the stairs, we have to take the first step! To build a wall we must lay the first brick! Rome wasn't built in a day.

If you want changes in your life then try not to think too far ahead, take one day at a time, one moment at a moment, cross every bridge when you come to it and don't give up to soon.

This is why I am a work in progress, my mind is open and I am willing to change. If we want things to change, we must be the change. We must stop waiting for something outside of us to change how we feel inside of us!!

Remember, the quantum field, law of attraction, self fulfilling prophecy, asking the universe, God, a higher energy force, reticular activating system or just a general optimistic attitude respond not to what we want, but only respond to what we are BEING!

As Albert Einstein said, "We can't solve problems by using the same kind of thinking we used when we created them."

Don't fuel it cool it

A STORE OF SPIRITUAL & ANGEL THEMED GIFTS • READINGS • CLASSES

Women's Circle

2nd and 4th Tuesday
4/9 & 4/23 7-9pm
Donation required but
no set dollar amount

Reiki Circle

First Tuesday of Month
4/2 & 5/7 7-9pm
Donation required but
no set dollar amount



Paranormal Activity? How to Protect Your Energy
May 10 7-8:30pm \$20

Psychic Development Classes starting back in May!
Series 2 May 15th, 29th & June 12th, 26th
Register by April 15th, cost is \$137
After it's \$197



Daena Deva • Morgana Starr

Readers Available DAILY
Walk ins welcome

321-506-1143

402 Brevard Avenue in Historic Cocoa Village, FL 32922

www.Angels-Oasis.com

ABRAHAM FUN



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

Soulsong #227 Do Touch That Dial!

I can envision my mind as a gizmo that regulates the experience of my life - the opportunities and disappointments, triumphs and mistakes, pleasure and pain. For it does operate in that way.

Through the universal Law of Attraction, my habits of thought bring to me the very things I think about or something similarly wanted or unwanted. I can think of my gizmo as having a dial with three settings:

(1) that which I like and want - everything from a picnic, backrub, or vase of flowers to financial freedom, travel, and unconditional love;

(2) that which is neutral to me; and

(3) that which I neither like nor want - from a mosquito bite to a career setback to a serious illness.

If I've been receiving a hodgepodge of wanted and unwanted experiences, I've been allowing my dial to flip here-and-there throughout the three settings.

Now, however, I take charge. When I notice my dial stuck on (3), I flip it to (2) or (1).

I turn my attention away from that which annoys, aggravates, or unsettles me and deliberately think about something else.

My mind, far more than a processor of reality, is a creator of reality. And even "reality TV" can't hold a candle to this.

High Springs Emporium



North Central Florida's ONLY Rock Shop
The most unusual store in town
Rocks, Crystals, Gifts, Jewelry

Welcome in the color of Spring!

Birds are singing, flowers are decorating the roadways and life is renewed. Come out to the country and refresh your soul with the beauty of nature.

- Incredible new jewelry
- Antique Tibetan Singing bowls
- Agate wind chimes
- Carved crystal moons
- Scenic dendritic sandstone from Utah
- Septarian Dragon's Eggs
- Polished quartz towers
- Mineral specimens and rocks from around the world



"Disco Ball" apophyllite on stilbite,
Deccan Flats, Puna, India

OPEN Mon-Sat 11 am-6 pm and Sunday noon-5 pm

19765 NW US Highway 441 • High Springs, FL 32643

386-454-8657 <http://highspringsemporium.net>

www.metaphysicianscircle.com



321-474-7348

Email mabonstar60@gmail.com

\$3 fee SUNDAYS 7 - 8:45pm

Explore the Psychic and Spiritual Universe with us!

Metaphysical speakers, healers, teachers, more. Psychic fairs.

We meet in the Band Room behind the Melbourne Auditorium at 1924 Melody Lane, Melbourne, FL 32901

Leaves & Roots

9476 E. Colonial Drive
Orlando, FL 32817

Over 100 Top Quality
Essential & Fragrance Oils
Herbs & Herb Blends in capsules
Aromatherapy supplies
Herbal research
Herbal extracts
Incense, Soaps
Body Care
Books

407-823-8840

Email leavesandroots@leavesandroots.com

M-F 10-7
Sat 10-5
Sun 12-5

Over 300 herbs & spices in stock
www.leavesandroots.com

CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email HorizonsMagazine@aol.com or call 321-750-3375 with credit card info. No calendar listings taken by phone.

Mondays and Thursdays SEBASTIAN 7pm, \$11 Intuitively guided Journey Meditations with Psychic Medium Marchelle at Into The Mystic. 1614 US Hwy 1, Sebastian. 772-480-4344

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

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

Thursdays 7pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 308 Pine St 32796 321-543-3674

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$5 Members, \$10 others. Spiritualist Chapel of Melbourne meets at 1924 Melody Lane behind Melb Auditorium 321-419-6262

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

First Saturday PALM BAY Noon Vegetarian Luncheon at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 \$10 donation, children free. 321-725-4024 www.yogashakti.org

2nd Sat. every month JACKSONVILLE Psychic Fair 1-4 pm Spiritual Lighthouse Church 1049 Crestwood St Jax Church Sun 3 pm 904-764-7639

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

Sundays MELBOURNE 9:30am and 11am Services at Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne meets at 1924 Melody Lane behind Melb Auditorium 321-419-6262

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 403 West St., NSB, nsbcuuc.org, 386-308-8080

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

**Celebrating our 3rd Year Anniversary.
Thank you!"**



Fairy Dust
Crystals & Such

Reiki Sessions, Weekly Meditation, Readers

352-693-4592
www.FairyDustCrystals.com
Like us on Facebook

11781 SE HWY 441, Belleview, FL 34420 (at the Almeida Plaza)

Crystals, Books,
Tarot Decks,
Himalayan Salt
Lamps, Jewelry,
Candles,
Unique Gifts
Kannaway CBD
Oil Supplements

**Your Holistic and
Spiritual Healing Center**



CASSADAGA
HOTEL & PSYCHIC CENTER
355 Cassadaga Road • Cassadaga 32706
www.cassadagahotel.net 386-228-2323

**If you are looking for answers, call for an appt
with one of our gifted psychic mediums**

We are currently seeking a psychic-medium specializing in Spirit contact. Professional experience required, minimum of 5 years, including references. We are looking for someone who is a spiritual being with willingness to work as part of a team and, to a greater extent, a family. Must be available a minimum of 4 days/week, including weekends, 11am to 5pm. Bilingual English-Spanish and/or established clientele base is a plus. Please bring a resume and references. **Please call or email hotelcassadaga@gmail.com for more information.**



NOTES from the Universe

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

You do realize, don't you, that there have been others - in lifetimes, millennia, and civilizations past - who have been to some of the same "places" you've been to? Yet, they got so scared they lost control, turned away, or flat out quit.

Yep, and they surround you now in the unseen. Your greatest admirers.
Thanks, The Universe



SPIRITUAL GRAFFITI

Jeff Brown is author of *Spiritual Graffiti*, *Ascending with Both Feet on the Ground*, *Love It Forward*, *An Uncommon Bond*, *Apologies to the Divine Feminine From a Warrior in Transition* and *Karmageddon*, an award winning documentary about spirituality and emotional healing. Visit www.Soulshaping.com and www.Soulshapinginstitute.com

There is a time to rescue another, and a time to turn our attention to ourselves. Years ago, I was confronted with a situation with a friend who had spiraled, yet again, into a drug and homelessness trip. It had happened many times before, and I had always put my life on hold to rescue them. This pattern had deep roots in my survivalist family history.

This time, I contacted a spiritual teacher - **Ram Dass** - and he said the one thing that finally broke the back of this pattern: *"The most you can do for all of us, is to become all you are meant to become."*

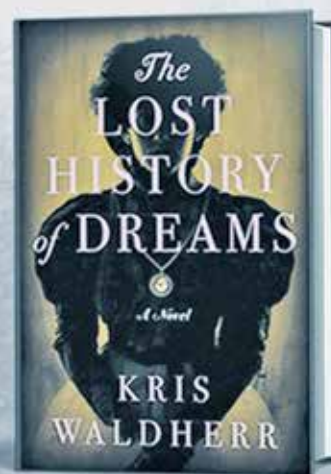
Both because of his words, and because of where I was at on my path, I was just ready to listen. And, so, for the first time, I stopped the rescue missions and got back to what called me.

Years later, that same person overcame their challenges, and said, and I paraphrase: *"There wasn't a thing you could have done for me, until I decided if I wanted to live, or die. You were wasting your time, and actually keeping me from the abyss I needed to confront in order to make that decision."*

Simply put, some of us don't want to be here and will inevitably find a way to leave. Others will choose to be here, but not until they are at the very end of their rope. Rescuing may be the perfect thing in one context, and the one thing that enables and perpetuates their suffering in another. Sometimes they need your help, and sometimes they need to face the abyss. Sometimes they have a choice to make. Let them make it.

"An unexpected delight."

— BOOKLIST



ALL LOVE STORIES
ARE GHOST STORIES
IN DISGUISE.



*A post-mortem
photographer unearths
dark secrets of the past
that may hold the key
to his future, in this
captivating debut novel
by the award-winning
creator of the bestselling
Goddess Tarot.*

AVAILABLE

at all

BOOKSTORES

and at

KRISWALDHERR.COM



ABRAHAM-HICKS

...continued from page 9...

So what we would encourage you to do, for about 30 days, is get your eye off of you and get yourself on a blitz Of appreciation. Make a decision that you are going to do as much appreciating in any day as you have physical time and energy to do.

Abraham on Steadying Wobbly Feelings:

So, it's fun being in the world because there are a lot of people in the world who keep reflecting back to you the whole of what your vibration is, and you want that. We watch you, sometimes you say, "Oh Abraham, I'm so loving this, and my life is going so much better, but those people at work are soooooo negative." And we want you to realize instead that everyone in your life is reflecting back to you some of what you've got going on vibrationally and that, when they reflect it to you, it's so beneficial because in the reflection you'll get the emotional hit, and you'll be able to know right here and now: Is this something that I want to continue to perpetuate, or is this something that I would like to turn my attention from? And little by little by little by little by little, but faster than you've ever experienced motion forward in your life experience, you can... you are eliminating beliefs that aren't serving you one awareness of one wobble at a time.

If you'll start in the morning and... first day Esther didn't make it until breakfast before she was wobbling all over the place... the second day, it was about the same... by the third day, she had a handle on what subjects caused her to wobble and what subjects left her feeling good... and then, on about the fourth or fifth day, just giving this a little bit of attention in the morning, she began to notice that in the absence of the wobble, the momentum of the good-feeling thoughts got strong enough that they started producing noticeable manifestations, noticeable manifestations.

It's like the Universe saying, "Here, this is the response to what you did today. This is the response to your morning work. This is the response to your morning work." Don't you love that? Don't you want to create an atmosphere and make it responsible for everything that comes to you in that day? Can you imagine walking through the day, having set it up first thing in the morning and watching the Universe say, "Yep, here's a piece, here's a piece, here's a piece, here's a piece, here's another piece." You begin to feel so blessed, and so worthy, and so powerful, and so clear-minded. And don't worry, you're not choosing alignment instead of momentum, you're just choosing it first. You don't want momentum without alignment. And now you know what to do.

Abraham on Where You Are Right Now:

GUEST: ... And I'm trying to work around how much you have to clean up the resistance where it was because I thought I had let it go, and I wasn't focusing on it and it got worse. And when I looked at it and tried to figure out... some of the resistance that I had, I believe I gained some understanding, and I'm not sure where to go now.

ABRAHAM: One day, Jerry and Esther were in Orlando and they were driving in a car, they weren't in the bus, they were in a car, they'd left the bus. And Esther was driving and she was following the navigational system. And suddenly Jerry said, "You know, you're going in exactly the wrong direction." And Esther said, "No I'm not." Jerry said, "Yeah, you are because this is here and we're here and we want to go there and you're headed in the wrong direction." And Esther said, "I did everything the navigational system told me to do."

And Jerry, always so wise, said, "That's probably true, but just the same, we're headed in exactly the wrong direction." Esther said, "How can that be?" And Jerry said, "Why does that matter?" And Esther said - because Esther did not want to have made a mistake, Esther did not want to have been pre-paving something unwanted - and so Esther said, "Well, the navigational system must have something wrong with it, or I misunderstood it."

And she so wanted to know at what point that wrongness had occurred. So she said, "What do you think about going back where we started? We'll set the navigational system back into the beginning, and we'll watch really closely to figure out where this went wrong." And Jerry said, "Or we could just start where we are, and head in the direction of where we want to be. **Why go back and figure out where it went wrong?**" Because nothing ever really goes wrong, and so that's the most important thing.

If you can accept that where you are right now is the perfect place to be in relationship with everything that's in your Vortex - and that's the most important thing that we've ever said to anyone - because it's so easy to say, "No wait, I don't want to be here," or, "I didn't want to be here," or, "This went wrong." If you could just say and mean, "Where I am is just right, given all that I want. I might not understand it. I might not be sensitive enough to the vibrational path to understand the benefit of all of that." You can even say, "I wanted an easier route," or, "I wanted a route that felt more this way than this way."

But, if you can just accept that where you are is right, not wrong, that's the thing we want to say to you: where you are - no matter where it is - in relation to where you want to be is right, not wrong. It's right, not wrong. Because, you're starting where you are and, if you accept that it's right, then immediately you turn in the direction of what you want. But, if you're standing where you are and you say, "Now where I am, I shouldn't be," you turn in opposition to what you want, you see?

SO, YOUR SPIRITUAL AWAKENING COST YOU SOME FRIENDS

...continued from page 8...

At this juncture, we begin to talk to acquaintances, as well as friends and family, about spiritual and metaphysical topics, with less regard about what they might think of us or how we may be perceived by others.

In time, spirituality will be the predominant frame of mind and it's likely that those who have strayed from us will be the first in line to ask for help in adjusting to the new paradigm.

So, Your Spiritual Awakening Cost You Some Friends
Remember this: You are not alone! Those who truly love you will stand by you, no matter what. Those people who are no longer part of our lives have already played their role in helping us find out who we truly are. Sometimes, it takes polarity to be able to differentiate who we are and where we're going. This is where the unawakened help immensely, by providing that contrast which allows us to see the differences.

Envision each awakened person across the planet holding a candle. While your individual candle may not seem like a lot of light, it greatly contributes to making the world FULL of light and keeps us connected, no matter how far apart we may be. While it may be painful to lose some dear friends, think about what they have brought to your life and why. Chances are, you'll end a few old relationships with people who were, at one time, very close to you, only to create new relationships with like-minded people. Forgive yourself, as well as your friends, if you feel badly about this. They came into your life for

A REASON A SEASON OR A LIFETIME:

When someone is in your life for a REASON, it is usually to meet a need you have expressed. They have come to assist you through a difficulty; to provide you with guidance and support; to aid you physically, emotionally or spiritually. They may seem like a god-send, and they are. They are there for the reason you need them to be.

Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled; their work is done. The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a SEASON, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it. It is real. But only for a season.

LIFETIME relationships teach you lifetime lessons; things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person, and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant. Author Unknown

The 2019 ANCIENT HEALINGS CONFERENCE

July 19-21, 2019 COCOA BEACH, FL

What was once lost, hidden, or forgotten forever, the Ancient Healings Conference presents teachers and guides from different disciplines and fields to rediscover and reawaken the ancient healing within you and others.



PRESENTED BY DUNCAN BOWEN PhD
DRDUNCANBOWEN@GMAIL.COM •
407-864-4362 PRE-REGISTER AT
www.Ancienthealingsconference.com
Courtyard by Marriott 3435 N Atlantic Ave
Cocoa Beach, FL 32931

Topics

Gifts Of Intuition • Entering Ancient Future Doorways
Soul Contracts • Timeless Awakenings: The Path Of
Initiation • Connecting With Your Galactic Self
Ancient Oils Of Scripture • Stones Of The New Goddess • Remote Viewing • Crystal Skulls: Dimensional
Doorways For Transformation • Music Of The Spheres:
Sound Bath Meditation • Universal Holy Qabalah
3D Aura Imaging • Introduction To Buddhist Tantra
Sound Alchemy And Your Divine Blueprint • Group
Channeling With Angels And Ascended Masters
12 Races Of Earth • Energy Frequency And Vibration
DNA Activation • 7 Mystery Schools And More

Presenters

Cindy Myers • Duncan Bowen • Nicholas Pearson
Christina Ray • Irene Wertley • Catherine Napier
Joshua Inacio • Lori Gist • Anthony Profeta
Gillian Macbeth Louthan • Rosemary George
Shaunna Williams and more

Schedule

Friday July 19 2019

Preconference Workshops

Opening Ceremonies & Plenary Session

Saturday July 20, 2019

Conference Seminars

Sunday July 21, 2019

Conference Seminars



ALPHABETICALLY BY COUNTY

Place your ad here for just \$5 per line. 20 characters per heading, 44 characters per line
Payment due 10th of the month before • Email and Paypal to HorizonsMagazine@gmail.com

OUR PHONE DIRECTORY... 321-750-3375

ALACHUA COUNTY (352) GAINESVILLE (386) HIGH SPRINGS

A ROCK SHOP & MORE

HIGH SPRINGS EMPORIUM 386-454-8657
Gemstone Jewelry 19765 NW US Highway 441 in
High Springs, FL 32643

BOOKS & GIFTS

WILD IRIS www.wildirisbooks.com 352- 375-7477

HEALTH FOODS

EARTH ORIGINS MARKET 352-331-5224
EARTH ORIGINS MARKET 352-372-1741

BREVARD (321)

ACUPUNCTURE AND LASER LIGHT THERAPY

David Rindge, LAc, DOM, RN 321-751-7001
1601 Airport Blvd, Suite 1 Melbourne, FL 32901
CooperativeMedicine.com HealingLightSeminars.com

AROMATHERAPY, OILS

HERB CORNER 277 N. Babcock Melb 757-7522

ASTROLOGER

LESLIE MARLAR 779-0604
VLMarlar@aol.com www.lesliemarlar.com

ASTROLOGY REPORTS

ANDREA de MICHAELIS \$22
3 month Future Prediction Reports.
Email horizonsmagazine@gmail.com

AUTOMOTIVE REPAIR

MELLOR'S AUTOMOTIVE Hybrids 321-956-1997
Visit www.mellorsautomotive.com

BOOKS & GIFTS

ANGELS OASIS Cocoa Village 321-506-1143

AQUARIAN DREAMS Indialantic 321- 729-9495

BOOKANDBEADOUTLET.COM 950 N. Courtenay
Pkwy Merritt Island 321.453.2665 50% off bks

CREATIVE ENERGY 321-952-6789
Crystals, Jewelry, Singing Bowls, Books, Tarot +
780 W New Haven Ave, Melbourne FL 32901

RAIN TREE GIFTS 321-345-4970
826 E. New Haven Avenue, Melbourne FL 32901

BUDDHIST TEMPLE

WAT PUNYAWANARAM 321-255-1465
4490 Aurora Road Melbourne

CAFE

A-LIVE AND HEALTHY CAFÉ 321-338-2926
85 East Merritt Avenue Between Home Depot &
Bikram Yoga, Merritt Island, FL 32953

THE BALD STRAWBERRY 321-458-5529
1248 Sarno Rd 32935 thebaldstrawberry.com

CHIROPRACTIC

VICKI M. MERRICK, DC 321-952-7004
2060 Palm Bay Rd NE #2, Palm Bay, FL 32905

CHURCHES

CENTER FOR SPIRITUAL LIVING SC 474.2030

THE NEW WAY www.TheNewWay.us 458-7956

SPIRITUALIST CHAPEL OF MELBOURNE 419-6262

UU Church OF BREVARD www.uubrevard.us

UNITY OF MELBOURNE 254-0313
2401 N. Harbor City Blvd Melbourne 32935
www.unityofmelbourne.com 9:30 and 11am

UNITY OF MERRITT ISLAND 452-2625
4725 N Courtenay 32953 unitymerrittisland.org

UNITY CHURCH ON THE SPACE COAST
2000 South St in Titusville 383-0195

CRYSTALS, GEMS ROCKS

CREATIVE ENERGY 321-952-6789
Crystals, Gemstones, Jewelry, Books & More!
780 W New Haven Ave, Melbourne FL 32901

YOUR CRYSTAL SHOP 321-615-8927
www.yourcrystalshop.com Cultural gifts
2100 N. Courtenay Pkwy Merritt Is, FL 32953

HEALTH FOODS

APPLESEED 1007 Pathfinder Rckldge 631-1444
NATURE'S MARKET & CAFÉ 254-8688

NATURE'S HEALTHY HARVEST 321-610-3989
2330 N Wickham Rd, Melbourne, FL 32935

ORGANIC FOOD CTR Indialantic 724-2383

PINETREE HEALTH 777-4677
SUNSEED CO*OP Cape Can AIA 784-0930
SUNSHINE HEALTH FOODS Titusville 269-4848

HERBS, OILS & GIFTS

HERB CORNER 277 N. Babcock 321-757-7522

MAMA JO'S SUNSHINE HERBALS
1300 Pine Tree Dr. IHB 321-779-4647

HOME BIRTH SERVICES

PAM PEACH L.M. www.Birthingpath.com

HYPNOTHERAPY by Jenny

Resolve and transform unwanted behaviors
and feelings thru power of the subconscious
mind! www.HypnotherapybyJenny.com
321-345-8971 Email Jenny@epicrenewal.com

QUALITY MEDICAL CARE

MONICA WISE, ARNP 321-951-1010
Certified Nurse Practitioner
675 S. Babcock Street Melbourne, FL 32901

PSYCHIC READERS

ANDREA de MICHAELIS 321-750-3375
Clairvoyant, honest, accurate, illuminating

REV. KATHRYN FLANAGAN 321-458-7956
Spiritual Advisor * Teacher* Tarot
Reiki * Weddings* Public Notary

SPIRITUAL AWAKENING

ANDREA de MICHAELIS 321-750-3375
Why does this keep happening to me?
Working thru it horizonsmagazine@aol.com

YOGA

KALA ART & YOGA STUDIO 321-698-5252
4301 N. Wickham Road, Melbourne FL 32935
Email evekalayoga@gmail.com

SUNDARI YOGA STUDIO 321-613-5999
46 North Brevard Ave Cocoa Beach, FL
<http://sundariyogastudio.com/>

YOGA, MEDITATION

YOGA SHAKTI MISSION 321-725-4024
3895 Hield Rd in Palm Bay yogashakti.org

ZEN MEDITATION

OPEN MIND ZEN openmindzen.com 427-3511
Al Rapaport/Sensei•Breathwork•Zen Dialogue

BROWARD (954) FT. LAUDERDALE

BOOKS & GIFTS

ANGEL HAVEN Las Olas Blvd Ft Laud 522-4720

CRYSTAL VISION 3160 Stirling Rd 981-4992

DIVINE LOVE INSTITUTE 954-920-0050
Hollywood, FL www.divineloveinstitute.org
Gifts, Free Reiki Circle, Life Coaching, Akashic
Record Certification, Angel Workshops, Magni-
fied Healing and IET Certification

NATURE'S EMPORIUM 755-2223

NEW AGE BOOKS & THINGS 771-0026
4401 N. Federal Hwy Fort Lauderdale

SPIRITUAL JOURNEY 954-752-2329
7420 Wiles Road Coral Springs, FL 33067
http://spiritualjourneyweb.com

CHURCHES

CENTER FOR SPIRITUAL LIVING 954-566-2868
UNITY GATEWAY CHURCH 954-938-5222
UNITY CHURCH OF HOLLYWOOD 954-548-9320

HEALTH FOODS

HEALTH FOODS PLUS Hollywood 954-989-3313

WHOLE FOODS MARKET
810 University Drive Coral Springs 753-8000
7220 Peters Road in Plantation 236-0600
2000 N. Federal Hwy Ft. Laud 565-5655

WILD OATS MARKETPLACE 566-9333
2501 East Sunrise Blvd in Ft. Laud

HOLISTIC CENTER

THE BANYAN HOUSE 954-683-0822

PSYCHIC READERS

JANICE SCOTT-REEDER 954-698-6926
Tarotist and Astrologer, e/snail mail readings.
In person readings at the Cosmic Salamander
http://cosmicsalamander.com

COLLIER COUNTY (239) NAPLES

BOOKS & GIFTS

SACRED SPACE 239-390-2522

CHURCHES

UNITY OF NAPLES Books, gifts 775-3009

HEALTH FOOD STORES

EARTH ORIGINS MARKET 239-434-7221
FOR GOODNESS' SAKE 353-7778
FOOD & THOUGHT MKT CAFE 213-2222

NATURE'S GARDEN 643-4959
SUN SPLASH Market & Cafe 434-7721
SUNSHINE Discount Vitamin 941-598-5393

DUVAL (904) JACKSONVILLE

BOOKS & GIFTS

EARTH GIFTS www.earthgifts.com 389-3690
Wed - Sunday 10am - 6pm Closed Mon & Tues

MOONLIGHT CRYSTAL VISIONS 999-7808
5913 Merrill Road, Jacksonville, FL 32277

SPIRITUAL UPLIFTS 904-571-2586
2186 Park Ave, Unit 102 Orange Park

CHURCHES

COSMIC CHURCH OF TRUTH 904-384-7268

UNITY CHURCH FOR CREATIVE LIVING in Jax
www.unityinjax.com/ 904-287-1505

UNITY OF JACKSONVILLE BEACH 904-246-1300
1079 Atlantic Blvd, Atlantic Beach, FL 32233
www.unityofjacksonvillebeach.com

RECONNECTIVE HEALING

www.healingenergybyted.com 904-613-7608

ESCAMBIA (850) PENSACOLA

CHURCHES

UNITY OF PENSACOLA 850-438-2277
716 N. 9th Ave. www.unitypns.com

HIGHLANDS (863) SEBRING

CHURCH, CLASSES

UNITY LIFE ENRICHMENT CENTRE 863-471-1122
10417 S. Orange Blossom Blvd, Sebring 33875
http://www.unityofsebring.org

HILLSBOROUGH (813) TAMPA, LUTZ

BOOKS, GIFTS, READINGS

MYSTIKAL SCENTS 813-986-3212

GAIA SPIRITUAL DOORWAYS 813-943-3666
26300 Wesley Chapel Blvd, Lutz Florida 33559
http://www.gaiaspiritualdoorways.com/

INDIAN RIVER (772) VERO, SEBASTIAN

BOOKS & GIFTS

INSPIRED HEART Old Dixie Hwy 772-696-1910
SPARK OF DIVINE 772-257-6499

CHURCHES

UNITY OF VERO BEACH 772- 562-1133
950 43rd Ave 32960 www.unityofvero.org

HEALING CENTER

TRUE BALANCE ENERGY CENTER
8800 FL-5 (US-1) Sebastian, FL 32958
http://truebalanceenergycenter.com
772-559-0866 makaliocan@gmail.com

READINGS, CLASSES

INTO THE MYSTIC 1614 US Hwy 1 Sebastian
Psychic Medium Marchelle 772-480-4344

LAKE COUNTY

BOOKS & GIFTS

CRYSTAL CLOSET (407) 878-2700
121 N Highland St Mount Dora, FL
www.thecrystalcloset.com

LEE COUNTY (239) FT. MYERS

BOOKS & GIFTS

THE MYSTICAL MOON 239-939-3339
8890 Salrose Lane in Fort Myers 33912
www.themysticalmoon.com

THE MYSTICAL MOON 239-301-0655
8951 SE Bonita Beach Rd Bonita Springs 34135

THE LABYRINTH 239-939-2769
12995 S. Cleveland Avenue #108

CHURCHES

UNITY OF FT. MYERS 239-278-1511
www.unityoffortmyers.org

LEON CTY (850) TALLAHASSEE

BOOKS & GIFTS

CRYSTAL PORTAL 850-727-8214
1026 Commercial Drive, Tallahassee 32310
www.crystalportalgems.com FB Crystal Portal

STONE AGE Tallahassee Mall 850-383-0233

HEALTH FOOD STORES

HONEYTREE 1616 N. Monroe St 681-2000
NEW LEAF MARKET 942-2557

MARION COUNTY (352) Ocala

BOOKS & GIFTS

CROW'S CROSSROADS SHOPPE 352-235-0558

FAIRY DUST CRYSTALS AND SUCH 352-693-4592
11781 SE HWY 441, Belleview, FL 34420
Crystals, books, tarot, jewelry, candles, oils
www.fairydustcrystals.com

SOUL ESSENTIALS Ocala 352-236-7000
Crystals, rocks, gems, unique gifts, healing gifts
828 E Fort King St jensoul@embarqmail.com
<http://soulessentialsocala.com/>

CHURCHES

UNITY OF OCALA 101 Cedar Road 352-687-2113

HEALTH FOOD STORES

EARTH ORIGINS MARKET 352-551-5224

OCALA GHOST WALKS

www.ocalaghostwalks.com 352-690-7933

MARTIN CTY (772)

FT. PIERCE/STUART

BOOKS, GIFTS

PSYCHIC & THE GENIE 772-678-6170

HEALTH FOODS/CAFE

PEGGY'S 5839 SE Federal Hwy 286-1401

SPIRITUAL CENTERS

UNITY OF FORT PIERCE 461-2272
3414 Sunrise oneness@unityoffortpierce.com

MONROE (305)

KEYS, KEY WEST

AROMATHERAPY & HERBS

BLUE MOON HERBALS, AROMATICS 305-587-8303
www.blumoonherbals.com
30150 Overseas Hwy Big Pine Key, FL 33043

HEALTHFOOD/JUICE BAR

GOOD FOOD CONSPIRACY 305-872-3945
US 1, Mile Marker 30 on Big Pine Key
<http://www.goodfoodconspiracy.com/>

HELP YOURSELF FOODS 305-296-7766
829 Fleming Street in Key West, FL 33040
<http://www.helpyourselffoods.com/>

NEW AGE BOOKS, GIFTS

BLUE MOON TRADER 872-8864

OKALOOSA (850) FT. WALTON BCH

CHURCHES

UNITY CHURCH FWB 864-1232

HEALTH FOOD STORES

FEELIN' GOOD! Hwy 98 Destin 654-1005
GOLDEN ALMOND FWB 863-5811

ORANGE COUNTY (407) ORLANDO

APOTHECARY

GYPSY APOTHECARY HERB SHOPPE 407-745-5805
3540 South Orange Ave, Orlando, FL 32806

BOOKS & GIFTS

AVALON Hillcrest St in Orlando 895-7439
CRYSTAL CLOSET Mount Dora 878-2700
SPIRAL CIRCLE 750 Thornton Orlando 894-9854

BUDDHIST CENTER

VAJRAPANI KADAMPA CENTER 407-896-3998
813 Montana 32803 meditationinorlando.org

HERBS, GIFTS

LEAVES & ROOTS 407-823-8840
9476 E. Colonial Drive in Orlando

BRANCH OF LEAVES & ROOTS 321-422-0815
460 N. Ronald Reagan Blvd, Longwood 32750

MEDITATION CLASSES

FREE www.bkwsu.org Call 407-493-1931

PALM BEACH (561)

BOOKS & GIFTS

EXPEDITO ENLIGHTENMENT CTR 561-682-0955
CRYSTAL CREATIONS 649-9909
SHINING THROUGH 276-8559
DREAM ANGELS 561-745-9355
SPIRITUAL AWAKENINGS Lk Worth 561-642-3255
CRYSTAL GARDEN 369-2836
2610 N. Federal Hwy Boynton Beach

CHURCH / CLASSES

UNITY OF THE PALM BEACHES 561-833-6483

UNITED METAPHYSICAL CHURCH 561-686-0217
OF THE PALM BEACHES unitedmetaphysical.org
917 North Dixie Highway Lake Worth 33460

HEALTH INSTITUTE

HIPPOCRATES HEALTH 561-471-8876
<http://hippocratesinstitute.org> WPB 33411

PINELLAS (727) ST PETE, CLRWATER

BOOKS & GIFTS

MYSTIC GODDESS Largo 727-530-9994

CHURCHES

UNITY OF CLEARWATER 727-531-5259
PEOPLE'S SPIRITUALIST CH 727-823-5506

THE TEMPLE OF SPIRITUAL AWARENESS 709-3909
www.templeofspirituala.wix.com/spiritual-awareness Find us on Facebook

HEALTH FOOD STORES

EARTH ORIGINS MARKET St.Pete 727-347-5682
EARTH ORIGINS MKT Palm Harbor 352-786-1231

SARASOTA (941)

BOOKS & GIFTS

ELYSIAN FIELDS Midtown Plaza 941-361-3006

HEALTH FOOD STORES

EARTH ORIGINS MARKET 365-3700 and 924-4754

SEMINOLE (407)

SANFORD, LAKE MARY

CHURCH, BOOKS, GIFTS

UNITY CHURCH OF CHRISTIANITY
4801 Clarcona Ocoee Rd ORL 407-294-7171

GIFTS, CONSULTATIONS

LUNASOL ESOTERICA Sanford 321-363-4883

ST. JOHN'S (904)

ST AUGUSTINE

BOOKS & GIFTS

THE PURPLE LOTUS 904-295-8876
106 St George Street, St Augustine, FL 32084
www.thepurplelotusshop.com

SUWANNEE (386)

LIVE OAK, WELLBORN

BOOKS AND GIFTS

KORNUCOPIA 386-963-4898
12093 CR 137 in Wellborn, FL 32094
Antiques Candles Sage Incense Tarot Jewelry

VOLUSIA (386) DAYTONA, DELAND, NSB

BOOKS, GIFTS, PSYCHICS

CASSADAGA CAMP BOOKSTORE 386-228-2880
1250 Stevens Street, Cassadaga, FL 32706

MY CAULDRON 386-624-7000

MAMA GAIA'S MYSTIQUE 386-366-4385

CHURCHES

CASSADAGA SPIRITUALIST CHURCH 386-228-3171
1250 Stevens Street, Cassadaga, FL 32706

COMMUNITY UNITARIAN UNIVERSALIST dbcuc.org

UNITY COMMUNITY CHURCH NSB 386-481-0890

CRYSTALS AND GEMS

TIMELESS TREASURES 386 252-3733
Daytona Flea Market • Corner Shops CS 75&76

A LOTTA SCENTS STUDIO 386-410-5711
927 S. Ridgewood Ave, Edgewater, FL 32132
lottascents@gmail.com

HERBS AND GIFTS

SPICE OF LIFE HERBS 386-734-0035
214 W. Beresford Avenue, Deland
Open Wed 11-6pm, Thurs, Fri, Sat 11-6pm
www.spiceoflifeherbs.net

HAUNTED MUSEUM

C. GREEN'S HAUNTED HISTORY MUSEUM 228-3315
Next to Purple Rose 1079 Stevens Street 32706

PSYCHIC MEDIUM

MARLA CHIRNSIDE Cassadaga 386-473-3530

PSYCHICS GEMS ROCKS

PURPLE ROSE in Cassadaga 386-228-3315
1079 Stevens Street 32706

THE WITCHES BREW Daytona Flea Market
Friday thru Sunday 9am - 4pm Metaphysical
and spiritual supplies, crystals, gifts, books

KNOXVILLE, TN

READINGS AND REIKI

THERESA RICHARDSON 865-705-2525
Original co-founder of Horizons Magazine
Clairvoyant Intuitive Readings, Channeled
Readings, Angel Readings, Tarot Readings.
Readings are available by phone or in person.
Email info@theresarichardson.com
Visit www.theresarichardson.com

UNITY CHURCHES IN FLA

Atlantic Beach	904-246-1300
Bonita Springs	239-941-3100
Bradenton	941-758-6489
Brandon	813-727-4431
Clearwater	727-531-0992
UnityNow	727-524-0600
Daytona Beach	386-253-4201
Delray Beach	561-276-5796
Dunedin	727-734-0635
Ft Laud Metaphysical Chapel	754-300-1428
Fort Myers	239-278-1511
Fort Pierce	772-461-2272
Gainesville	352-373-1030
Gulf Breeze	850-932-3076
Hollywood	954-922-5521
Jacksonville	904-287-1505
Jacksonville	904-355-5100
Jacksonville Beach	904-246-1300
Lakeland	863-646-5314
Lecanto	352-746-1270
Leesburg	352-787-0834
Melbourne	321-254-0313
Mount Dora	352-483-5683
Naples	239-775-3009
New Smyrna Beach	386-481-0890
Northport/Pt Charlotte	941-423-8171
Ocala	352-687-2113
Orlando	407-294-7171
Orlando	407-852-3940
Oviedo	321-206-5148
Palm Harbor	727-784-7911
Pensacola	850-438-2277
Plant City	813-659-2624
Poinciana	863-427-4276
Port Richey	727-848-7702
Port St. Lucie	772-878-9819
St. Petersburg	727-344-1515
St. Petersburgn	727-898-2457
St. Petersburg	727-527-2222
Sarasota	727-848-7702
Sebring	863-471-1122
Sun City	813-298-7745
Tampa	727-531-1836
Tampa	813-870-0731
Tampa	813-882-0440
Titusville	321-383-0195
Venice	941-484-5342
Vero Beach	772-562-1133
West Palm Beach	561-721-1267
West Palm Beach	561-833-6483

We Help People Get Well And Stay Well!

**Our goal: rapid, effective,
affordable treatment**

- Acupuncture
- Laser Needle Acupuncture
- Laser Therapy
- Pulsed Electromagnetic Field Therapy (PEMF)



**David Rindge,
LAC, DOM, RN**

We specialize in modern, cutting edge therapies shown to heal a broad range of health conditions because of the science supporting them and because of the clinical results and lack of problems we have seen over many years.

Pain
Sports Medicine
Urology / Prostate
Digestive Disorders
Hair Loss - Alopecia
Respiratory Disorders
Cardiovascular Disease
Neuropathy / Nerve Pain
Bone Healing - Osteoporosis
Female / Gynecology / Fertility
Skin -- Acne, Dermatitis, Psoriasis
Hearing Loss, Meniere's, Tinnitus
CNS Disorders - MS, Parkinson's, Spinal Cord Injury



If you have been told that you or a loved one will just have to live with pain or that your health or that a specific condition cannot be improved, think again!

David Rindge, LAC, DOM, RN
Center for Cooperative Medicine
Healing Light Seminars
1601 Airport Blvd, Suite 1
Melbourne, FL 32901
321-751-7001
www.CooperativeMedicine.com
www.HealingLightSeminars.com





YOGA: A Natural Pathway To Godhood

Ma Yoga Shakti is a beloved teacher with ashrams in India and US, instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd NW Palm Bay FL 32907 www.yogashakti.org 321-725-4024 and email yogashaktipalmbay@gmail.com Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life.

The Power of Mantra

*Sarva Mangala Mangalye Shive
Sarvaarta Saadhike
Saranyai Tryambak Gauri
Naaraaani Namostute*

This mantra is for all types of happiness and all kinds of welfare, physical, mental and spiritual. It says "May the energy of the Mother of the Universe protect us; I bow down to that Energy."

There is one safety lock in each and every heart. If you seek help from that Energy, it can save you and everything is possible. It can solve your problems. This is a spiritual law which has no explanation, but you can practice it yourself and find the truth of it.

Experiences are not usually shared with others, because if you do so a kind of pride and ego comes between as an obstacle between you and the Energy. I shall tell you one instance. When I came for the first time to the forest land (which is now the **Palm Bay** ashram,) I chanted this mantra while sitting under a tree on a little hill. A year later, I came and slept overnight on the land and chanted this mantra. A devotee also chanted this mantra for three hours and that same day we received a donation which encouraged us to continue in spite of all difficulties. Many times this mantra will help you because it has been made in a state of inspiration, invoking Divine energy.

There is energy around which can be destructive, creative or protective. Mantras are to invoke the psychic energy. Psychic energy may function as Chit or intelligence, Truthfulness or as vibrations of Bliss. It can be approached by your truthfulness. When the heart is very truthful, it is invoked. It is approached and hit somehow by your intelligence or acute point of concentration. It can be hit by your joyful feelings, happiness or universal love. If you have tremendous love for others, then this energy begins to function.

Mantras do help people in their times of distress. When nobody is around to help you, **God** through the vehicle of mantra will help. This is a spiritual law which has nothing to do with reason or intelligence. Intelligence may fail, but prayers and mantra will help. This is the reason why all through the ages people have followed the path of **God** and mantra. Worship is any form, but without the Energy, we are nothing. That Supreme or Auspicious Energy must be remembered in our lives through mantra.

*A goal is a must in life.
When one has a goal, one
can draw inspiration.
Inspiration gives direction
to life's energy. If we turn our
gaze towards God, divine
energy will possess body,
mind and senses.
Ma Yoga Shakti*

YOGA SHAKTI MISSION



Ma Yoga Shakti

First Saturday
at noon
**VEGETARIAN
LUNCHEON**
\$10 donation
(children free)

Sunshine Lectures
Sundays 9 - 10am
*Talks on
Spiritual Topics*
NEW! Tai Chi
Sundays 5-6pm
1st class free

**YOGA
CLASSES**
7-8pm
\$7 Per Class or
\$25/month unlimited
Monday thru Thursday

YOGA SHAKTI MISSION
3895 Hield Rd NW Palm Bay
yogashaktipalmbay@gmail.com
321-725-4024
Visit www.yogashakti.org

BOOKS BY MA YOGA SHAKTI

Yoga Syzygy Guide to Hatha Yoga \$15
Techniques of Meditation to Enhance Mind Power \$10
Shri Satya Narayana Katha \$5
Hanumaan Chalisa \$5 • A Spiritual Message \$5
The Seven Invisible Psychic Lotus \$10
Yoga Asana Chart \$2 • Chandogya Upanishad \$5

WHEN TO LISTEN TO YOUR GUT...WHEN NOT TO

Helen Fisher, PhD, is a biological anthropologist, research professor, and member of the Center for Human Evolution Studies in Dept of Anthropology at Rutgers University. She has conducted extensive research and written five books on the evolution and future of human sex, love, marriage, gender differences in the brain, and how your personality type shapes who you are and whom you love. She is currently using her knowledge of brain chemistry to discuss the neuroscience of business leadership and innovation. www.helenfisher.com.

That little voice that nudges you when you're stuck between two choices? It's real.

You're faced with a difficult decision, and suddenly you feel the right answer in your gut. But while intuition may seem to arise from some mysterious inner source, it's actually a form of unconscious reasoning—one that's rooted in the way our brains collect and store information.

As you accumulate knowledge—whether it's about what books your spouse likes or how to play chess—you begin to recognize patterns. Your brain unconsciously organizes these patterns into blocks of information—a process the late social scientist **Herbert Simon, PhD**, called chunking.

Over time your brain chunks and links more and more patterns, then stores these clusters of knowledge in your long-term memory. When you see a tiny detail of a familiar design, you instantly recognize the larger composition—and that's what we regard as a flash of intuition.

This elaborate brain circuitry likely evolved so our forebears could size up a person or a situation quickly. Our female ancestors, in particular, needed this skill: They had to tune in to their infants to enable them to survive. And this helps explain why women today have an edge when it comes to reading people.

So listen to your gut feelings instead of brushing them aside. Your intuition may not always steer you right, but it can be a useful first step in decision-making.

LISTEN TO YOUR INTUITION WHEN YOU'RE...

DOING SOMETHING YOU'RE EXPERIENCED IN.

Intuition is really learned expertise in disguise. So if you've played tennis your whole life, go with your instinct on the court instead of thinking through each stroke.

CONSIDERING GETTING A SECOND OPINION.

"Listening to your body's signals can help prevent bigger health problems," says **Judith Orloff, MD**, a psychiatrist at UCLA and author of *Second Sight*. If your doctor dismisses a nagging symptom as "nothing serious" but you're still convinced there's something wrong—go with your hunch.

SHOPPING FOR A HOME.

Don't just endlessly analyze the financials; listen to your gut. Studies have found that purchasers are more satisfied with a big-budget item when the decision is made incorporating unconscious thought rather than by conscious deliberation alone.

LET YOUR HEAD DECIDE WHEN YOU'RE...

SNIFFING OUT A LIE.

"There are no easily detectable signs that indicate lying, so even if you're adept at reading people, you can't infer dishonesty based on the other person's gestures or behavior," says **David Myers, PhD**, author of *Intuition: Its Powers and Perils*.

HIRING SOMEONE FOR A JOB.

If there's a contest between your positive gut feeling and what work samples and recommendations tell you, forget your gut. "Your intuition may be based on something superficial—like whether the candidate reminds you of a close friend—that has nothing to do with performance," says Myers. — **Lauren Dzubow**





This month's thoughts about things...

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

... from page 7

Q: So why do bad things continue to happen if I'm thinking happy thoughts?

A: Because you're still at the mercy of past momentum, the momentum of past thoughts and actions that haven't yet come back around. You're still awaiting the karma, the consequences of past actions. Consequence as in you open your hand and the ball drops. Consequence as in you let go of the string and the balloon floats to the sky.

Q: How do you know when your past momentum is caught up?

A: You'll know you're free of past momentum because you'll notice that what you were thinking and feeling the day before is what you can expect to think and feel the following day, and that's okay with you.

If you're a good mood person, life will begin going smoother for you. People will be less combative and you'll experience less conflict. Thanks one way to know. *If you're having a challenge finding a silver lining and thinking happy thoughts on purpose, then do something that makes you happy. Whatever it takes for you to feel happy.* Look for things around you to be happy about. Skip over the unhappy things, they are not for this exercise.

Think, *"I'm standing, I'm walking, I'm breathing, the sun and wind feel good on my skin. I can move my arms and legs, I can hear crickets and birds and see them in the trees and the rain is making everything grow. We really live in paradise and every day is a new beginning. I never know what good awaits me right around the corner. Anything is possible and I know the Universe loves to delight me."*

Begin practicing good thoughts and visualizing happy scenarios. Soon enough, you'll be free of past momentum and begin creating day to day. And once you're beyond past momentum and have begun creating on purpose on a day to day basis, it's very unlikely you'll find yourself "being robbed" or "jumping off a cliff." You're simply unlikely to be within vibrational range of those scenarios.

You'd most likely be within vibrational range of asking inwardly for help, having insights, enhanced intuition, finding shortcuts, seeing increased opportunities. Sure, every thought is a choice in every moment every hour of every day in your life, but **you can keep yourself within vibrational range of all sorts of good stuff once you learn to think happy thoughts on purpose. And then take time every day to think them.**

Q: Is "thinking on purpose" the same as creative visualization and pre-paving?

A: They are both focused techniques for thinking on purpose.

It's funny when people you don't even know start making up things about you. But it gave me the chance to put in writing how the "think happy thoughts" stuff works.

YOU MIGHT WANT TO ASK YOURSELF

If you find yourself being combative with someone, you might ask yourself *Why do I feel compelled to cause trouble? What in me is being triggered that I need to act like this? What is the real reason I find it hard to be considerate and generous with this person, or anyone?* We all go through ego struggles. When we recognize we're doing it as adults, we stop.

STOP BEING AFRAID OF WHAT OTHER PEOPLE TELL YOU TO BE AFRAID OF

It's all about perception. When I was 8 years old, we visited some cousins who lived on a remote country road in a ramshackly farmhouse. There were 6 of us kids in the yard and the oldest began to tell a story. There was an old woman, legend has it, who was killed walking home from the market at sundown and her ghost still haunts the road to this day. He and his brothers told stories of people who'd encountered her and the tattered yellow dress she wore with long blue mens' sweater and men's work boots, carrying her groceries in a big potato sack.

As they spoke, I noticed a stooped figure walking toward us, way down the road. I saw her clear as day, yellow dress, blue sweater, boots, potato sack. The cousins couldn't see her, they said, but my brother and I did! The closer she came the more afraid I got, since the story was that she came back with a butcher knife to get revenge. She did keep looking in the potato sack, probably checking her knife. By the time she got 100 feet away I was frantic, crying and afraid, knowing we were all about to be murdered.

Thankfully my mom ran out of the house to save me! But instead she walked over and took the potato sack from the killer ghost woman. WTH?? Of course, there was no killer ghost, the woman was merely their grandmother who was walking home from the market as she did every sundown.

Except I wasn't told, "My grandma visits at sundown." No, my cousins had carefully set the scene so that when I saw the old woman on the road, I'd think she was the killer ghost of the "legend" they just told me. Had they said nothing, I'd have thought I was watching an old woman walk on the road. But since their advance story was that a killer ghost roamed the road at sundown, that is what I saw.

Don't let other people tell you what to see.

Enjoy our offering this month.
Hari Om.

Andrea



HOW WAYNE DYER HELPED ME BEAT ADDERALL ADDICTION

...continued from page 12

MY ADDERALL EXPERIENCE

I had been off cocaine for a while, but I was still taking **Adderall**, which is basically legal speed, and is often prescribed for attention deficit disorder. But even though it's legal, cheap, and socially acceptable, as far as I'm concerned **Adderall** is just as destructive as cocaine.

I had started using **Adderall** while I was still in the music business, because I liked that it helped me focus and get things done. But even after I had fired all my clients, I was still on it. I was feeling like shit for taking it, but if I didn't I felt tired and bloated all day long.

As I started down the path of finding my bliss, I felt this deep knowing that I had to come off the **Adderall**. But I wasn't ready yet. I had been on heavy stimulants for years. Who would or wouldn't I be without it? Without my drug, how would I create? Those questions scared me to death. But I knew I had to face my greatest fears. So a few months after I fired my clients, I decided to stop **Adderall** cold turkey.

It was rough and I went through withdrawal for a long time. I had no energy and slipped into depression. I quickly transferred my addiction from **Adderall** to food, and started eating anything and everything in sight. It was a step up, but not one I could sustain for long. I was praying for help. Thankfully, as happens with the Divine, help arrived. Thank **God** for iTunes.

I was looking for more **Caroline Myss** material on the popular media player when I saw that "Other people who bought **Caroline Myss** also bought **Wayne Dyer**." I had never heard of **Wayne Dyer**, but I was intrigued by the name of his book, *The Power of Intention: Learning to Co-create Your World Your Way*. I liked the sound of that. I didn't know what "co-creation" was, but making my world my way? That sounded good to me. I bought *The Power of Intention* on audiobook and started listening. And I couldn't stop. I listened, and listened, and listened, and listened.

I hung on every word **Wayne** read. This book summed up, in a practical way, the new belief system I was forming. I must have listened to this book 20 times that first month. It was just on, all the time. While I was working, while I was showering, when I was in the car.

Wayne's voice was the voice of a loving father. He didn't seem quite as on edge as **Caroline**. I remember when I heard him say, "You are one of those manifestations. You are a piece of this universal intelligence—a slice of God." It totally blew my mind.

Even after getting familiar with **Joseph Campbell's** work, I still couldn't get my head around this. How could I, this little tiny person, be a piece of **God**? That seemed so ridiculous. Impossible. I might even have called it blasphemy. Because growing up it had been drilled into my mind that **God** is God and I am me. We are separate, and I am a sinner who is barely worthy of God's Love and forgiveness. To go from that mind-set to being a "piece of God" was a leap, to say the least.

But I remembered my **Bible** and a line from the **Book of Luke**, Chapter 17 (KJV) that's not quoted often enough in Christian circles:

And when he was demanded of the **Pharisees**, when the kingdom of **God** should come, he answered them and said, The kingdom of God cometh not with observation: Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of **God** is within you.

So maybe I was a part of God. Was it possible that all this time I'd been a fish searching for the very water he was swimming in? Was I already inside of God, and not able to see it?

I wasn't sure, but I was willing to test-drive the theory.

Loving yourself, I had now heard from both **Caroline Myss** and **Wayne Dyer**, is required for any transformational process. I was ready to set aside my previous approach—abandoning myself to put the interests of my clients first—in exchange for self-love. The problem was I didn't yet understand the difference between self-love and narcissism. So rather than doing the work to genuinely love and appreciate myself, I adopted a toxic mix of self-centeredness, entitlement, and arrogance—in short, putting myself first in all my affairs. I didn't realize that there is a middle path—a place where self-love and serving others meet. Instead I got on board with "narcissism" and it took me for a ride. I went from thinking **God** was fully outside of me, to thinking God was fully within me. In fact, I started to think that on some level I was God, not a piece of God (as we all are).

It was a total ego trip. I didn't have a messianic complex, exactly, but I thought I was more powerful than I had previously imagined. I had stepped into the land of the spiritual egoist—that is to say, someone who has read a bunch of books and learned a new vocabulary—but whose consciousness has not yet changed.

I thought I was special because I could throw around words like intention, archetypes, and chakras. I started judging others as being "less spiritual" than I. It's true that when you step onto a spiritual path you tend to get a new peer group. But when you judge others as being less than, the joke is on you.

Read more about how I finally found some humility in my book, *Daily Love*.



Maya White is a Master Destination Astrologer and one of only 90 people in the world certified in Astro*Carto*Graphy, a specialized branch of astrology which helps people find their perfect place on earth for love, prosperity, and personal growth. She's also the creator of Easy Astrology Oracle Cards published by Hay House. Visit Maya's website and sign up to receive her weekly newsletter. www.MayaWhite.com

HOROSCOPES

APRIL 2019

Cusp dates are accurate for 2018. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2018.

Aries – (March 20 – April 18) Although the pressure is on, your best strategy is to surrender to your dreams, Aries. Obligations surround you and demand a response, but please don't forget that your inner child is calling. And, it's your secret, inner world that ultimately wins the day; ignore this calling and you risk swimming in a sea of regret.

Taurus – (April 19 – May 19) Really, Taurus, the best thing you can do this month is just listening with an open mind. The Universe is calling with a basket full of brilliant ideas, and if you can step out of predictable but mundane security, there is a quantum field of opportunity calling your name. It's time for a leap of faith!

Gemini – (May 20 – June 19) You've been working diligently for quite some time, and thankfully, this is your month for some flex time and good fun. Your challenge is going to be finding a way to unwind and enjoy the ride. Keep life simple now - the Universe has an important message, but you have to be in the right state of mind to hear it.

Cancer – (June 20 – July 21) Your sign is in the midst of dynamic planetary action this month, yet the secret to success is finding a place of serenity in the midst of all the chaos. If you look carefully, you'll see that the stress is mostly from demands of others; you do have a choice in how you respond. Be open to new solutions to old problems.

Leo – (July 22 – August 21) Ah - the Lion is known for its loud roar. I hear the intake of your breath; I see your lungs filling with air, and I'm waiting for the relief of your exhale. Understandably, you're feeling compelled to add your opinions, but listen to your partners now. It's time to let others show you what they have to bring to the table.

Virgo – (August 22 – Sept 21) You have an abundance of good ideas now, Virgo, yet implementing them remains a daunting task. Avoid frustration and get busy with your journal; things are going to look different after this month, and waiting is the right thing to do. Watch, look, and listen. Charisma and magnetism are your dynamic assets for now.

Libra – (Sept 22 – Oct 21) Self-reliance is your greatest asset now, Libra. The promises of others are well intended, but they may fall short of what you need. However, if and when you take the reins, your plan comes off like clockwork. What you need now is a strong finish; think like a runner and kick it out to the endgame. You're a winner!

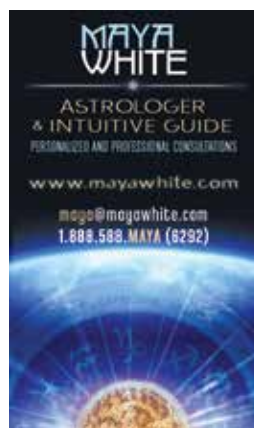
Scorpio – (October 22 – November 20) Trust, flow, and allow are the words written on your heart now, Scorpio. Trust that everything is as it should be; flow into your new reality with trust and grace; and allow the Universe to deliver a true transformation. Your nature is to be capable, but right now, understand the value of a good helper.

Sagittarius – (November 21 – December 19) April presents a shift and changing of the tide for you, Sag. Just like the season, Jupiter, your planetary ruler springs into action. What is unlocked is your divine inheritance. For some it will be total freedom, for others it will be an opportunity to fulfill your work.

Capricorn – (December 20 – January 18) Take on the pulse of this bright new energy coming into your life, Capricorn. If amid when the situation feels too big, or that you are losing control - just focus on the small pleasures of your life. There is a direct correlation between your discovery of joy in the moment and how the big picture comes together.

Aquarius – (January 19 – February 17) You may feel as though there is a cosmic battle for your mind, Aquarius. There are so many options this month that it'll be hard to know where to turn. Go for the inspiration factor; you have access to a Universal repository of genius now. Seed this inspiration; you are the artist, and the world is your rainbow.

Pisces – (February 18 – March 19) April is your month for a financial breakthrough, Pisces! Get yourself in the right frame of mind for prosperity and then - watch the fireworks. The money is coming via special delivery; your challenge, as usual, is to hold on to the riches. Think carefully about sharing the details of this windfall.



COVER ART

CRYSTAL TREE by Esmeralda Raven Aponte

The Crystal Tree is about the healing powers crystals harness and the connectivity to life giving elements of the Earth and the universe. Harnessing the energy of the Sun, the Moon, and the oceans, semi-precious stones connect us to Earth as soon as we come into contact with them.



Among many people, crystals are known to have healing powers. It takes a conscious effort to open your heart and mind to the power of crystal healing, but once you begin, the journey is embellished with beautiful, mysterious, and unique experiences.

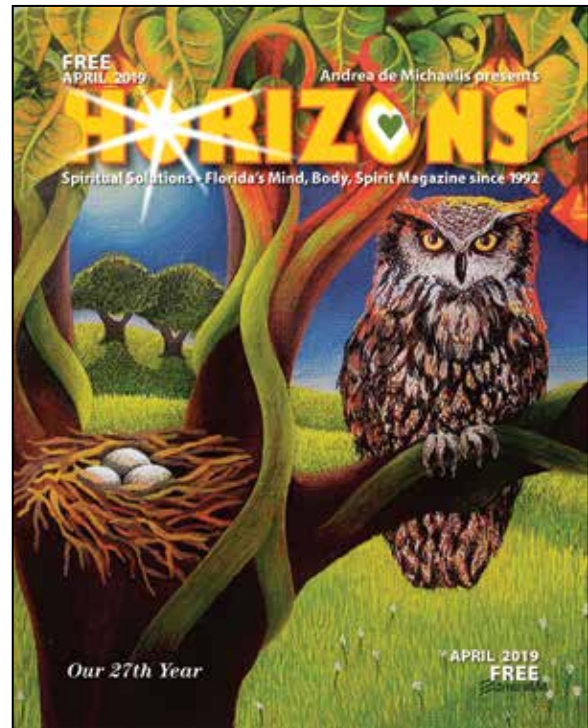
When it comes to crystal basics, these otherworldly

rocks connect us to the Earth because they have powerful vibrations. This energy continues to connect with you when you wear these intention crystals close to the skin or place them in your environment. With every thought and intention, these crystals pick up on your unique vibrational energy and amplify the positive vibes that you're cultivating.

Everything in life has a vibration, a frequency, and just like sound waves, your thoughts will match the vibrations of everything you wish to manifest. Therefore, if you think crystals have healing potential, the positive vibes of the stones will amplify those thoughts.

Symbolically in the painting, the crystals are growing on the tree; receptive, expanding your thoughts, and connecting to nature. In the tree sits an owl watching over a nest with eggs. Again, eggs are representative of birth, growth, fertility.

Owls are often seen as mysterious, mostly because many owls are strictly nocturnal. Owls live within the darkness, which includes magic, mystery, and ancient knowledge. Related to the night is the moon, which owls are also connected to. It becomes a symbol of the feminine and fertility, with the moon's cycles of renewal. In mythology owls are related to ancient wisdom and capable of seeing the whole truth.



Esmeralda Raven Aponte is an Australian born, Sydney based surreal artist. Her imagery evokes a world of unfolding whimsical stories through her use of symbolism. She brings to light roots in **Colombian folk** and **Latino art**.

Esmeralda finds inspiration through her dreams composed of fantastical creatures and other-worldly settings. Her beliefs into the mystical forces greatly influence her paintings and allow her to explore their blending together with the aspects of life. Her world full of wonderment expresses different states of experience and exposes the strong relationship between plant, animal and human world.

Having worked as a fabric designer for many years before painting full-time, **Esmeralda** incorporates her ability to transcribe rich fabric textures onto the canvas. Tonal nuances and narrative structure inspired by **Renaissance art** is strongly present. Each thread, each lace is intricately mastered through a steady hand and a personal meditation.

Esmeralda translates visions into emotional journeys that have drawn interest from international galleries and private collectors from across the globe. She is prolific and each painting is an invitation into the surreal relationship of the unknown to become known with dynamic layers of harmony to arise.

To see more of Esmeralda Raven Aponte's art visit her on **EsmeraldaRavenAponte.etsy.com** and **facebook.com/EsmeraldaRavenAponte**

HORIZONS MAGAZINE
575 Escarole Street S.E.
Palm Bay, FL 32909-4802



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

Inspired Books by Roy Eugene Davis

Disciple of Paramahansa Yogananda and director of Center for Spiritual Awareness with offices and a retreat in northeast Georgia. Quality softcover editions. Postage and packing: \$3.00 for 1 book. 30 cents for each extra book.

Paramahansa Yogananda As I Knew Him

Who Yogananda was, what he was like, and what and how he taught. An appendix answers many questions about the spiritual path. The glossary provides precise definitions of 150 English and Sanskrit words and philosophical concepts helpful to know. 224 pages. 16 pages of photos. \$8.00

Seven Lessons in Conscious Living

Kriya Yoga philosophy, lifestyle regimens, and meditation practices. 160 pages. \$7.00

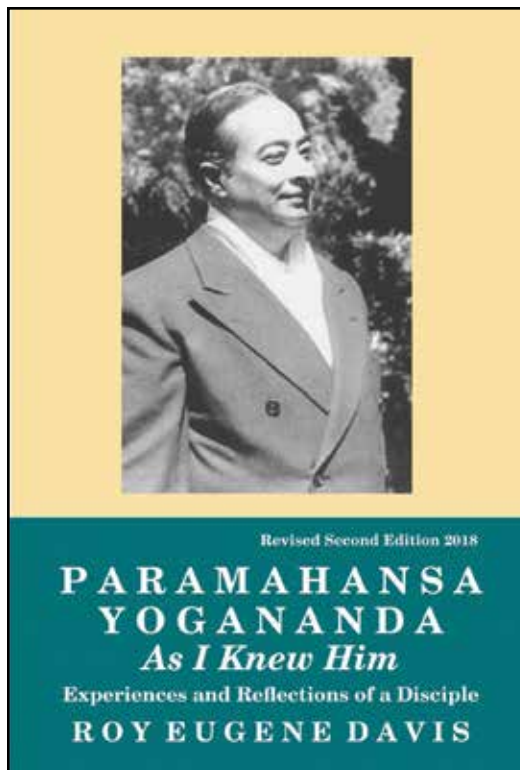
The Eternal Way: *The Inner Meaning*

of the Bhagavad Gita Explains the characters, actions, words, and philosophical concepts of this literary classic and clearly reveals its significance. 272 pages. \$8.00

In the Sanctuary of Silence A reliable guide to meditation with clear descriptions of forms of practice, routines, and techniques to calm the mind and clarify awareness. 32 pages. \$2.00. *If ordered alone, postage is \$1.00.*

Words That Heal and Transform

Superconscious affirmations for every purpose and how to use them. Affirmations are precise declarations of what is true or can be experienced. 32 pages. \$2.00
If ordered alone, postage is \$1.00.



CSA Press PO Box 7 Lakemont, Georgia 30552-0001

Tel: **706-782-4723** weekdays **info@csa-davis.org** online: **www.csa-davis.org**

CSA Press is the publishing department of Center for Spiritual Awareness

Roy Eugene Davis was ordained by Paramahansa Yogananda in 1951. He has taught these spiritual growth processes in the Kriya Yoga tradition for more than 65 years in North and South America, Europe, Japan, West Africa, and India. His books are distributed in several languages in many countries.



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