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**MAY 2016**

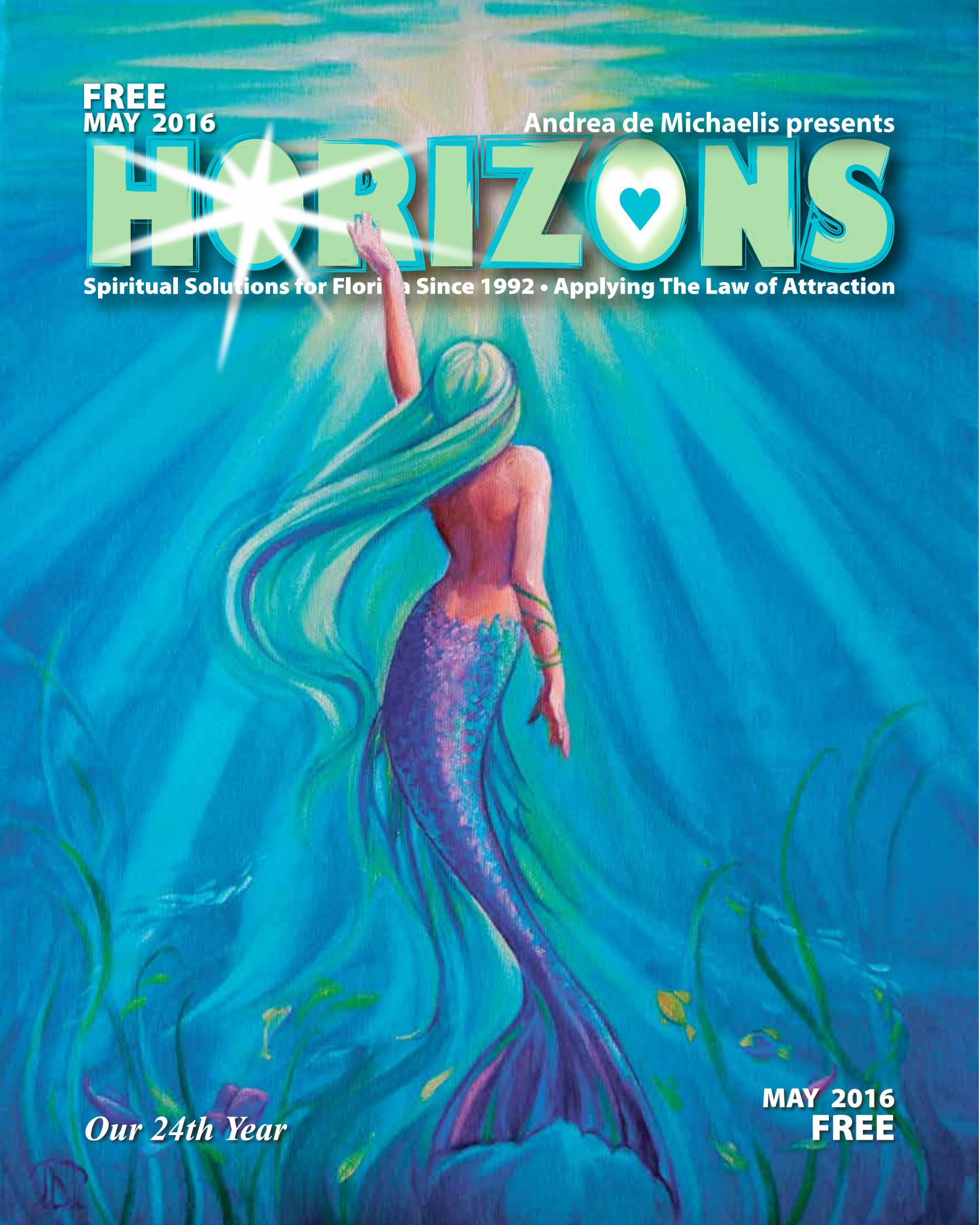
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**Read credentials, testimonies and "Visions  
of Time", book written about Albert from a  
research program on his abilities, conducted  
in a four year study by Dr. David Jones.**

**Was invited to  
Russia where  
he took part in  
research with  
psychics and  
scientists.**



**Friend him  
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Albert was a Project Manager and Lecturer for the **Edgar Cayce Foundation** and their **Association for Research and Enlightenment**. Albert also hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "**PM MAGAZINE**" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.

He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities.

Albert was the subject of the internationally published book "**VISIONS OF TIME**", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with **NASA** & the **FBI**, to working on academic projects, to finding missing persons, sunken ships.

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**TESTIMONIAL:** I appreciate the time you spent with me. The concert I was having such a hard time remembering was Patti LaBelle -- that was Kenny's favorite singer. It's funny this particular event came up in the reading Sunday because Sunday and Monday are the Mexican celebration for departed loved ones -- I was just wondering to myself what the greatest moment we had together in our short 4 years together, and for some reason I didn't think of this concert. This WAS definitely our best activity together and it took me coming to see you to remind me of that. Thank you for the piece of mind you have given me. Chris Choate Tampa, FL

**TESTIMONIAL:** Hello Nellie, You told me many personal things about family and friends that only I knew about, also about changes that would happen that would effect my business. One by one the changes did start happening just as you described. You have a wonderful gift. Janette

**TESTIMONIAL:** Nellie, you said some things about an uncle my mother had that I never knew about. You mentioned he was a musician, and he was very well known. The next day I called my mom in Hungary and she started to cry, she verified everything you said. I never knew he existed up until you told me about him. At the time of the reading, you told me that he was there with me, it was a life turning experience for me. Thank you so much Nellie. Klara

**TESTIMONIAL:** Hi Nellie: You told me that my gr gr mo Gaetano Salito came from the Bari area I found a young relative named Roberta Salito from the Salerno area and she will contact me about the family. There are many relatives from Bari area and the Salerno province. In Bari are the names of my family members: Grimaldi, Salito, Amodeo, and guess what the Fama family into whom my son Charlie, married! Eileen Deer

**TESTIMONIAL:** Nellie, I loved your message, and got lots of info from it, now the hard part. put it into practice. thank you so much very much for sharing your wisdom with me and others.

**TESTIMONIAL:** I can not describe what happened to me today but I am at peace with myself after a very long time! You took me in 1/2 hour early today and made time for a friend and you spent extra time with me!! Feel like I won the lottery! I feel like the biggest dark cloud has been taken away from my life. I can not describe the happiness I feel - no words to describe the peace of mind I have! I do not remember so much peace! Some day I will write and explain more but just can't put it into words right now! THANK YOU! I will be back!!! Maggie

**TESTIMONIAL:** Before I met Nellie I had been to Cassadaga a few times in the past to get readings. In the past the readings we ok but not too specific. This time was different. When I got my first reading I had been going through many health and issues in my life. Nellie gave very useful info that was specific including dates and outcomes. Most of her predictions have come true, even the ones that seemed unlikely. I am very grateful to her for both her reading and her compassion. If you are ever in Cassadaga and want an accurate reading set up an appt to meet with her.



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with God



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**PLANNING AHEAD FOR A HEARTFELT MEMORIAL SERVICE – SUNDAY MAY 1, 1-2:30PM.** Join Rev. Beverly Molander and Dave Savage for this workshop to help you act vs. react when faced with end-of-life situations. Suggested Love Offering \$15 – no one turned away! You will receive a to-do list of practical activities for planning a Memorial Service.

**LIVING AND DYING IN GRACE – WEDNESDAY MAY 4TH 6:30-8:30PM.** We will watch and discuss a webcast with Kathleen Dowling Singh and Richard Rohr. These masterful teachers will be speaking about the grace in dying – both in our small daily deaths to the false self and in our final breaths.

**MOTHER'S DAY – SUNDAY, MAY 8TH** Join us for service & waffle breakfast after both services.

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**COMING IN JUNE – Summer Wednesday Worship Series – 13 weeks Wednesday 10:00AM or 7:00PM** beginning June 8th **PRAYING WITH THE 12 POWERS: Claiming The Superhero Within.** Join us.

### ONGOING CLASSES

The Law of Attraction Meet-up Group Tuesdays 6:30pm Love Offering For info contact Karen Steil at [karen@karensteil.com](mailto:karen@karensteil.com)

### ONGOING EVENTS

Noon Prayer Service Tuesdays and Thursdays

Fridays – 10:30am Qi Gong

First Sunday of the Month - Reiki Healing Service 12pm

Third Sunday of the Month – mini service at WAVECREST 2:30pm

Thursdays – Meditation with Jenny 7pm

Second and Fourth Thursdays – Club CHIP 6pm

Second Friday Night – Craft Night 6:30pm – bring your unfinished projects to work on

Third Friday Night – Game Night 7:00pm

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**The greatest optical illusion is separation**

# HORIZONS

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<b>Our Advertising Rates • Low because we're in it for the outcome, not the income ...</b>	<b>6</b>
<b>12 Steps of Spiritual Freedom by Rev. Tom Sannar .....</b>	<b>6</b>
<b>This Month's Thoughts About Things by Andrea de Michaelis .....</b>	<b>7</b>
<b>The Day I Crossed Over by Anita Moorjani .....</b>	<b>8</b>
<b>The Teachings of Abraham-Hicks .....</b>	<b>9</b>
<b>Herb Corner with Cecelia Avitable .....</b>	<b>10</b>
<b>Wolf's Message by Suzanne Giesemann .....</b>	<b>11</b>
<b>The Striking Similiarity in Dying Words by Maggie Callanan .....</b>	<b>12</b>
<b>From The Heart by Alan Cohen .....</b>	<b>14</b>
<b>Ask Whitedove with Michelle Whitedove .....</b>	<b>15</b>
<b>Archangel Oracle Cards by Doreen Virtue, Ph.D. ....</b>	<b>16</b>
<b>Soul Songs: Abraham Fun with Karen Williams .....</b>	<b>17</b>
<b>Our Classified Ads .....</b>	<b>17</b>
<b>Our Calendar of Events .....</b>	<b>18</b>
<b>Everyday Wisdom by Dr. Wayne Dyer .....</b>	<b>19</b>
<b>Notes From The Universe by Mike Dooley .....</b>	<b>19</b>
<b>Near Death in the ICU by Laurin Bellg, M.D. ....</b>	<b>20</b>
<b>The Invisible Language of our Bodies by Bernie Siegel .....</b>	<b>21</b>
<b>Our Phone Directory *Pick up Horizons at these stores and locations* .....</b>	<b>22</b>
<b>GemSpot with Margaret Lembo .....</b>	<b>26</b>
<b>Monthly Horoscopes by Maya White .....</b>	<b>30</b>
<b>Cover Art .....</b>	<b>31</b>

**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](mailto:HorizonsMagazine@aol.com). Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and paid for.

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# 12 Steps of Spiritual Freedom

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- 1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
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- 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 in 2016

# THIS MONTH'S THOUGHTS ABOUT THINGS...

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

## IT'S COMFORTING TO KNOW WE GET MORE THAN ONE LIFETIME

Sometimes I forget who I'm talking to. I was in the yard and a neighbor stopped to chat. She explained her head scarf was because she was losing her hair from chemo. I said "Modern medicine is amazing." She said her prospects were not good. I said, "Then it's great we have more than just one life, so when one body wears out we get another and another, lifetime after lifetime." She stared at me and asked, "Where on earth did you get such an idea?" "Oh, it's the only thing that makes sense." I said. "It gets interesting when we wake up and realize that we are all part of something bigger and we all get never-ending lifetimes to do it all in. Think about it."

In the work I do, my experience is we exist in our consciousness -- in our mind -- which is why "we" don't die when the body and brain dies. "We" don't have to have a body in order to exist and be productive. CAN YOU DIG IT? Would God intervene to prevent the caterpillar from becoming a butterfly, a tadpole from becoming a frog? Would He stop an acorn from tearing apart in order to grow into an oak?

The surface shell dies away, our essential self remains alert and conscious inside, ready to awaken into the next dream.

...continued on page 28...

**Hello and welcome to the May 2016 edition of Horizons Magazine.** This month we have articles on the Near Dear Experience (NDE) by Anita Moorjani, Suzanne Giesemann, Laurin Bellg, M.D. and Maggie Callanan, who will all be speakers at the International Association of Near Death Studies (IANDS) Conference July 28-31 in Orlando, FL. See their articles, the ad on page 8 and go to [neardeathconference.com](http://neardeathconference.com) for info

Next fair is July 17th

Love? Money? Travel? Learn what 2016 holds in store for you.

# PSYCHIC FAIR

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- Kim Danbert: Psychic-Medium Tarologist, Aura Portraits
- Maria Torano: Psychic, Medium, Life Readings, Cross-Over Readings
- Aura Photos by Kim Honnell \$20
- Astrology with Leslie Marlar

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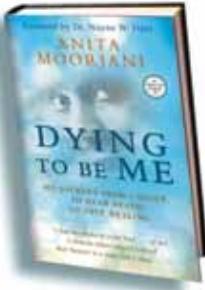


# THE DAY I CROSSED OVER

In 2006, Anita Moorjani fell into a coma as she lay dying of end stage cancer. She had a near death experience. You can read her story at <http://www.anitamoorjani.com/> Anita will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL. Go to [neardeathconference.com](http://neardeathconference.com)

## CLARITY OF CONSCIOUSNESS

I thought that I was drifting in and out of consciousness during this time, because I was aware of everything that was going on around me. But it was confirmed to me later by my family and the doctors that I was in a coma the whole time. I saw and heard the conversations between my husband and the doctors taking place outside my room, about 40 feet away down a hallway. I was later able to verify this conversation to my shocked husband. Then I actually "crossed over" to another dimension, where I was engulfed in a total feeling of love. I also experienced extreme clarity of why I had the cancer, why I had come into this life in the first place, what role everyone in my family played in my life in the grand scheme of things, and generally how life works. The clarity and understanding I obtained in this state is almost indescribable. Words seem to limit the experience - I was at a place where I understood how much more there is than what we are able to conceive in our 3-dimensional world. I realized what a gift life was, and that I was surrounded by loving spiritual beings, who were always around me even when I did not know it.



**This is the original NDE description that Anita Moorjani submitted to The Near Death Research Foundation in August 2006.** The owner of the site, Dr. Jeffrey Long, an oncologist, contacted Anita within hours of her submitting it, asking follow up questions, which are below the experience description. Shortly after, this story went viral, spreading to hundreds

of thousands of people all over the world via email.

## THE DAY I CROSSED OVER

"I had end stage cancer (Hodgkin's Lymphoma), and was being cared for at home. I was connected to an oxygen tank, and had a full time nurse. But on this morning, February 2nd 2006, I did not wake up."

I had fallen into a coma. My husband called my doctor who said I needed to be rushed to hospital. The senior oncologist looked at me and told my husband that it was now the end, and that my organs were now shutting down. I would probably not make it beyond the next 36 hours. However, the oncologist said he would do whatever he could but prepared my husband that I would most likely not make it, as my organs were no longer functioning. They determined this because my body started to swell up, and I had open skin lesions. They started me on a cocktail of medication on a drip, and poked me with tubes and pipes for nourishment, drugs and oxygen.

*...continued on page 27*

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# ABRAHAM-HICKS



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

**Jerry and Esther checked into a hotel, and the person at the front desk was in a terrible mood. And as Esther stood there, she couldn't help but take responsibility for her rendezvous point with it. And that even irritated her more. It's bad enough that somebody's being rude, but to accept your responsibility in meeting up with them...**

And so, Esther thought about it and realized that it was sort of where she'd last left her vibration about that hotel, and so it was logical. And as she was talking to us about it, she was still wanting to say, "But Abraham, don't you think that maybe it would be beneficial for the hotel to know that they have a really rude person behind the desk?" And we said, well, but which feels better, to pursue that thought, or to choose another thought that feels better? And Esther said, "Well, yeah, yeah, yeah. But Abraham, don't you think that under these conditions, shouldn't somebody call somebody? Shouldn't something be done about this?"

The business person in Esther, says, "Well, if my employees are mistreating people, I would like to know about it." And we say, no, you wouldn't. You're better off not knowing about it. In other words, let Law of Attraction shake it all down. You don't have to be the monitor of that sort of thing.

You have one question: Which feels better? Which feels better, this thought or this thought? Sometimes that seems like such a big thing to choose from, because there are infinite thoughts, but there are not infinite thoughts in this moment. In this moment, your environment is so perfectly established. In this moment, there are only a certain number of thoughts for you to consider. Not too many for you to choose.

As you start, on day one, deliberately choosing the thought that feels better -- on day two, you will have access to a whole different set of choices than you would have if you had not made those choices on day one. And on day three, there will be a whole different set of choices now available to you -- because each day you will have established your Vibrational Tone to your pure, positive Source Energy. Until in thirty days of playing with this, you can be a living, breathing, eating, light being.

*...continued on page 31...*

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## Grindelia's Medicinal Uses

Indigenous to the U.S. and Mexico it is also known as **Gumweed** because of its sticky resin from the upper parts of this plant. Its leaves are edible raw or cooked but it has a strong taste, and its buds and flowers are sometimes used to make lozenges. Clinically **Grindelia** was used from 1880-1960 in both the U.S. and the U.K. until new laws required that herbal medicines needed to have their efficacy proven in clinical trials.

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Externally as a compress, poultice or prepared in soap it was used by **Native Americans** and is still used today as a remedy for **poison ivy**. It can be made into a liniment and used as an antiseptic wash or lotion to ease **dermatitis, eczema**, to **soothe insect bites** (including mosquito and flea bites), and to help heal **burns, varicose veins, bed sores** and other ulcerations of the skin. When made into a tincture it can be applied to the skin using **1 teaspoon tincture to 1/2 ounce water and applied as a wet dressing to ease pain, soothe irritations and to cleanse the skin.**

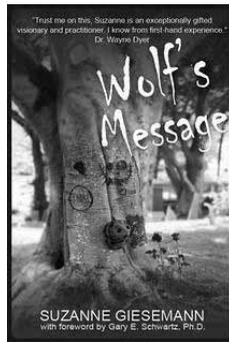
The actions of this herb come from constituents such as **kaempferol, quercetin** and **luteolin** these constituents inhibit **COX-2** an enzyme that is responsible for inflammation and pain. It also contains flavonoids which are antiviral and anti-allergic in action along with quercetin and apigenin which are anti-histaminic, and grindelic-acid, which helps to control infections. Besides these constituents, it also contains resins that are high in **selenium**, saponins which act as an expectorant, and tannins which are astringent in action, which are beneficial to the respiratory system.

This herb can be of great benefit to those with respiratory problems such as **asthma** just be careful not to use **Grindelia** in large doses because it may be upsetting your stomach and kidneys.

# WOLF'S MESSAGE

By Emily Clark eclark@wickedlocal.com

Suzanne Giesemann will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL. Go to <http://neardeathconference.com>



*"If you have ever wanted to read a book that validates immortality and communication with loved ones who have passed on, this book is an authentic portal to the other side."* CAROLINE MYSS

**Wolf Pasakarnis stood up abruptly and announced that he had to go.** He stepped out into that late afternoon and up the hill he walked. He waited under the tree. It was just the way he had drawn it - the tree and the lightning bolt. Wolf arrived at his tree and the bolt came down to claim him. And nothing was the same. **Mike and Beth Pasakarnis** thought it was the end of their relationship with their son. Little did they know, it was just the beginning. Months later, medium **Maureen Hancock**, renowned for channeling the dead, found Wolf and relayed messages only they could know. The realization that **Wolf's** body may have disappeared but that his spirit was very much alive filled them with joy and awe. And then, the story leads to **Suzanne Giesemann**, a medium who happened to have lost a step-daughter to a lightning bolt. **Giesemann** began her talk with a story of how her pregnant stepdaughter had come to her in a dream prior to her death to assure her that she was fine. She was killed by a bolt of lightning the following day.

**Giesemann**, a Navy commander, was suddenly propelled into a world she said she never knew existed. The next thing **Giesemann** knew, she said she was channeling **Wolf's** soul with so much proof through the symbols and words she used to relay his messages, that even **Beth Pasakarnis**, a veterinarian and prior skeptic, said she had to acknowledge it was for real.

**Giesemann** described **Wolf** with uncanny clarity, **Mike** said. **Wolf** had a message and, through **Giesemann**, told his parents that he had to die the way he did to draw attention to himself so people would listen to what he had to say. He had a lot to say. "I believe his soul came back here to leave his mark, and he's a pretty powerful soul before he even incarnated," **Giesemann** said. "It's the story of a young man and the teachings we all need to take from his having been here. He came from the other side to show us how to go home. We go home through the Heart. That's the bridge between the two worlds. You find your way home through the Heart. That is **Wolf's** message. I capitalize the word 'H' when I say that."

How do you reconnect with your heart? The story plays out almost like a detective novel as the reader learns of the mysterious messages **Wolf** relays, some of which do not make sense. **Wolf's** references to places, images, symbols and strange words they had never heard turned out to predict future events, some of which took place weeks, even years later, they said. It would be impossible to detail all of the instances of proof the **Pasakarnises** said they experienced. One

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such event occurred when **Beth** was in her office, she said, and printing out a bank statement. She turned to realize that a large picture of **Wolf** smiling was slowly printing instead. Shaken and crying, she said she and **Mike** spent hours trying to locate this photo of him they had never seen before, and finally found it buried in an obscure file on the computer. There was no rational explanation for how it had printed. **Mike** said that on a human level they determined it would have taken a total of six steps on the computer for the photo to print.

**Giesemann** said **Wolf** tried to explain to her that humans have lost their understanding of who they really are, and that the location of who they are is not in the head, which reasons, argues, fears and problem solves - the soul is located in the heart.

"**Wolf's** Message" dovetails with neurosurgeon **Dr. Eben Alexander's** book "**Proof of Heaven**," in which he tells the story of how he lapsed into a coma after suffering from bacterial meningitis, which caused his brain to essentially die. He chronicles how he entered a beautiful and loving world with a spirit guide before reviving. Doctors and other scientists cannot explain **Alexander's** account, which is extremely detailed, because of the scientific position that the soul is really simply the brain. **Alexander** admits in his work as a brain surgeon that he, too, held this position, until his brain essentially died and he was still there in another, totally loving reality. **Alexander** came to the conclusion **Giesemann** offers through her communion with **Wolf** that humans are really spiritual beings, and that the brain is simply a filter that allows humans to function in the temporal and physical world. The important thing, according to **Wolf**, is to follow the heart and not the head, **Giesemann** said, because the heart is the soul and knows what the head, ruled so much by fear, does not know, and that is that love is the only reality.

"I give a whole workshop regarding thoughts and on how so many of our thoughts are not our own; they are put there from loved ones on the other side," **Giesemann** said. "We think we are having all these thoughts ourselves. It is amazing how interconnected we are at the level of consciousness."

# STRIKING SIMILARITY OF DYING WORDS

By Barbara Brotman, Chicago Tribune reporter [blbrotman@tribune.com](mailto:blbrotman@tribune.com)  
Maggie Callanan will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL. Go to [neardeath-conference.com](http://neardeath-conference.com)



**Maggie Callanan, a longtime hospice nurse and co-author of a book on dying, said patients often say the same things as they approach death if they talk, and she believes such patients are getting a glimpse of life after death.** Maggie Callanan has witnessed more than 2,000 deaths. In

27 years as a hospice nurse, the Massachusetts-based author and speaker cared for people of all ages and widely divergent backgrounds as they reached the end of their lives.

But if they spoke as they neared death, it was often in nearly identical terms. They said they could see family members who had died. They said their loved ones were waiting for them, or telling them it wasn't time yet. They had to get their bags together for a trip. They had someplace important to go. They had to go home.

In Callanan's audience at a recent speech to local hospice staffers, heads nodded. They had heard the same things. "Every day," **Mary Spiller**, an advanced nurse in palliative care.

Not everyone is communicative before they die; many people are too ill or unconscious. And families shouldn't put too much emphasis on a dying person's last words or put pressure on themselves to be present to hear them, said **Dr. Martha Twaddle**, chief medical officer of the **Midwest Palliative & Hospice CareCenter**.

"Those words and those moments do not define the entirety of your relationship any more than being at the bedside when they die," she said. "The person might just be sleeping, and you might be holding their hands."

When dying people do make such comments, some experts on the end of life attribute them to confusion caused by the changes in brain chemistry that accompany death. **Callanan thinks otherwise.** "People think it's just confusion or the drugs," said Callanan, co-author of the book **"Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying."** "But frankly, the confusion is ours. The patient knows what's going on."

Callanan believes such patients are getting a glimpse of life after death, which she believes exists. But regardless of the

explanation, she told her audience, she and co-author **Patricia Kelley** wanted people to know how common these remarks were and to see them as offering important insights into patients' spiritual and emotional needs and their experience of death.

And though her recent talks in the **Chicago** area were for health care professionals, she thinks families should be prepared to hear such comments and to see them as openings for meaningful, albeit symbolic and metaphorical, communication. Moreover, she said, these reports are intriguing and even comforting.

"Wouldn't you like to learn what dying is like, since you're going to do it?" she said. "Our patients are talking while it's happening. It's like you're standing there watching a preview of coming attractions."

The state she calls "nearing death awareness" is different, she told her audience, from near-death experiences, the subject of perennial interest and currently of the bestselling book, **"Proof of Heaven: A Neurosurgeon's Journey into the After-life,"** by **Eben Alexander**. Unlike people who are resuscitated and return to health, she said, those who experience nearing death awareness do indeed die. But before they do, she said, they enter a state of expanded awareness in which they appear to exist in two states of reality.

This can be confusing to caregivers, she said. She recalled getting a frantic phone call from the mother of a patient in his 20s. In the background, she could hear the young man wailing, "Where is the map? I'm lost. I want to go home!"

His parents thought he was confused because they had moved him from his bedroom to the first floor. They were hauling furniture down from his bedroom to reassure him that he was still home. **Callanan**, at the time new to hospice, also took his words literally. But his parents, on reflection, recalled that they spoke of heaven as an ultimate home. "His parents went in and said, 'You will find the map. You will get home,'" Callanan said. The young man became calm and died within days.

Talking about having to get ready for a trip is common; people often use travel metaphors for death, she said. But when it comes to destinations, "everyone is seeing a different place." One man, for instance, was an avid golfer who told her he had just gotten an invitation to play a tournament in a foursome with his father and two brothers, all of whom were dead.

People shouldn't dismiss such remarks, Callanan said, but use them to start conversations. "I said, 'Tell me, do you know



*...continued on page 14*



# STRIKING SIMILARITY OF DYING WORDS

...continued from page 13

where you're teeing off?' He said, 'No, because I don't have my things together.'" She interpreted that to mean that he wasn't going to die immediately, which turned out to be true.

And people shouldn't contradict dying people who claim to have seen dead family members,

"Don't say, 'They're not here.' Ask, 'What are they wearing? What do you see? Where are they?'" she suggested. "It really helps families ... when they get a chance to participate with this. It may be one of the last conversations they have."

As for explanations for seeing the dead, they differ according to those offering them. "It is so common, it happens with such consistency, that I have to believe there is a mystery that we just don't understand," said Twaddle, who is also an associate professor of medicine at Rush Medical College.

"You can write it off and say it's a hallucination, they're not getting enough oxygen in their brain, but no, it doesn't apply to many people in these situations. I have to believe they are transitioning; they are in a phase we don't understand physically or metaphysically. And it is profoundly reassuring to see it happen."

Dr. Joel Frader, director of the pediatric palliative care team at Lurie Children's Hospital and former president of the Chicago End-of-Life Care Coalition, considers it a matter of science.

"There are some fairly characteristic changes in brain chemistry that people have documented as death occurs, whether it's lack of oxygen or high levels of carbon dioxide or changes in nutrition getting to the brain," he said. "There is some reason to believe, as the brain shuts down ... that the biochemical changes in the brain might very well predispose people to have visions."

"I think people who are looking for a way to prove the existence of God — I personally think they are barking up the wrong tree," he said. "Those are matters of faith rather than empirical fact. I don't believe we are ever going to be able to establish in a definitive way anything of the sort."

Callanan sees these statements by people nearing death as spiritual moments that have powerfully influenced her. "For the vast majority of people who work in hospice, it's a life-changing profession," she said. "It's hard really to put your finger on what it is, except I'm not afraid. I have no fear of dying."



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# FROM THE HEART



Alan Cohen is the author the new bestseller *A Course in Miracles Made Easy: Mastering the Journey from Fear to Love*. Join Alan in Hawaii for a life-changing retreat, *Destiny Calls*, June 10-15. For more information about this program, his free daily inspirational quotes, online courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).

## THE PHARAOH CHEWED JUICY FRUIT

**While visiting Egypt**, a member our tour group named Gloria found an unusual stone at the base of a sacred pyramid. The pink, round stone glowed with a mystical light, and as she held it in her hand she could feel a special energy about it. She wondered if it had been used by ancient priests for healing, or perhaps even adorned the headdress of a pharaoh. Immediately Gloria stole off to a private place and began to meditate, stone in hand. Psychically she asked for images of the sacred ceremonies the stone may have once been used for. After a few minutes she was amazed to feel that the stone getting softer. Visions of alchemy flooded her consciousness; perhaps this stone was magic, a shape-shifter, transforming with prayer.

As Gloria continued to meditate, the stone became even softer, to the point of being slightly gooey. Gloria could wait no longer; she looked down to see what the stone had become, only to find long pink strands stretching across her hand. The stone was a wad of chewing gum.

Our minds are powerful indeed, powerful enough to connect with God through a wad of chewing gum. What, then, is sacred, but that which we use to focalize our sacred thoughts? Everything is potentially sacred or profane, depending on how we think about it. As **Shakespeare** said, "thinking makes it so."

True alchemy takes place in our minds. We transform lead into gold, devils into gods, and fear into triumph, by choosing vision that matches our intentions. A mystic finds **God** in the strangest places: As **Blake** penned, "To see a World in a Grain of Sand, And a Heaven in a Wild Flower, Hold Infinity in the palm of your hand, And Eternity in an hour."

You and I might be in heaven right now and not even know it because we are paying attention to hell. We may be in the midst of great love, caring, and healing light. **God** may be in the person sitting next to us on the bus or the presidential candidate we didn't vote for or even the security guard who

tickets cars at the airport. God might even be in you as you are.

The mind is capable of creating vast yet contradictory realities, demonstrable by our experience. A woman with multiple personalities was severely allergic to citrus in one personality (she would break out in profuse hives), yet utterly unaffected by citrus in another personality. A man had diabetes in one personality, requiring him to take insulin supplements; in another personality he was perfectly healthy; if he took insulin in that personality, it would have killed him. Perhaps this man is symbolic of all of us, who are healthy by nature, but via societal training, have taken on belief systems that make us feel and act smaller than we are.

The game of life is won by finding beauty and good wherever we go, no matter what opinion or appearances would indicate. Free will means that we may choose our viewing point on the universe and live in the world our view has generated. **God** has decided to explore creation through billions of different vantage points (called you and me) for the fun of infinite self-discovery. One poet said that "God is a flower that grew a nose to smell itself."

The story is told about a man who went to **India** to find a certain saint he had heard about. The man traveled far and wide, putting together bits and pieces of information. Finally he found his way to an obscure village where a shopkeeper told him that indeed the saint lived in that town, where he sat by a certain tree.

Eagerly the pilgrim rushed to the tree and found a man who fit the description. When he tried to converse with the man, however, the "saint" was disheveled and drunk. Put off by the erroneous information he had been given, the pilgrim returned to the shopkeeper and complained

"Oh, that was the saint, alright," the shopkeeper insisted.

"But the man was drunk!" the pilgrim protested.

"Yes, he does drink a lot. But if you had stayed with him for a while, you would have heard great wisdom. You see, he is an enlightened soul who had but one more lesson to learn, compassion for those who drink. So he took that experience on to complete all of his earthly lessons. Besides that one habit, he is an utter genius. If you could see beyond that one trait, you would have found your saint."

And so it is with all of us. As we set out on our new year, we recognize that everyone's garden has both weeds and flowers. We all have things about us could be used for condemnation or redemption. Nothing is any one way, and everything is a matter of viewing point. We make or break our lives with our thoughts. Yet **God** is in everything, and we find **God** if we look. Who knows, maybe the Pharaoh chewed **Juicy Fruit**?

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**Dear Whitedove,** As I go about my daily life I look for signs of guidance. Recently I've noticed that around my little neighborhood the birds are chirping more than usual. In fact there seems to be many more birds than normal and they are especially happy and loud. I know this is positive sign, but what is the meaning? **Bird Watcher in Boca**

**Dear Bird Watcher,** Nature is always talking to us and I'm glad that you are listening. Animals and the beauty of their calls and songs create a much needed vibration here on Earth. Wild birds sing songs, cats purr and meow, dogs howl and bark, lions roar and the list goes on and on. Animals, they sing the song of harmony and this vibrational song is vital to the balance of nature.

It's a great sign when you live in an area that's teaming with nature. The abundance of birds tells that you are in a wonderful area where wildlife feels safe and is thriving. It's important that we each do our best to support wildlife and foster growth. When wildlife flourishes, so do humans, we depend on one another.

**Dear Michelle.** I dreamt of the man that I dearly love a few days after his fatal motorcycle accident. He seemed sad and even confused. Could this be true? **Girlfriend in Galveston**

**Dear Girlfriend,** I'm very sorry for your loss. As a spiritual medium I view death as a transition, we drop the physical body like an unwanted piece of clothing and move into the next phase of our eternal journey. I have witnessed (as some sacred texts teach) that a soul can linger around his or her loved ones for a few days. Many souls go to their own funeral to experience the adoration and to see friends and family gather in their behalf. Our departed loved ones know what is transpiring and they actually try to comfort the grief-stricken.

Your boyfriend did just that. He hung around for a few days and visited you in the dream time so that you could interact. He was expressing his sorrow for leaving you in such pain and heartache. He was fully aware of the circumstances of his death, don't worry he was not confused. I'm confident that he



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will visit you again during the dream time and you will find him to be beautiful and vibrant. Please know that he is alive and well on the other side of life.

**Dear Michelle,** As a teen I would always burn incense: I've always loved sandalwood and I'm drawn to the sacred scents of Frankincense and cedar too. I know that the Catholic Church uses incense and I'm wondering about the deeper importance of its burning? **Hippy Chick in Chicago**

**Dear Hippy Chick,**  
From a young age you felt the importance of sacred smoke, this is an inner knowing from your past life experiences. Many religions and cultures are steeped in the tradition of using holy smoke; it has great benefits. Sacred woods and tree resins when burning will purify your space and the air. This creates a peaceful and high vibrational environment which is beneficial for prayer work and meditation. As smoke rises it takes our prayers into the Heavens and with our pure intent can invoke our Angels and Spirit guides.

If you do a little research on ailments, you'll find that many botanicals such as frankincense and cedar have medicinal and healing properties as well. So you see, burning sacred incense is good for the body, mind and spirit. The added beauty, it leaves behind a lasting perfume.

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**Possible specific meanings for this card:** Recurring dreams are speaking to you - be sure to pay attention. Respect and act upon your heart's desires. Consult a dream expert or book on dreams. Make sure you are getting enough sleep. Go to bed sober, as chemicals can interrupt REM sleep (dream sleep).

**Prayer:** "Thank you for tucking me into bed tonight and helping me enjoy a wonderfully restful night's sleep. Archangel Michael, I invite you into my dreams as my teacher, guide, and healer. Please allow me to understand this (describe a specific situation) on a spiritual level and give me guidance."

*From Archangel Michael:*



**MY PRAYER:** Thank you for tucking me into bed tonight and helping me enjoy a wonderfully restful night's sleep. Archangel Michael, I invite you into my dreams as my teacher, guide, and healer. Please allow me to understand this (describe a specific situation) on a spiritual level and give me guidance.

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Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. You can join Karen's "Abraham Fun" group on FB and like her FB page, "Soulsongs." [karen@karenmoneywilliams.com](mailto:karen@karenmoneywilliams.com)

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Why does conventional medicine work for some people while others regain health through approaches such as Traditional Chinese Medicine, Reiki, herbs, or homeopathy? Why are some people unable to find any method of treatment that works for them? The mysteries about how and why some people get well are solved as I realize that every physical problem is, at its inception, not physical at all. Rather, it has to do with vibration, which is a culmination of habits of thought.

If something goes wrong with my body, it means I've been giving sufficient attention to what I don't like and don't want that I've drawn what I don't like and don't want into my experience. And in this case, I've magnetized a physical problem. The only way to permanently move beyond an ailment is to think less about that problem and any others in my life and focus more on that which I like and want.

Then, in that frame of mind, I can easily find help from conventional treatments, alternative treatments, or from a mud bath, for that matter. Anything that offers an extra dose of hope and optimism can now bump me into a vibration where sickness can't survive.



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Tuesdays 6:30pm MELBOURNE Meetup with the Law of Attraction Believers and Receivers. We meet at Unity of Melbourne, 2401 N. Harbor City Blvd 32935 Call Karen Steil 321-704-5992 for more info.

Tuesdays and Thursdays MELBOURNE Noon to 1:00pm Prayer Service Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

Wednesdays 7:00pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 303 Pine St. Tvl 32796 321-543-3674

1st Thursday every month OCALA 6-7:45pm Loving Communication© FREE Intro Class Freedom Public Library 5870 SW 95th St. Ocala 858-922-2964 Email [fredjkeyser@gmail.com](mailto:fredjkeyser@gmail.com)

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

Thursdays, MELBOURNE 7-8:30pm The Artist's Way with Fred Goodnight at Unity of Melbourne 2401 N. Harbor City Blvd

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)

Sundays, FT MYERS 9:15 am and 11am services Unity of Fort Myers, Rev. Jim Rosemergy. [www.unityoffortmyers.org](http://www.unityoffortmyers.org)

Sundays MELBOURNE 9:30am and 11am Services at Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313 (see page 4)

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-266-2117

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 [openmindzen.com](http://openmindzen.com)

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

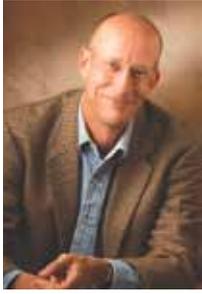
Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast at 602 Brevard Ave 321.474.2030 [www.cslspacecoast.org](http://www.cslspacecoast.org)

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 1108 N. Dixie Highway (US 1) [dbcuuc.org](http://dbcuuc.org)

Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at Jerry Forney's, 1357 Palmwood Drive, Melbourne, FL 32935 321-259-3822 or 321-543-3915, Email: [Storytree1@aol.com](mailto:Storytree1@aol.com)

May 21 & 22, 2016 FLAT ROCK, NC 3rd Annual WNC Faerie And Earth Festival 10:00 AM - 6:00 PM \$15/Adults, \$10/Seniors (55+) & \$5/Child (5-15) Highland Lake Cove Retreat & Learning Center, 217 Rhett Drive - Flat Rock, NC - 28731 [www.highlandlakecove.com](http://www.highlandlakecove.com) 407-704-2320/John Springer-Visionary Director [www.enchantedwalkabouts.com](http://www.enchantedwalkabouts.com) Silent Auction to Benefit Center for Honey Bee Research [www.HoneyBeeResearch.org](http://www.HoneyBeeResearch.org) [www.facebook.com/fairyandearthfestival](https://www.facebook.com/fairyandearthfestival)

Friday May 27 - Sunday May 29th PALM BAY Ma Mokshapriya Shakti will conduct a Retreat. The theme will be: Compare the teachings of Patanjali's Yoga Darshan with the teachings of the Bhagavad Gita YOGA SHAKTI MISSION 3895 Hield Rd NW Palm Bay Email [yogashaktipalmbay@gmail.com](mailto:yogashaktipalmbay@gmail.com) 321-725-4024 Visit [www.yogashakti.org](http://www.yogashakti.org) (see page 29)



# 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 has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit tut.com

**How much longer before you revel in the awareness that you are enough, that you've done enough, and that you're now worthy of your heart's greatest desires? What has to happen for you to give this to yourself?**

**No biggie. Just wondering. Take your time.**

**Tallyho,  
The Universe**



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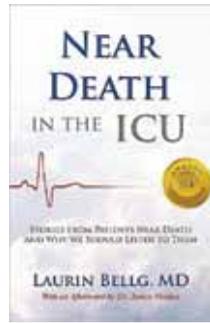
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# NEAR DEATH IN THE ICU

Laurin Bellg, M.D. will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL. Go to [neardeathconference.com](http://neardeathconference.com)



it wasn't my time to die and that I had to return. That changed things for me. I'm not afraid to die anymore." Then lowering his voice he looked around carefully before continuing, "But you have to be careful who you share that sort of thing with around here."

What also became clear to me, through that brief conversation, and from other medical professionals I've since chatted with, is that despite the increasing presence of the topic in mainstream media, medical folks are still shy about openly discussing near-death experiences. Concern that such a dalliance will affect their credibility seems to be the overriding theme for keeping such conversations in whispers and shadows. But another comment from a former ICU nurse reminded me of why it's vital to continue to shine a light in those dark corners.

**On December 10, 2015 my book Near Death In The ICU was quietly floated into the world.** With very little fanfare and only a few postings on Facebook and Twitter, suddenly I was receiving a frenzy of feedback from all over the world. It seemed I'd struck a nerve. With a spectrum of comments making their way to me across social media and in person, one thing was clear - the subject of near-death experiences was something people wanted to talk about.

"Oh, it's real," one doctor told me, as he stopped to chat in the ICU workroom one frosty, February morning at the hospital where we both work. He shared with me how he'd once escaped death by a narrow margin, bringing back with him the life-changing impact of a near-death experience. "I saw my mom who'd already died several years earlier, and she just told me

The nurse shared with me that during her time caring for open-heart surgery patients at our institution, occasionally one would return from surgery and hesitantly open up, "During my surgery something odd happened. I could see the whole thing below while I floated up above my body. It was so strange. What was that? I'm not sure who to talk to about this?" Exactly!!

Who can they talk to if not us - those caring for them in the hospital setting? My hope for this book, and the whole reason I wrote it in the first place, is to move the conversation out of the shadows and into the broad daylight of everyday patient care. It's important to provide a safe space for those who have these anomalous near-death or out-of-body experiences during extreme physical states, because for them, "Oh, it's real!"



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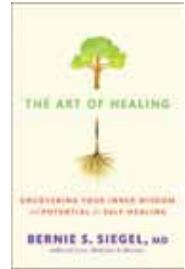
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# THE INVISIBLE LANGUAGE OF OUR BODIES



Dr. Bernie S. Siegel retired from surgical practice in 1989 and has since dedicated himself to humanizing the medical establishment and empowering patients. He is a sought-after speaker on patient and caregiver issues. Based on the book *The Art of Healing*. © Copyright 2013 by Bernie S. Siegel, M.D. Reprinted with permission from New World Library. [www.NewWorldLibrary.com](http://www.NewWorldLibrary.com)

“Paradoxically, although our brain waves are active during REM sleep, we are physically paralyzed...not to mention unaware of our surroundings... We (and other mammals) are to all appearances defenseless, raising puzzling questions about REM sleep’s role from the point of view of evolution.” -- Adrian Morrison in “The Brain On Night Shift”

**The real question we must ask ourselves is how does the invisible become visible?** What is the language of creation and of the soul? How do psychics communicate with animals, distant individuals, and the dead? What do we see when we have a near death experience and leave our bodies? How does the community of cells speak to the conscious mind about their needs and health? How do we know what future plans our unconscious is creating?

The trillions of cells in our bodies are designed to act like a community so that our body will be protected and develop in the healthiest way possible. Our problems stem not from our genes but from our perceptions and attitudes that, through the changes they create in our internal chemistry, activate specific genes. Our perceptions and attitudes are derived from our nature, our nurturing or lack of it, and our subconscious and conscious minds.

Children’s brains prior to the age of six are basically in a hypnotic state as seen by their brain wave patterns and they are particularly vulnerable to messages from authority figures. The internal environment controls the body and though consciousness can override the perceptions residing in the unconscious that is not so easy to do when they are based upon a lifetime of abuse, indifference, and a destructive lack of nurturing. The unconscious cannot speak to us in words and so what is the language of the community of cells? How do they coordinate their activity to protect us in times of danger and help us to grow and achieve our full potential?

I have yet to meet a medical student or physician who was told, during their training, that **Carl Jung** was able to diagnosis a brain tumor from a patient’s dream. Through images and symbols the invisible is made visible. We can refuse to acknowledge it because we cannot explain it but by doing so we close our minds and limit our knowledge. The mechanisms of communication through images are meant to be of help to us so that we can be aware of healthy and self-destructive behavior thus helping us to maintain our health and be aware of our inner wisdom. Even the Bible tells us that God speaks in dreams and visions. Images are the universal language as revealed in the myths and parables of many cultures and religions that share common themes.

The invisible I talk about is what lies within us physically, emotionally, and psychologically. Yes, we can be aware of what lies within through feelings and symptoms but if we were capable of knowing what lies within before a physical affliction or emotional breakdown awakens us we would all be far healthier and the community within each of our bodies would be far more likely to thrive than have to struggle to survive.

By taking the lid off the unconscious we can be guided by its wisdom and knowledge. It allows us to go within ourselves through the use of our images, whether in the form of spontaneous dreams, guided imagery, or drawings. None of this was a part of my training or belief system when I became a surgeon. What has led me to a new understanding of the nature of life is my experience. Consciousness is not a local event. I have had an animal intuitive locate our lost cat in **Connecticut** while she sat in **California**. I have had a near death experience and know we are more than our bodies. I have had past life experiences and had messages from dead patients delivered through mediums or through hearing their voices speak to me. I did not seek any of these things but I have lived them.

... continued on page 29 ...



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# GEM SPOT: MALACHITE

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Angels & Gemstone Guardians Cards; Color Your Life with Crystals; Chakra Balancing Crystal Alignment CD; The Essential Guide to Aromatherapy and Vibrational Healing and The Archangels & Gemstone Guardians Cards.. She is the creator of a line of award winning Aroma-Energetic Sprays including Smudge in Spray and the seven Chakra Sprays. Margaret Ann is an aromatherapist and the owner of The Crystal Garden – a book store, gift store, and spiritual center in southeast Florida. [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com) | [www.TheCrystalGarden.com](http://www.TheCrystalGarden.com)



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*Excerpted from The Essential Guide to Crystals, Minerals and Stones*

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# The Day I Crossed Over

...from page 8...



## THE GIFT OF LIFE

The amount of love I felt was overwhelming, and from this perspective, I knew how powerful I am, and saw the amazing possibilities we as humans are capable of achieving during a physical life. I found out that my purpose now would be to live “heaven on earth” using this new understanding, and also to share this knowledge with other people. However I had the choice of whether to come back into life, or go towards death. I was made to understand that it was not my time, but I always had the choice, and if I chose death, I would not be experiencing a lot of the gifts that the rest of my life still held in store. At first, I did not want to come back, because my body was very sick, and I did not want to come back into this body as the organs had already stopped functioning and I had all these open skin lesions. But it seemed that almost immediately, I became aware that if I chose life, my body would heal very quickly. I would see a difference in not months, but days!

I then started to understand how illnesses start on an energetic level before they become physical. If I chose to go into life, the cancer would be gone from my energy, and my physical body would catch up very quickly. I then understood that when people have medical treatments for illnesses, it rids the illness only from their body but not from their energy so the illness returns. I realized if I went back, it would be with a very healthy energy. Then the physical body would catch up to the energetic conditions very quickly and permanently. I seemed to become aware that this applies to anything, not only illnesses - physical conditions, psychological conditions, etc. I became aware that everything going on in our lives was dependent on this energy around us, created by us. Nothing was real - we created our surroundings, our conditions, etc. depending where this “energy” was. The clarity I felt around how we get what we do was phenomenal! It’s all about where we are energetically. I somehow knew that I was going to see “proof” of this first hand if I returned back to my body.

It felt as though I was drifting in and out between the two worlds, this physical world and the other side, but every time I drifted into the “other side”, I seemed to go deeper and experienced more “scenes”. There was one where I saw how my life had touched all the people in it - it was sort of like a tapestry and I saw how I affected everyone’s lives around me. There was another scene where I saw my brother on a plane, having heard the news I was dying, coming to see me (this was verified to me as when I started to come round, my brother was there, having just got off a plane). I then saw a glimpse of my brother and me and somehow seemed to understand it was a previous life, where I was much older than him and was like a mother to him (in this life, he is older than me). I saw in

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that life I was very protective towards him. I suddenly became aware he was on the plane to come and see me, and felt “I can’t do this to him - can’t let him come and see me dead”. Then I also saw how my husband’s purpose was linked to mine, and how we had decided to come and experience this life together. If I went, he would probably follow soon after.

## THE POWER OF CHOICE

In addition, I seemed to understand that, as tests had been taken for my organ functions (and the results were not out yet), that if I chose life, the results would show that my organs were functioning normally. If I chose death, the results would show organ failure as the cause of death, due to cancer. I was able to change the outcome of the tests by my choice! I made my choice, and as I started to wake up (in a very confused state, as I could not at that time tell which side of the veil I was on), the doctors came rushing into the room with big smiles on their faces saying to my family... “Good news - we got the results and her organs are functioning - we can’t believe it!! Her body really did seem like it had shut down!”

## “HEAVEN ON EARTH”

After that, I began to recover rapidly. The doctors had been waiting for me to become stable before doing a lymph node biopsy to track the type of cancer cells, and they could not even find a lymph node big enough to suggest cancer (upon entering the hospital my body was filled with swollen lymph nodes and tumors the size of lemons, from the base of my skull all the way to my lower abdomen). They did a bone marrow biopsy, again to find the cancer activity so they could adjust the chemotherapy according to the disease, and there wasn’t any in the bone marrow. The doctors were very confused, but put it down to me suddenly responding to the chemo. Because they themselves were unable to understand what was going on, they made me undergo test after test, all of which I passed with flying colors, and clearing every test empowered me even more! I had a full body scan, and because they could not find anything, they made the radiologist repeat it again!!!! Because of my experience, I am now sharing with everyone I know that miracles are possible in your life every day. After what I have seen, I realize that absolutely anything is possible, and that we did not come here to suffer. Life is supposed to be great, and we are very, very loved. The way I look at life has changed dramatically, and I am so glad to have been given a second chance to experience “heaven on earth”.



## 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 ...

What would happen if God kept the little seeds intact so the Mother oak didn't watch all her seeds split apart and crumble into mulch? We'd never see the glory of another oak.

We do not die, the body may drop but we awaken into a new day. "We" don't have to have a body in order to exist and be productive. "We" exist apart from the body. Just as a favorite shirt becomes tattered and worn and finally wears out and we have to discard it, just so we discard this body when it's time, and we wake up into a new day.

## A call to Lightworkers to hold the vision of the political candidates' awakening

In this election season and in particular today where mass consciousness emotions are high, I am calling out to **Lightworkers** and **Vision Keepers** to tap into that emotion and channel it in a positive direction. I'm asking you to hold the vision with me of awakened, compassionate candidates in the race. If you feel someone dangerous is on the rise to political power, pray for his awakening and know that when many minds are gathered together with vision in prayer, miracles happen. It's been said that when just 1% of the population meditates upon peace and loving-kindness, the effect spreads to the other 99% - and it works even if they don't believe it. Here's how we can help.

I know my centered-ness, my vision and my hopeful expectation can hold the space for others around me to tune into. My experience is if even one focused person can contemplate the scene and have faith in a successful outcome, that can entrain the consciousness of everyone, whether they are aware of it or not.

We can help bring that about by how we look at each candidate, how we perceive them, how we perceive what they are doing and how we perceive what grand good they may be capable of. And I mean how we perceive not their physical, personality self, but how we perceive each at his/her essence. How we perceive each candidate separate from the overlay of any past history, hateful rhetoric and mean spirited jabs.

Why hold a vision of an awakened, compassionate **Trump**, for instance? Because he's getting into politics and he has the means to make things happen. Yes, right now they are self-serving, mean and unconscionably hateful things but if this man becomes powerful on the political scene, just imagine the amount of good he could do if he had a change of heart?

That's why lightworkers and visionkeepers can hold a vision of his having an awakening, a compassionate softening of his heart due to new understanding dawning in him. If he's on the rise to political power, pray for his awakening and know that when many minds are gathered together with vision in prayer, miracles happen.

It does not matter what is going on in the rest of the world, we can chose to focus our thoughts and discipline our behaviors so much that we can have an excellent and prosperous life no matter who is in office, no matter what the official state of the economy, no matter what the scientists or environmentalists say is happening around us.

**BECOME A VISION KEEPER WITH US?**

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Hari Om.



Andrea

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**Friday May 27 until Sunday May 29th**



**Ma Mokshapriya Shakti will conduct a Retreat. The theme will be: Compare the teachings of Patanjali's Yoga Darshan with the teachings of the Bhagavad Gita**

**Both scriptures will be studied and the message of each will be meditated upon.**



# THE INVISIBLE LANGUAGE OF OUR BODIES

... from page 21 ...

And rather than turn away from, or not accept, the experience because I cannot explain or understand it, I, like the astronomers and quantum physicists, seek to explore the invisible and communicate with it through the language of creation and the movies of our minds.

What I share about spontaneous drawings and dreams grew from my work with patients and their families. I have always been an artist and a visual person. In 1977 I attended a workshop presented by Dr. Carl Simonton and in 1979 one presented by Dr. Elizabeth Kubler-Ross. The former led to my first experience with guided imagery and the latter with a spontaneous drawing. Both revealed incredible insights and information about my life, and so I became a believer and returned to my practice, where a box of crayons became one of my therapeutic tools. I was also quite angry about what I was not taught in medical school, about the significance of dreams and drawings as they relate to somatic and psychological factors.

I began to ask my patients and their families to draw pictures to help us make therapeutic decisions based upon not just intellect but inner knowingness, as well as to help family relationships and psychological issues. I was amazed by what I learned, and particularly the revelation of somatic aspects in the drawings. When I wrote to medical journals about my work, the articles were returned with the message that they were "interesting but inappropriate for our journal." When I sent them to other places they were returned with a note saying, "appropriate but not interesting."

When I began to realize how much I hadn't learned in medical school, I made contact with Jungian therapists to explore their work and wisdom. I will never forget a note I received from Susan Bach, the author of *Life Paints Its Own Span*, a book based upon the drawings of children with leukemia. I wrote to tell her what I had discovered and she wrote back, "Calm down; we know all this." It confirmed the consistency and the truth of what was known because we had discovered the same things.

What Bach learned in her early work was that both the psychological and the physical were revealed in the drawings. I discovered that when the two sources of intelligence, intuition and intellect, were in conflict about a treatment the patient suffered more problems and side effects. The drawings revealed the wholeness of mind and body, while integrating their life outside of the clinical area into the somatic aspects. I have made decisions to operate or not based upon my patients' drawings. The somatic or organic aspect helped in the diagnosis, treatment, and prognosis and was an important means

of communication for the doctor, patient, and family. When parents see their child's symbols predicting death they are more likely to let go or respond to their needs than if they are just listening to a doctor's words.

We also save time by using drawings. When a child with cancer tells me she is not getting enough time from her family, I can talk to six people in her family and try to clarify the issue, or ask her to draw a picture of the family and then show her parents how separate and untouched she feels. They are changed by the picture and I do not need an hour of discussion.

Inner knowingness speaks a powerful language and can be used for prevention, treatment, diagnosis and prognosis of an illness, as well as emotional problems or decisions an individual or family must make, including should I take chemotherapy or eat vegetables and more. Very often what one fears may be portrayed as therapeutic and the conflict between intellect and intuition resolved to the benefit of the patient.

Many factors are involved in diagnosing what is in a picture. Through the drawings we can learn and discover what is within us. The drawings opened my mind and led me to pursue knowledge in a way that I had never been exposed to. I now refer to myself as a Jungian Surgeon and use drawings in our therapy groups and through my web site to help guide people. By exposing the unconscious and revealing the inner truth the disharmony within individuals, families, and health care professionals ceases; then compassionate care and true healing can occur. Now spirit and symbol serve life, and we can be unique guides and coaches for those we care for and about.

I want people to discover their personal mythology and not my interpretation of it, so their soul can speak to them through images and their symbols can lead to transformation. Susan Bach talks about the drawings stirring us through our reactions, surprising us through their meaning and our emotional reaction and fascinating through our curiosity. Symbols also open the door to something greater than any one person's wisdom. They connect us to our inner knowingness, creative instinct, rightness, and our creative designer. When we are done we know ourselves; and the unconscious becomes conscious. This communication can be done anywhere on this planet, with anyone, because symbols are a universal language. It can be preventive, as well as diagnostic.

We spend a lot of time and money on outer space but I think inner space offers the same wonder and mystery. Near death experiences tell us we are more than just physical bodies. I believe we sleep for long periods of time to give our body, brain, unconscious, and conscious minds the ability to communicate in the universal language of symbols. This universality can be seen in the symbolism and common themes of myths originating from various peoples. As Jung, said psyche and matter are complementary aspects of the same thing. We can communicate nonverbally with our bodies and the unconscious. Consciousness can be experienced as a universal field that affects us all. There is an inner intelligence within all matter that can be utilized by humans to become aware of somatic matters, induce self-healing, and reveal psychological insights.

**Try it yourself: Tonight ask yourself who or what decides what you will dream about?**



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

# HOROSCOPES MAY 2016

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

**Aries - (March 19 - April 18)** Success comes this month when you're aligned with your soul mission and purpose. Think before you speak, and look before you leap. With five planets retrograde at the beginning of May, (including Mars, your ruling planet) a simple miscalculation can mushroom into a mess. Yours is a sign of courage, but this month, choose peace and love. Stick to what you know is tried and true, and you'll be golden.

**Taurus - (April 19 - May 19)** This is a wow month for you, Taurus. With the new moon of May 6th in your sign, plus Venus and Mercury - you're in all-star mode. Jupiter and Pluto, in corresponding earth signs, add to your grand entrance. The challenge comes from Saturn who is busy extracting a piece of your time and energy. Don't let the paparazzi irritate you; stay consistent and let your radiance expand.

**Gemini - (May 20 - June 19)** If only you could get everything done and out of the way, then you'd be free - to do what, Gemini? Mars and Saturn are playing tricks on you now. Mars wants your time, and Saturn wants your money; and both of them make it appear to be somebody else's fault. The truth is: this is a season of detail work and scheduled productivity. It's also time to claim the benefit of what you do well, and make it even better.

**Cancer - (June 20 - July 21)** You may find yourself doing the same thing over and over this month, Cancer. Mercury retrograde impacts your plans until May 22nd, and if you start to feel like confusion reigns, just regroup and carry on. You will truly get ahead by looking past inconsistencies and holding firm to your plans. Jupiter grants a wealth of opportunities now, but you have to stay focused. Small messages yield big gains.

**Leo - (July 22 - August 21)** May is a lovely month of release for you, Leo. Like a prism, the planetary rays Light up a rainbow of possibilities. Your first challenge is to slow down, yet stay productive. And, you want to be aware of those who might take unfair advantage of your generosity.



May is big on taking action, on doing and be-ing, but the wise person will also put some careful thought into nailing a solid landing.

**Virgo - (August 22 - Sept 21)** This month highlights protected expansion for you, Virgo. The planets have opened up the vault to Universal understanding; capture this information by recording your visions. The cornucopia of wisdom

grants insight into both practical and mystical teachings. Although Mercury, your ruling planet is retrograde until May 22nd, this is a time of great clarity. Share this guidance with us, please!

**Libra - (September 22 - October 21)** With so many planets in your solar 8th house of Taurus, May is your season of harvest. This is one time when changing your mind does not serve you. You may even think that this bounty is not real, or, that it's not quite time, but this is not so. The angels have been working overtime to protect you. Claim your right to feast on the time and effort you've put forth; it's been a long haul.

**Scorpio - (October 22 - November 20)** Mars and Saturn retrograde in your money sector invite you to keep your cash at home. Just shift into receiving mode, Scorpio, because with Pluto beaming a rainbow of inspiration and color into your solar 7th house of relationships, people want to see your Light. This is your time to dig deeply into all that makes you happy; let go of the uncertainty that has haunted the past, and move ahead with joy.

**Sagittarius - (November 21 - December 20)** If and when you find yourself feeling annoyed at missed connections, go for a walk and reconnect with your sense of joy and wonder. Jupiter and Neptune are performing a twisting maneuver on your sign now, and your best response is to get a breath of fresh air. Keep your feet on the ground; the forces of tension and release will naturally move you to the place you want to be.

**Capricorn - (December 21 - January 19)** The planets are presently activating your joy sectors, Capricorn; this is the place in your heart and soul where you live and let live, where you let go, and get busy making peace with your path. There is also an unexpected benefit to making time to play as your passion and natural interests fuel success. As you relax and enjoy your life, you'll find that inspiration opens the door to productivity.

**Aquarius - (January 20 - February 17)** What an exciting time! Pluto, now retrograde, is relieving you of ancestral or karmic bondage and setting you FREE. This is about core issues; your very essence is transforming and like the Fool in the tarot deck, you are embarking on a new journey. You may have to wait a bit (after Mars stations direct on June 29th) to fulfill your leap of faith, but, I know that you know where you're going.

**Pisces - (February 18 - March 18)** Many secrets are revealed. Motivations of others now make sense, and you see recent partners in a new light. Now you understand why things unfolded in the way they did, and the best part is that you're totally free to move on. And, yes, Universal Laws will turn the wheels of karma. This is the beginning of a new era for you, Pisces; one that opens the door to equality and true partnership.



# ABRAHAM-HICKS

...continued from page 9

## BEING DELIBERATE DOES TAKE PRACTICE

But it takes some practice to say, which feels better? Which feels better, this thought of my mother, or this thought of my mother? "But Abraham, you don't understand. This is who my mother is, mostly." That wasn't the question. Which feels better, this thought or this thought? "But Abraham, you don't understand..." That wasn't the question. Which feels better, is the only question--that's the only question that your Guidance System is asking. Which feels better, this thought or this thought?

## WHICH FEELS BETTER, TO PRAISE OR TO CRITICIZE?

"Oh, but you don't understand, there's nothing to praise and there's lots to criticize." That's not our question. Which feels better? Which feels better? "But Abraham, you don't understand. You didn't see what happened."

No, we didn't. We're not vibrating there with you. But our question to you is, which feels better, which feels better? "But, but, but, but Abraham, you need to be here where we are so that you understand what we're trying to tell you." Which feels better? -- is the only thing that your Guidance System is asking you.

## SO WHICH FEELS BETTER, TO PRONOUNCE TO THE WORLD OR TO MYSELF, I'M NOT FREE? OR TO PRONOUNCE TO THE WORLD, I CAN MAKE MORE DECISIONS?

Nobody can get inside your head and make you think. Sometimes it feels like it, because they're clamoring in your face so loud with whatever they're saying. But you have the ability, if it is your desire, to feel good. You have the ability to withdraw from whatever thought is bothering you, get off to yourself, and reclaim your connection to Source Energy. And that is the freedom that you are looking for.

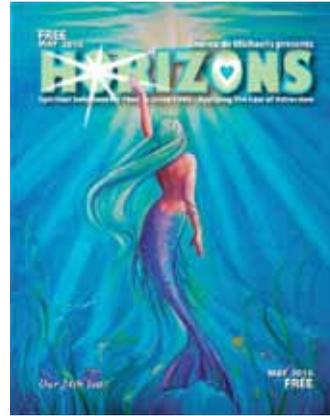
You have the ability to look here where there is not resistance. Jesus said, to turn the other cheek, and that's exactly what he was talking about. Resist not evil. Turn the other cheek -- and achieve vibrational harmony with that which feels better.

All of you have access to Source Energy! It is always within you, always radiating through you. Sometimes you are providing a shadow that doesn't let it shine, more than others, and sometimes you are letting it shine fully. But the more you are letting the fullness of who you are radiate through you, the better you feel about everything -- and the more you are contributing to the whole of things. However, in any case, you cannot get it wrong!

# COVER ART

## Star Mermaid

by Jane Delaford Taylor



*The star in this painting symbolises hope, and dreams come true; the mermaid is reaching out towards this light as she swims up from the green depths of the ocean. The water here represents past emotions and old memories, old ways of 'be-ing' which are no longer needed, and the star above, formed by the sun's brilliance shining and reflecting on the water, reaches down*

*with its rays to light the upward path and show the way. So this painting is all about focus; keep your eyes on the light, stay hopeful and trusting, and you will achieve your goal!*

**I've been painting and drawing since I could hold a pencil, and worked as a professional illustrator for many years**, but am now doing far more of the thing I love best - painting in oils on canvas. I regularly sell worldwide and love connecting with the people who buy my work (it's all original art - no prints here I'm afraid!) - and most of what I do nowadays is what's termed 'inspirational' art. That's art for healing, using images and colours that touch us at a deeper level, so that the simple presence of the painting on a wall provides a continuous gentle reminder to lift the soul to joy.

For me painting is one of the necessities of life, - I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush! What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so rewarding on a personal level too! I also do commissions for clients who have a specific image in mind that they want to bring to life - there are some samples on my website, which you may like to check out just for fun - you can find my work at [www.janedelafordtaylor.com](http://www.janedelafordtaylor.com) or email me at [chalicewell@hotmail.co.uk](mailto:chalicewell@hotmail.co.uk)

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

Louise Hay

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

## READ THIS INSPIRED BOOK

### Paramahansa Yogananda *As I Knew Him*

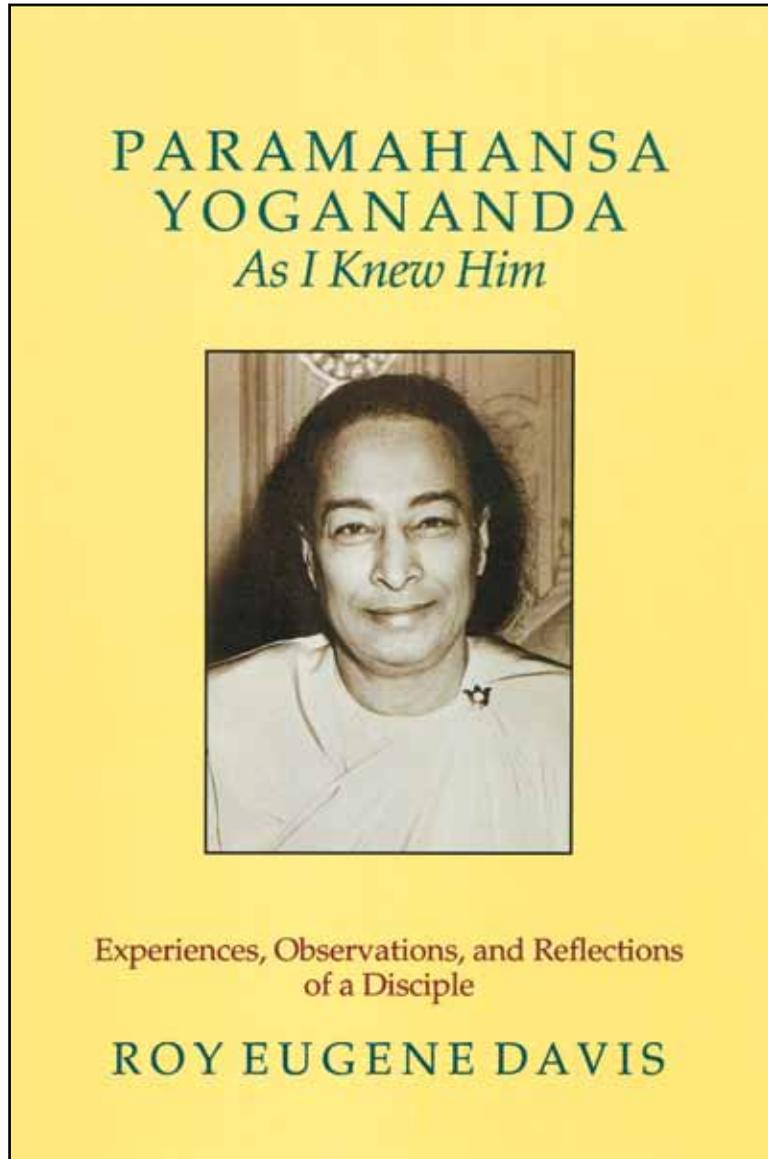
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Roy Eugene Davis has been teaching spiritual growth processes for more than 60 years in North and South America, Europe, West Africa, and India. He was ordained by Paramahansa Yogananda in 1951. Read *Truth Journal*, hear Mr. Davis' talks, and see meditation seminar and retreat schedules at [www.csa-davis.org](http://www.csa-davis.org)