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THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; Crystal Intentions Oracle; The Essential Guide to Aromatherapy and Vibrational Healing; and Animal Totems and the Gemstone Kingdom. Find out more at TheCrystalGarden.com and MargaretAnnLembo.com

ALLOW MIRACLES: BLUE TOPAZ, THE DIVINE MOTHER, AND MYRRH

Do you feel the presence of the Divine Mother? Do you seek comfort and motherly love? It is time to align with grace and the ever-present vibration of compassion, kindness, and mercy. With celestial blue topaz in hand, decide to release issues and vibrate at a rate that emanates peace, love, and well-being. Open your mind to allow miracles beyond your wildest dreams.



The heavenly color of [blue topaz](#) brings the vibration of [Mary, Mother of Jesus the Christ](#), to our mind and hearts. The vibration of blue topaz opens your ears and your heart to the Divine Mother through the crown chakra. The heavenly blue of this topaz helps you tap into higher realms of awareness to channel Divine wisdom and knowledge. Use it to connect with your guides and the angels associated with [Mother Mary](#).

Inhale [myrrh](#) as a tool to realign and ground your energy. Refocus your efforts with myrrh nearby. Its scent is dark, opulent, mushroom-like, resinous, rich, warm, and reminiscent of wet wood. It is considered one of the biblical oils. Use it for protection in spiritual ceremonies and rituals. Use [myrrh](#) to stabilize your thoughts and fix your attention on the vibration of safety. [Myrrh](#) is a good aromatherapy ally for caregivers, dental professionals, judges, law enforcement professionals, lawyers, and hospice workers. The vibrational energy of myrrh resonates with the planet [Venus](#) and the receptive and restorative qualities of the [Moon](#).

USE BLUE TOPAZ AND MYRRH IN CONJUNCTION WITH EACH OTHER AND AFFIRM:

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Thursdays 6:30pm "Practically Metaphysical" – metaphysics for daily life Facilitator: Paul Esche Join us as we discuss how metaphysics applied in every day life.

Friday, May 4th at 6:30 pm Spaghetti Supper fundraiser for our Memorial Garden/Eagle Scout project. COME EAT!



Sunday, May 6th 9:30 and 11:00am "It's ALL God" Keith Leon. Keith is an international bestselling author and renown speaker. His talk combines music and the spoken word. Keith has spoken at events that included Jack Canfield, Bob Proctor, Neal Donald Walsch, Michael Beckwith and Marianne Williamson.

Sunday, May 6 12:30-2:30pm How to Live a Peace-filled Life in a Toxic World with Keith Leon Are Trump conversations annoying you? Constantly negative news upsetting you? Having a hard time dealing with recent tragic events? Keith uses music, stories, and powerful processes to give you tools for every-day life. You will discover ways you may be unintentionally attracting drama. Learn to be more loving, neutral and accepting of others. Enjoy learning and discovering yourself in a non-toxic environment. Get tips to keep you from feeling "other people's stuff." Learn tools that will support you as you brave the world. Suggested \$20

Thursdays beginning May 10 10am Seniors and Relationships Workshop with Dr. Christina Gilman. A 6-week two-hour workshop emphasizing Unity teachings of love and forgiveness. Bridging Interpersonal differences, communicating needs and opinions assertively and kindly, cultivating our intuition and spiritual direction. Relating to care-givers, doctors, appreciating ourselves as elders in the role reversal with our children. Using meditation, prayer, breathing exercises. Open to the public, suggested \$20 per session. Contact Dr. Christina Gilman 321-312-0421 drchristinagilman@gmail.com

Sunday May 13th 9:30 & 11am "Ask For A Sign" with Rev. Beth Head

Sunday May 13th at 12:30pm • New Member Orientation Are you interested in becoming a Unity of Melbourne member OR just curious about Unity? Attend this presentation and bring your questions.

Sunday May 20th 9:30 and 11:00am "No One and Nothing is Against Me" Rev Monica Driscoll.

Sunday May 20th 12:30pm Workshop: "FEAR and Our Response To It" with Rev. Monica Driscoll. We have all experienced

fear of some kind. We have even developed an automatic response when it occurs. When we are aware of our reactions to FEAR we are more equipped to change our behaviors and discontinue living in False Evidence Appearing Real state of mind. Come explore our responses to fear and take charge of our life living in No One and Nothing is Against Me.

Sunday, May 27th 9:30 and 11:00am Ask The Minister Rev. Beth Head and guests. We will be requesting your questions in advance and will answer as many as time allows. We will answer different questions at each service.

Sunday, May 27th 12:30 pm Bridge to Freedom Workshop: How to Let Go and Let God Heal Your life Facilitator: Mandy Bass In this experiential workshop you will discover practical tools from A Course In Miracles, Ancient Huna and Buddhist traditions (as well as modern neuroscience-based approaches) to work through fear and cultivate forgiveness. Suggested love offering \$25.00.

ONGOING EVENTS

First Sunday of the Month - Reiki Healing Service after both Sunday Service

Second Friday Night – Game Night 6:30pm

Noon Prayer Service Tuesdays and Thursdays

Tuesdays – Course In Miracles 7:00pm

Wednesdays – Melbourne LGBT AA 6:30pm

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**The greatest
optical illusion is
separation**

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Andrea de Michaelis

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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.*

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Inside front	\$575	\$1515	\$2580	
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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.
- 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 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

HELLO AND WELCOME TO THE MAY 2018 HORIZONS MAGAZINE. I had a good reminder recently about seeing things clearly, in the light of day. It began with a vivid dream. In the dream I was on a walk in my neighborhood and came upon a fallen motorcyclist. I helped him up. He was disoriented. I said *let's move your bike out of the road*. He asked *am I dead?* I said *you don't appear to be*. There was a lot of mist and we were under a streetlight so the light was diffused and really bright for a distance. I got turned around and didn't know which way we were walking and didn't see a street sign. He said *help me retrace my steps for the keys*.

We went back toward the light and again as we approached the streetlamp we saw another fallen motorcyclist in the road next to the first bike. He was dazed. He left his bike where it fell. They did not appear to notice each other. He couldn't find his phone to call her, I read his thoughts, she was pregnant, he didn't want her to worry that he'd be late.

My phone was gone. As the mist burned off, I saw another fallen cyclist, who got up and walked over with a limp. Then I realized

(1) I was dreaming and

(2) they likely *were* dead since they were coming one after another from similar cause/location of death. But I know how that works. Often when you begin talking to one (deceased person in spirit,) you're sending out a signal to anyone on that channel that a line is open so they come one after another, kind of like standing in line waiting their turn to use the phone. I have no doubt these are real people and may be the topic of upcoming reading sessions. Research later told me there were 3 motorcycle accidents at that corner in real life.

Of course, when I say real people, do I mean their ghosts came to me in a dream? Some might call it a ghost, I think of it as an etheric imprint, a data bank. I know that upon death the soul continues away from the body and onto its next assignment. The vestiges that remain, which we identify as our passed loved ones, can be thought of as an astral data bank, which knows everything that they knew while they were alive. That's why "they" can tell you where the keys are and bring to mind thoughts of comfort. Our thoughts and memories and prayers go out and connect and enrich the soul they are attached to, lifetime after lifetime.

And in some of these lifetimes we recognize each other. Sometimes it's foggy at first, as in a mist or a dream, but it becomes clearer as we come to know each other. That's happened to us, you and I, here thru the magazine. I always do my best to see as well as I can with whatever light there is available.

...continued on page 29...

Love? Money? Travel? Learn what 2018 holds in store for you.

PSYCHIC FAIR

SATURDAY & SUNDAY
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ONLY TWO WAYS TO ROLL

WHICH WILL YOU CHOOSE?



Pam Grout is the author of 16 books, three plays, a television series, and two iPhone apps. She writes for People magazine, Cnn.go.com, Huffington Post, and her travel blog, www.georgelooeyslephthere.com. Find out more about Pam and her out-of-the-box take on life on her website: www.pamgrout.com.

"The universe always dreams bigger for you than you would for yourself."

--Amy B. Scher

There are a grand total of two ways to do things. Whether you're looking for a job or having a conversation with your BFF, whether you're making a smoothie or plans for a European vacation, you either do what you're doing with the resources of Door Number 1 or Door Number 2.

Door Number 1, the drug of choice for most of us, means doing your life, your daily activities with the power of your own resources. You make decisions based on the thoughts within your own head, with what you know so far, with what you've learned from your parents, from school, from the news. In a nutshell, it's using the resources of the past.

Door Number 2, the only other choice, means conducting your life hooked to your Source or what I call the F.P., the field of potentiality.

For me, it's a no-brainer. When I depend on my limited resources (Door #1), I'm like a toaster that's not plugged in. I can press the button a million times, but if it's not plugged in, there's not going to be any toast on which to apply butter and jam. I can eat the bread, of course, but it's not toast.

You've probably heard the expression, "All men have sinned and fallen short of the glory of God." Sin, rather than a judgment call, merely means separation from your Source. It means your toaster's not plugged in. There's no condemnation involved. You don't damn your toaster all to hell. If you're smart, you simply grab the cord and plug it back in to its source.

For the sake of clarity, let's stretch the toaster metaphor. Let's say you really, really, really want toast. You can plead and beg and pray all you want, but until you connect the toaster back to the wall, "Sorry Charlie, you're S.O.L."

You can throw the toaster in the dumpster, but there's nothing wrong with it. It's just not connected. That's what we've done. We've thrown our toasters (the days and the hours of our lives) away.

Your Source (Again, call it what you like—God, the F.P., Divine Intelligence) doesn't judge anymore than electricity judges. It's completely 100 percent non-biased. It has no opinions on whether you choose to employ its power or not. It's just there, waiting for you to plug yourself back in.

Some of us don't plug in to our Source because we feel guilt. Or we don't feel we've worked hard enough. Or we bought this crazy notion that It doesn't want us.

But that's as ridiculous as saying electricity doesn't want (or won't work) for a thief. Electricity doesn't judge. It works equally well for everyone.

In fact, it's OUR judgments, our grudges, our preconceived notions that block the flow. Source is always there, patiently waiting for us to lay down our judgments and plug ourselves back in.

THE SECRET TO LIVING A LARGER LIFE

The quality of your life is in direct proportion to the questions you ask; the universe will always match you question for question. Sadly, most of the questions we ask are repeats of the questions we asked yesterday. We keep wondering the "same ole, same ole" that forever locks us into a tiny box of perception that greatly limits our reality. We place amazingly low expectations on what might be possible.

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ON FINDING THINGS TO PUSH AGAINST

We were talking earlier about so many people making government the enemy, or making food processors the enemy, or making growers the enemy, or making the way the food is grown the enemy, and what we are really wanting you to hear is that anytime you are making anyone or anything the enemy, you are putting up a big umbrella that keeps you from being aware of the guidance that you are being offered.

You either have an Inner Being or you don't, which is it? You either have guidance coming or you don't, which is it? You either have intelligent cells in your body or you don't, which is it? What's keeping people from being healthy is not what they are eating, it's what they are thinking. And it's not just what they are thinking about food, it's what they think about their neighbor, it's what they think about their mother, it's what they think about their brother, it's what they think about this and this and this and this.

People are finding all kinds of things that they are pushing against that are holding them in a place of resistance to their own guidance about everything, and in the process they are actually blocking the communication between the cells and Source.

ABRAHAM ON HOW TO BE OF HELP

If you are selfish enough to care about how you feel, then you will be able to focus yourself into alignment with the well-being that you seek for them. But if you are not selfish enough to care about how you feel, then you may focus upon their plight, which means you have no power to assist them.

So, this is the thing that's hard for so many to understand. People think that in their selflessness, and sometimes sacrifice of their own alignment, they will be of more value for someone else. But you cannot get sick enough to help sick people get well, you cannot become poor enough to help poor people become prosperous, you cannot become confused enough to bring clarity to something.

You have to maintain your alignment with clarity and with abundance and with well-being in order for your projection to the Vortex of someone else to be of any value to them. So it turns out that your selfishness is also the only avenue toward your value or upliftment; that your humanitarianism really is about alignment with this Energy that creates worlds and then focusing upon something.



Janice Scott-Reeder, AA, BA, Druid

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ABRAHAM ON FOLLOWING YOUR IMPULSES

Allow yourself to follow your impulses because that's what they're showing you; they don't want to be rigid. And you've sort of trained yourself in the classroom and in life to sort of do what's expected, and it's the unexpected that's fun, because that's where the leading edge is; it's the new discoveries that are fun, it's the doing the things that you're not accustomed to doing, it's the approaching life from a different vantage point.

And if we were you, we would say, 'why this now', because what's happening is, the Universe is delivering to all of you pieces of what you want, and when you don't ignore it but you pick up the piece, there's momentum in it that will lead to more and more and more and more. And at first glance it doesn't look like it amounts to much, but if you will let yourself go anyway, it will become bigger and bigger and bigger and bigger.

...continued on page 31...



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

EASING BONE SPURS NATURALLY

Bone spurs are tiny irregular growths or extra protrusions on the surface of the bone or joint margins.

Normally people experience these on the spine, hands or feet. Bone spurs can go unnoticed for years and symptoms may be undetected depending on where the spur is located. You may notice restricted movement or inflammation in the infected area and there may be sharp pain or a pinched nerve that feels like needles digging into the area, or there can be numbness or weakness along the affected area.

Some causes of bone spurs can be injury to the bone or joint, wear-and-tear associated with **osteoarthritis**, **plantar fasciitis**, **tendonitis** or other inflammatory conditions. Or it can be due to hereditary factors where calcium absorption mechanisms tell the body to lay down calcium along the ligaments, tendons and joints. The bone loss of **osteoporosis** encourages the body to compensate by developing spurs and new fibrous tissue around the spur. When this happens it can cause swelling, redness and pain. As the tissue grows the network of tendons, nerves and ligaments become callused.

With bone spurs the main symptoms are pain and inflammation. **Curcumin** the yellow pigment in **Turmeric** has been scientifically proven to reduce both pain and inflammation. In **Asia** it has been used and is still being used to treat arthritis, bone spurs and to alleviate pain. **Alfalfa** contains many minerals necessary for healthy bone formation plus, it helps to ease pain and inflammation. When **Calendula**, **Arnica** and **Chamomile** are infused in **Grapeseed oil** or **Coconut oil** and compressed on the affected area daily their constituents will improve circulation, reduce inflammation and reduce discomfort. You can also add a pinch of **Cayenne** which contains **capsaicin** or **Ginger** to this oil to further relieve the pain. **To make the oil simmer 1/4oz. Arnica, Chamomile and Calendula in 2c. Grapeseed or Coconut oil for 2-3 hours. Cool, strain, (don't forget to add the pinch of Cayenne or Ginger) and bottle.** To use apply enough of this oil on to a cloth so it covers the affected area. Compressing it for 30-60 minutes daily overtime you should feel a reduction of pain and inflammation. **Some lifestyle modifications to ease the pain of bone spurs can be as simple as wearing proper fitting shoes.** The correct shoe; ones that are not too tight and have shock absorbing soles help distribute your weight properly easing the pain. Elevation and cold compresses reduce swelling and inflammation. If your bone spur is in your foot you can try rolling a small bottle of frozen water around on the floor with your foot for a few minutes. The ice reduces swelling and pain by constricting blood vessels. Apple cider vinegar is great for helping bone spurs. You can drink 1tsp. vinegar mixed with 8oz. water daily. Or you can apply a cloth soaked in vinegar to the affected area for 30-60 minutes. Overtime this is said to reduce inflammation, ease the pain and dissolve the spur.



YOUR DAILY WALK

Richard A. Singer, Jr. is author of Eastern Wisdom for Your Soul: 111 Meditations for Everyday Enlightenment, Your Daily Walk with the Great Minds: Wisdom and Enlightenment of the Past and Present and Now: Embracing the Present Moment

"It is impossible for a man to learn what he thinks he already knows." -- Epictetus

MEDITATION

Keep your mind open and life will present you with the opportunity to learn extraordinary lessons. Open-mindedness is imperative if you desire success and personal growth. Those with open minds are able to break through the barriers of society and create a life for themselves. Regardless of the amount of knowledge we possess or acquire in our lifetime, we will only know a small percentage of the knowledge available in this infinite world. Open yourself to the vast wisdom of the Universe and watch your life transform drastically.

PERSONAL JOURNALING

How will you keep an open mind today, free of biases and judgments in order to take advantage of the lessons of the Universe?

Today, I will be honest with myself and admit that I really don't know as much as I think I do about life and reality.

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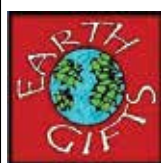
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HOW WILL I KNOW WHEN I'VE MET MY SOUL-MATE?



Look For Signs That Will Cross Dimensions

James Van Praagh is a NYT bestselling author of *Talking to Heaven*, *Reaching to Heaven*, *Healing Grief*, *Heaven and Earth*, *Looking Beyond*, *Meditations*, *Ghosts Among Us*, *Unfinished Business*, *Growing Up In Heaven*, *Adventures of the Soul*, *How to Heal a Grieving Heart* (co-authored with Doreen Virtue) *Power of Love*. He shares insights and messages from the Spirit realm at <http://www.vanpraagh.com>.

"I know we just met, but I feel that I've known you all my life!" Have you ever said those words? When you meet someone and feel an immediate, powerful bond, chances are you have crossed paths with a soul-mate.

Around this time of year as we celebrate the season of love, there is lots of talk about soul-mates, and if you're single, chances are you are longing to connect with that one special person. But the reality of a soul-mate might be different from what you've been imagining.

First of all, your soul has experienced numerous lifetimes and connected deeply with many other souls. You don't have one soul mate - you have dozens - and they can all play different, meaningful roles in your life.

SHARING LOVE WITH OTHERS

I have met a few people in my life whom I recognized from previous lifetimes. As I shared in *Adventures of the Soul*, Debbie Ford was someone I knew and loved in many lifetimes. When she passed, and appeared to me in Spirit, I was reassured that we would share many more lifetimes with each other.

Another soul that touched me was Marilyn Whall. I have been a faculty member of the **Omega Institute** for 14 years, and during that time I have met hundreds of students from all over the world. But no one has had the effect that Marilyn had. The first time I looked into her eyes and heard her quick, down-to-earth wit, there was no mistaking that she and I had shared many lives, laughs, and loves.

...continued on page 13...



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HOW WILL I KNOW WHEN I'VE MET MY SOUL-MATE?

...continued from page 12...

WHY DID WE MEET AGAIN AT THIS PARTICULAR TIME?

Like me, Marilyn was a medium. And like me, her life was about searching her soul, finding her true path, and eventually sharing stories of the afterlife. No wonder we both chose a time when hearts would be open to hearing our message that there is no death.

Several years before I met Marilyn, I was at one of my demonstrations in Ohio. It was a rainy evening, and people were still entering the auditorium as I was speaking. I noticed a male spirit following a young woman to her seat. I remember because her umbrella was dripping water in a line on the floor.

Before she could get comfortable, I asked her to stand and say her name. When she did, I told her that her husband wanted to speak to her. He was very concerned about her coming because of the weather. "He is showing me a car accident on a rainy evening just like this one." She nodded. "Why did my husband have to die so young?" was her question to me.

Suddenly the Spirit world poured out an answer for the benefit of not only her but the audience as well. "There is no death. Your husband left his body, but his soul is very much alive," I said.

"Death is a transformation from one plane of existence to another." I told the young woman that her husband would always be with her. Then he said something that surprised both the audience and me. "Thursday night, you woke up and looked over at the clock on the night table at two sixteen. Is that correct?" Shocked, she responded, "Yes!"

I smiled. "He was there." I continued, "The power of love crosses over dimensions. He has been with you in many lifetimes—you are soul mates. He will see you in a future life. You will forever be connected!"

Become a "love magnet" attracting love in all forms. If you are seeking your one special soul mate, be patient. The Universe will send you the perfect person meant just for you, it just might take a little time. In the meantime, enjoy creating and sending loving energy to the world by performing small acts of kindness for friends, family, strangers, and animals.

The love you share with others will come back to you! Every day make it a mission to change the energy of one person with a kind and compassionate thought, word or deed. Love is never to be kept locked away—it grows only by sharing.



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FROM THE HEART



Alan Cohen is the author of many popular inspirational books, including the forthcoming *The Tao Made Easy*. Join Alan in Hawaii this December for his life-changing seminar *Transformer Training* to develop your skills and/or career as a teacher, healer, or leader. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

HOW TO GET INTO THE IN CROWD

In high school I looked up to my classmate Rick Brown, the quintessential cool guy. He was the good-looking captain of the football team and president of the student council. He had a cheerleader homecoming queen girlfriend and was liked by everyone. I envied Rick because he was at the epicenter of the in crowd, and I saw myself as a distant outsider.

Years after we graduated, I ran into **Rick** and we reminisced. I confessed, "I was always envious of you because you were in the in crowd and I was way out." Rick laughed. "Really?" he came back. "I always thought you were in the in crowd and I was out."

I couldn't have been more stunned. Here was a guy who had all the accoutrements of success, all the things I wished I could be and have. Meanwhile he was envying me. How insane is that? That serendipitous meeting with **Rick** proved pivotal for me. That day I realized that the voice in our head that tells us that we are defective or less-than is a liar.

A story from the video series **The Beatles Anthology** illustrates this very dynamic. At the height of the **Beatles'** illustrious career, **George Harrison** decided he wasn't fit to be in a band as talented as the Beatles. He went to **Ringo Starr** and told him, "I'm not a real Beatle. You guys are the real Beatles, so I am going to quit the band." Ringo replied, "I was just thinking the same thing—that you three are the real Beatles and I am the fake, so I will quit the band." The belief that either **George** or **Ringo** were not the real **Beatles** seems laughable and ludicrous, since each of those musicians was talented in his own way, and the unique synergy of those four made the **Beatles** the most successful entertainers in history.

But each of them had to face and deal with their own demons. If even the Beatles suffered from a sense of deficiency, you can see what a fake that voice is, and why you should give it no credence and not let it stop you.

The pervasive belief that "I am a phony" is called "fraud guilt." We all have it and there are several ways we deal with it. Most of us run from self-judgment by busying ourselves with endless tasks and errands, working continuously, or distracting ourselves with our Smartphone or other addictions. Others attempt to compensate for their perceived lack by building up an ego-façade of braggadocio, competition, bullying, anxiety-driven achievement, adding degrees, or collecting empty trophies.

Another group is willing to look within and heal self-judgment by holding it up to the light of higher awareness. **James Thurber**, author of *The Secret Life of Walter Mitty*, said, "All men should strive to learn before they die, what they are running from, and to, and why." It is only when we are willing to stop, step back, and tell the truth about what motivates us that we can break free.


A Course in Miracles tells us that the world we have created is inside out and upside down, the exact opposite of the way we were born to live. If you want to know what is true, take most of what you have learned about how to succeed and reverse it. One of the most pervasive illusions is that we have to struggle to become good, worthy, and likeable. The ego thrives on creating fictitious gaps between who we are and who we should be. But there is no gap. We are already good, worthy, and loveable as we are. If we can love, honor, accept, and cherish ourselves right where we stand, every door that we have sought to kick down would open effortlessly before us.

Everything you do to try to become cool will backfire because you already are cool. **God** created you cool, and there is nothing you can do to become uncool, except try to become cool. In the trying is the lying. The coolest thing you could do is be yourself.

To envy another person is to deny the gifts you uniquely bring. One way to reframe envy is to replace the word with the letters N.V., which stand for "new vision." If someone has something you want, they are demonstrating that you are a match to that attribute because you are aware of it. Everything you see in the outside world is a reflection of what is going on in your inner world. "You spot it, you got it."

So instead of separating yourself from that person or attribute by believing it is outside of you, expand your vision and claim ownership of that trait by realizing it is inside of you. Then you heal the sense of separation and gain all that you thought you missed.


The in crowd is not a group of people you need to join. You cannot get in because you are already in. The real in crowd is made up of those who are willing to look within to find themselves.



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Dear Whitedove,
My son never seems to make the right choice. He was brought up to know right from wrong so I'm at a total loss. What can I do?

Dearest,

We do our best to bring up our babies then they grow up and leave the nest. They are only with us for a short time. I'd ask you to stop taking it personally; your son's soul is on the fast track to learn some hard lessons for his personal growth.

The whole purpose of our journey to earth is to learn from our Earthly experiences, to come to an awareness and a greater understanding of how making better choices improves our worldly situation and our karmic path. We gain wisdom and understanding through many incarnations and the choices that we have made. Some souls make the same poor choices over and over. Sometimes it takes several lifetimes to learn from a negative path. Other souls learn at a faster pace.

Just be supportive, love him unconditionally but don't enable his repetitive poor choices. Also pray for him daily. Mothers' prayers are very powerful because of their sincerity. Our children have their own spiritual path full of lessons and blessings too!

Dear Whitedove,
Two years ago my husband passed away and I've been grieving ever since.

Dearest,

Grief is for the living; it is only right and natural that we feel extreme sadness at the loss of a friend and a lover. But even in our sadness we should be thankful that our beloved has not ceased to exist, they have simply moved on to a different and better plane of existence. Take comfort in knowing that loved ones check-in on us from heaven from time to time and they send us prayers. They will be here to help us when it's our time to move towards the light of heaven. Remember our soul's journey is a continuing process and our time on earth is merely a snapshot of our soul's existence throughout eternity. Do not fear, you will be reunited.


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Dear Whitedove
My life is so colorless and meaningless – I lack joy in my life. Why can't I get out of this hole that I've dug?

Dearest, God wants us to be whole, happy, healthy, loving and fulfilled. We each have unlimited abilities. It is our belief system that gives us the freedom to create whatever we desire. If you can think it - - you can create it! Unfortunately society, religious beliefs and family values that we learn as we grow up affect us by setting self-imposed limitations on our thoughts and our abilities. Most people buy into the idea that man-made rules are fact - - - but many great masters have foretold that humans are special beings with the ability to co-create a beautiful life.

Start with a gratitude journal - every day, write the simple things that you are grateful for: your health, your most patient friend, the trees that are in bloom, your cat that purrs. Recognizing the simple pleasures is a start. Volunteer - do something for others. The act of giving with an open heart is transformative on a personal level. Then read a book about the law of attraction. Set a new personal goal and work towards it using the universal laws of co-creation. The time is now to get busy - the world needs you; every soul is important!



HOW TO CONNECT WITH YOUR GUARDIAN ANGEL

Diana Cooper is a bestselling author who specializes in esoteric subjects including angels, unicorns, ascension and Atlantis. She teaches internationally and runs the Diana Cooper school. www.dianacooper.com.

We are living in the most turbulent of times as we approach a new Golden Age on Earth. This period provides an unprecedented opportunity for spiritual growth, and angelic beings from across the universe are reaching out to you to support and guide you on your path to ascension. Your very own guardian angel is with you to help you fulfill your spiritual destiny and raise your vibration. With their guidance, your life will be enriched, and you will feel happier and more satisfied as you see from a higher, enlightened perspective.

WHAT IS YOUR GUARDIAN ANGEL AND HOW CAN THEY HELP YOU?

Angels are high-frequency spiritual beings who are messengers of the divine. They do not have free will, for their only purpose is to serve God. You have your own personal guardian angel, who remains with you throughout every one of your lifetimes to love and support you. Your guardian angel holds your divine blueprint - the highest potential for your soul - and it whispers to you constantly to help you to fulfill this potential and be all you can be. Whenever you experience a moment of inspiration, you can thank your guardian angel for illuminating your path.

Your guardian angel loves you unconditionally no matter what you do, say, or think. If you make a wrong decision, they will patiently stand by you and help pick up the pieces. In difficult times, your guardian angel will put its wings around you to comfort you and raise your frequency. All you need to do is consciously connect with your guardian angel and allow their love and support to flow in.

All challenges and problems vibrate at a low frequency. If you ask your guardian angel for help, it will show you how to raise your vibration so you are at a higher frequency than that of the problem. The problem will be unable to find you and you'll have overcome the setback to learn the lesson it offers you.

If your soul decrees that you need to have an accident as a wake-up call or face a challenge to learn lessons of spiritual growth, your guardian angel must stand back and allow you to experience it. However, if it is not your time for a challenge or to die, your guardian angel will always step in and save you.

Synchronicities and coincidences are organized for you by your guardian angel. There is no such thing as chance; your guard-

...continued on page 27...

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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 #128 - RECEIVE WITH EASE

Today I release my mind from what I previously believed to be the boundaries of possibility.

I allow my thoughts to burst free from the space where they have been contained.

I accept a wondrous event into my experience.

I need do nothing to create this situation. I need do nothing to become worthy of it. I need not plead, search, seek out a great teacher, or even read a crucial book. All I need do is (1) know that a break-through is here for me and (2) relax and receive it.

I pause in the silence, breathing deeply and allowing my mind to rest. I become passive. I become receptive. I accept that I am part of the very Power that creates worlds and that this same Power is flowing to and through me now with renewed intensity.

I receive with ease. With ease, I receive. Great things are now set in motion, and I allow them to unfold in their perfect time.

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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 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

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Sundays MELBOURNE 10am Center for Spiritual Living Space Coast 2401 N. Harbor City Blvd, Melbourne, FL 32935 (Chapel Room inside Unity of Melbourne) 321.474.2030 www.cslspacecoast.org

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

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May 10th & 11th: BELLEVUE, FL John of God Crystal Healing Bed sessions with Linda Christina Beauregard. 45 min. session \$60; 60 min. session \$75. Location Fairy Dust Crystals & such 11781 SE HWY 441, Belleview, FL 34420 (at the Almeida Plaza) Please call Linda to schedule an appointment at 518-522-8191

Friday July 21, 2018 PENSACOLA at 7:30 pm An Evening of Spirit with World Renowned Psychic Medium and NY Times #1 Best Selling Author, James Van Praagh will be "Live" at Skopelos at New World Landing 600 S Palafox St, Pensacola, FL 32502 (850) 941 4321 <http://www.newhorizonsexpo.com/>



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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>

If you were to ask me, I'd probably say that the number one cause of loneliness in time and space is not a lack of friends, but a lack of keeping busy. I'd even go so far as to say that nine out of ten times the solution to every crisis, challenge, or problem - in relationships, careers, or otherwise - is to get busy.

Because when you get busy, you allow me to slide whatever you most need - be it material, spiritual, or a new friend; answers, ideas, or comfort - right under your big ol' nose.

Tallyho,

The Universe



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SPIRITUAL GRAFFITI

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

The greatest defeat is not the end of a relationship, it's the unwillingness to learn from it. Most love relationships end, yet the opportunities for growth live on.

We have been conditioned to believe that endings are failures, but they are not. At this stage of human development, it's all we can do to manage our own issues, let alone merge happily with another. We still have so much to learn about how to sustain love.

The real victory is growing through the experience, clarifying and healing our issues, converting the unresolved material into the transformation at its heart. Relational success is not a tangible outcome- it's a process of awakening. If the experience grew you, if it prepared you for a more heartfelt and awakened life, it was a true victory.

We get more compassionate as we evolve.

More humble. More subtle. More aware of how little we know. We don't get superior. We don't form cults of personality. We don't think we have it all worked out.

If we imagine ourselves 'all that', then we have actually devolved.

I trust the ones who know a little something but don't know a whole lot, more than the ones who 'know it all'. We have so much more to learn. All of us.



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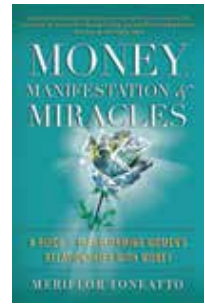


HOW WOMEN PERCEIVE MONEY

AN EXCERPT FROM MONEY, MANIFESTATION & MIRACLES

Meriflor Toneatto is the author of *Money, Manifestation & Miracles*. As the CEO and founder of Power With Soul, she specializes in helping ambitious women entrepreneurs, professionals and leaders reach financial prosperity and success while fulfilling their social promise to the world. Her work has been featured internationally in media outlets like Yahoo! Finance,

Washington Post, International Business Times, Los Angeles Times, and more. Visit her at www.meriflor.co.



When women are empowered with money, they become “difference makers.” They transform not only their own lives but also those of their children, their families, and their communities at large.

In the book *The Female Brain*, neuropsychiatrist Dr. Louann Brizendine describes the differences between women’s and men’s brains in terms of structure and functionality. The female brain, for example, has considerably more connecting brain cells than the male brain. This means that women can hold more information at once and have a greater ability to multitask. Men’s brains, on the other hand, are wired to focus on one task at a time. Women’s brains are also more amenable to change and thinking about things from different perspectives to incorporate more information. For males, the emphasis is on linear thinking, facts, and figures.

Another interesting aspect regarding the female brain is that women have a larger capacity for emotion, language, communication, and memory. On average, women are better at expressing emotions, forming connections, being emotionally sensitive, and remembering details. Women’s thoughts and speech are informed by a sense of empathy, cues to body language, and intuition. In fact, according to Brizendine, during the first three months of life, a baby girl’s skills in making eye contact and mutual facial gazing will increase at a rate of over 400 percent, whereas facial gazing skills in a baby boy will not increase at all.

Baby girls are born already interested in emotional expressions. They take meaning about themselves from a look, a touch, and every reaction they receive from the people they interact with. Based on the cues they receive, baby girls begin to discover their sense of self and whether they are worthy, lovable, or bothersome.

So what does this have to do with money? Since they have more connecting brain cells than men, women do not see money in isolation. Rather, we see it as a part of a web of relationships. This means that you are more likely to take your strong feelings for others, as well as your relationships, into consideration when making money-related decisions. You are also likely to take into consideration how you can share what you have with others who are less fortunate.

For women, the motivation to have money is about relationships and how we can use money to express love — by taking care of ourselves or our loved ones, or giving money away to help others. This is a distinctive quality of the feminine connection to money.

For men, however, money often signifies power and position and can play out in scenes of competition and accumulation. Men may use money to establish their stature in society and to assert their masculinity and power, as reflected in business-page stories about deals, acquisitions, and mergers of companies. From my personal experience and my work with other women, I would say that the difference between women and men in regards to money can be summed up this way: men ask for what they want, while women ask for what they think they deserve.

Women have tried to conform to capitalism’s norms by adopting more masculine behaviors with money, behaviors that exemplify individualism, aggressiveness, and power. An example of this kind of behavior is the emphasis on profits alone as the primary measure of success, often at the expense of employees and their well-being. In the process, the feminine values of interdependence, connections, and caring have become less recognized.

The truth is that in regards to money, and indeed all other things, a balance of both the feminine and masculine is needed, since there are also some challenges with adopting solely feminine energy. For example, women’s desire for inclusiveness can lead to problems with setting boundaries and having appropriate limits. But never fear. The steps put forth in this book will help you develop a more harmonious and balanced relationship with money and with yourself.

A TURNING POINT

We are at a pivotal juncture in our history where there is heightened awareness and support of women’s empowerment, particularly with advancing women’s economic empowerment. I believe that each of us must be awake to our good. We must

...continued on page 26...



14 TRAITS ENERGY VAMPIRES FIND MOST ATTRACTIVE IS YOUR PERSONALITY MAKING YOU A MAGNET?

Christiane Northrup, M.D., is a prolific author, a visionary pioneer and a leading authority in the field of women's health and wellness, including the unity of mind, body, emotions and spirit. Internationally known for her empowering approach to women's health and wellness, Dr. Northrup teaches women how to thrive at every stage of life. www.drnorthrup.com

It's often hard for empaths to accept that there are people who aren't filled with love and light. The truth is, there really are predators out there who lack character, empathy, and compassion. The sooner you accept this, the safer and happier you'll be. Here's how to:

Identify if you are an empath, and what it means.
Spot energy vampires before they strike.

Understand what makes energy vampires tick, and how to extricate them from your life.

Find your inner strength and heal your wounds, shame and guilt so that you become invulnerable to energy vampires.

Overcome years of stress and illness caused by energy-vampire-relationships.

ASSESSING YOUR RELATIONSHIPS

In order to determine if you are in a relationship with an energy vampire, you need to know how to correctly assess the character of others and yourself. You must recognize and correctly identify their manipulative tactics. You also need to be highly aware of the aspects of your own character that make you vulnerable to manipulation because the most powerful leverage a vampire has is the character of the victim. Energy vampires know how empaths will likely respond to their tactics. So, the more you know yourself and your own vulnerabilities (which may be strengths in all other areas of life except with a vampire) the less power energy vampires will have.

In addition to the super traits of conscientiousness, loyalty, and the patience of a saint, expert **Sandra Brown, M.A.** has identified a number of character styles that make women more vulnerable to manipulation. While Brown's research and work have focused solely on women, these same traits make men similarly vulnerable.

...continued to page 28...

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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!

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ONLY 2 WAYS TO ROLL

...continued from page 8

Every time you ponder the question “How do I get rid of this?” or “How can I overcome that?” you add energy to sustaining the unwanted state. As you devote more and more attention to its existence, you further validate its reality. You continue to view the state you’re attempting to overcome as a linear, predictable “problem.” Not a lot of options in that teensy box.

Here’s what I’ve learned from quantum physics. Despite how it looks, we humans are, at our core, nothing but patterns of light and energy. We are entangled with all other beings on the planet, forever linked with the indivisible “Field of Potentiality,” or to use **Luke Skywalker’s** vernacular, “**The Force**.”

By continuing to ask the same boring questions and residing in the same uncomfortable little shoebox, we block the flow and full expression of the FP’s power. The Force, to borrow from Luke one more time, can’t “be with us.”

So my intention is to ask bigger questions, to think bigger thoughts. “What if?” is always a good start.

What if our politicians could see eye-to-eye, to join forces for true and lasting change?

What if every child on the planet had a hot meal before they went to bed tonight?

What if every family had a roof over their head?
What can I do today that makes me dance with joy?
How can I grow into the loving, wise, inspiring person I am meant to be?
What marvelous thing might I create today?

Anything is possible, but we have to imagine it first. The more big questions we ask—the more we dare to say, “What would it look like if...?”—the bigger our lives will become. Putting your attention on something calls it into existence. We can literally reshape and redesign our lives by asking bigger questions.



HOW WOMEN PERCEIVE MONEY

...continued from page 20

be ready to seize the opportunity when presented.

On an individual level, we can take action to fully stand in our power and own our worth. Women can also collectively seize the moment and leverage this wave of support to make significant contributions to creating a global sustainable future. And the key way to do so is to embrace our feminine connection to money.

Embodying the feminine connection to money can include the following:

- Embracing the natural connection between women, generosity, and using money as an expression of love and a way to help others
- Recognizing and promoting the potential of money to create a ripple effect to uplift humanity and the planet
- Nurturing the connection of money to love, compassion, meaning, and cooperation, which can lead to personal and collective empowerment — a win-win for all
- Leveraging money as a powerful force for good — generating greater peace, harmony, and healing in the world

By embracing the feminine connection to money as a source of strength, we can simultaneously equate women with wealth, empowerment, and success.

Excerpted from the book *Money, Manifestation & Miracles*. Copyright ©2018 by Meriflor Toneatto. Printed with permission from New World Library — www.newworldlibrary.com.

**Faced with inevitable change, the choice was mine. I would fight until my spirit was weary
or I could release all resistance and create something new in my changed world.
— Dean Jackson**

HOW TO CONNECT WITH YOUR GUARDIAN ANGEL



...continued from page 16...

ian angel is always helping you to meet the right person, or see the advertisement for that special job, in order to bring you the opportunity you need. When something lucky or fortuitous happens, remember to thank your guardian angel.

When you are ready to move forwards on your ascension path, it is your guardian angel who helps you to accelerate your progress.

HOW TO CONNECT WITH YOUR GUARDIAN ANGEL

Angels work on a golden vibration of peace and wisdom. To connect with your guardian angel, imagine the colour gold surrounding your aura. Visualize your outbreath becoming golden and forming a ball of light around you, enabling you to feel calm and peaceful. Mentally ask your guardian angel to touch you and trust that it is doing so.

You now have the opportunity to ask your guardian angel for guidance, share something with it, or ask it to speak to someone else's angel on your behalf. You may simply want to relax into the feeling of being embraced by your guardian angel.

HOW TO LISTEN TO YOUR GUARDIAN ANGEL

Your guardian angel is always trying to communicate with you, but you cannot receive its messages if your mind is too busy or negative, so take a moment to focus on something happy, beautiful, or loving. Then, take a deep breath. As you slowly release it, say, 'Calm and centered'. Repeat this as many times as you feel you need to. If you practice regularly, you will soon find you only need to say this once for your mind to become receptive to anything your guardian angel wants to drop in.

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This exercise is a very quick way of preparing yourself to listen, and can be practiced anywhere and at any time.

THE JOURNEY TO ASCENSION

Ascension is about raising your vibration so that you live in the fifth dimension. This is the frequency at which you feel belonging, love, happiness, and deep contentment, and can also connect with the angelic realms. When you ascend you'll automatically help others to do so too. I started my own ascension journey through meeting my guardian angel and I hope that, through communicating and working with your own guardian angel, you are inspired to raise your vibration and open yourself up to communing with many other angelic beings including archangels, dragons, unicorns, and ascended masters. These powerful beings will aid you on your ascension journey, help you see the world from a higher perspective, and fulfill your highest spiritual potential.

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14 TRAITS ENERGY VAMPIRES FIND MOST ATTRACTIVE

...continued from page 21...

SELF-ASSESSMENT - HOW MANY OF THESE APPLY TO YOU?

1. Extroversion and excitement seeking: Do you find that you often get into relationships with people who are extroverted and exciting? Does the idea of being in a “comfortable” relationship seem boring to you?

2. Relationship investment: Do you give great emotional, spiritual, physical, and financial investments to all your relationships—not just your intimate ones? Do you often feel as if you are giving 80 percent while the other people give only 20 percent?

3. Attachment: Do you have the capacity for deep emotional bonds? Do you form powerful bonds with people quickly? Do you form bonds that make you feel beholden or desirous to do anything asked by the other people in your relationships?

4. Competitiveness: Are you unlikely to run out on relationships? Do you stand your ground and fight for relationships to continue? (Keep in mind, we’re not talking about codependence here.)

5. Low harm avoidance: Do you assume that you will not get hurt? Do you see others as you see yourself and assume that they feel the same way?

6. Cooperation: Are you the can-do person who rolls up your sleeves enthusiastically when there’s a task to be done? With humor and enthusiasm? Are you apt to volunteer to help out? Do you tend to uplift every group you’re in?

7. Hyperempathy: Can you literally feel the feelings of others? Do you cry easily at movies, sad books, Hallmark television ads? Do you work in the healing professions?

8. Responsibility and resourcefulness: Are you the go-to person in your family or at work? The one who holds the “tribal memory” of the place—the person who remembers where the old contracts are kept and what the minutes of the meeting from two years ago said? Do you often end up in leadership roles at work or at home?

9. Self-directed: Are you a self-starter who works well without supervision? Are you highly motivated to learn new things, figure systems out, and solve problems?

10. Overachieving: Have you ever been called an overachiever? Do you find that you usually work harder than others and have a hard time resting and taking care of yourself? Psychologist Dr. George Simon, Jr., has also identified similar qualities that can become vulnerabilities in people at risk for manipulation:

11. Naïveté: Do you simply believe that people can’t possibly be as cunning, devious, and evil as your gut tells you they are? Do you assume that everyone is working toward the good of others?

12. Conscientiousness: Are you harder on yourself than anyone else? Do you give the manipulator the benefit of the doubt when he hurts you? Are you too willing to blame yourself when the vampire goes on the attack?

13. Low self-esteem and low self-confidence: Do you doubt that your needs and desires are legitimate? Do you have what it takes to face conflicts directly and effectively? Do you back down at the first sign of conflict and concede to the other? Are you easily manipulated by guilt and shame?

14. Intellectualization: Do you always try to understand and explain the behavior of others rationally and logically? And make the mistake of believing that there must be a reason why the manipulator is acting like he is? Do you get so wrapped up in trying to understand others’ points of view that you forget yourself? Do you have trouble accepting the fact that there are people in this world who fight too much and fight underhandedly just to get what they want?

LOOK AT YOURSELF

Take a bit of time right now to think about the people in your life and your own character. Go down the list and ask yourself if you can relate to any of the characteristics mentioned above. Answer the questions above as honestly as you can.

THE REMEDY: *You need to be aware of the aspects of your own character that make you vulnerable to manipulation. Energy vampires know how you will likely respond, so the more you know yourself and your own vulnerabilities (which may be strengths in all other areas of life except with a vampire) the less power energy vampires will have.*

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This month's thoughts about things...

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

... from page 7

SPEAKING OF USING WHATEVER LIGHT IS AVAILABLE

Last week I was making my bank deposits online. I love the ease of that. When it's working. *But I figured out what my problem was.* Even tho it looked to me as tho there was plenty of light in the room to scan the checks, they would not scan. I stepped out onto the back porch and tried again. They scanned just fine in the natural light. The camera had a more sensitive eye than I did and knew I NEEDED MORE LIGHT TO CORRECTLY SEE THE SITUATION. **Photography 101:** The more available light, the more details come in to view.

I think back to all the times I thought I'd seen someone or some situation clearly and later found I was mistaken. I'd seen it only in a half light, or with insufficient info to give relativity or meaning to what I was seeing.

Kind of like if you sent 3 intelligent persons up into space. They all saw the same thing and report back. A 12 year old student would have a different vocabulary for what he saw than would a seasoned astronaut of 40 years. An accountant would also have a different understanding of what he saw and different vocabulary for explaining it. All 3 would be truthful about their experience, but the astronaut -- by virtue of his extensive experience -- would have more light on the topic and thus could explain it more fully than the 12 year old or the accountant.

I once believed a friend's story of what someone else did to her. I supported my friend in boycotting this person. Years later my friend confided she'd not told me the truth. She left out the half of the story where she herself was at fault. I saw it only in half light and made poor choices based on it.

In half light there are a lot of shadows and shadows are where we fill in the blanks of things unseen and words unspoken. A reminder to myself to always ask, *"Am I seeing this in the right light?"*

In the half light is also where we fail to see the dark corners that hold baggage we no longer need for this part of our journey. Turning on the light illuminates everything so I can choose what delights me and what I'm ready to discard.

WHAT ELSE AM I READY TO DROP FROM MY LIFE?

My notary commission comes up for renewal this year and for the first time since I was 20 years old I'm not going to renew it. When I worked for attorneys, they always had us become notaries. After that, I did legal document preparation on my own, but haven't done that in years. More streamlining, asking myself *what am I doing that I actually want to continue doing?* Not just because I'm used to doing it like when I had a landline and cable TV for fully 6 years longer than I needed to.

A favorite thing of mine to do is help friends identify things that may be holding them back, and encourage them in their personal visions. I know how crucial it is to have someone care about the process.

Often I've not had anyone to care about my process and at those times I learned to cheerlead myself on. I learned to ask myself, *"what would I do and say if I were my own best friend involved in a new project?"* Then the answer becomes clear and the thought activates the helpful self talk of my inner cheerleader.

My inner cheerleader knows what to say to keep me motivated. She reminds me of what I already know. She reminds me that I'm doing the work I love with people I enjoy. She reminds me that every step along the way is part of my mission and grist for the mill. She reminds me that my income does not come from whomever I sell my stuff to, my income pours out of who I am and what I pour out onto others, and what I allow them to pour onto me. She reminds me of what's real and what really matters.

My inner cheerleader knows that the way to happiness is through training myself to think thoughts that bring me joy and give me hope.

The way to think thoughts that bring me joy and give me hope is to look for the good in every person and situation I encounter, to look for things to appreciate in each Now moment.

The way to have hope is to bring to mind all the good times and know they can be again. To cheerlead myself on to it with my self talk and internal dialog until I believe it and expect it. That's how I attract my happy and purposeful life. No secret. It just takes practice.

You have to learn to do it on your own, to motivate yourself to stay focused on your goals, focused on what's going right in your world. That's the answer. That's the secret. Focus on what's going right in your world and then follow that as it expands into a satisfying, meaningful life for you.

WANT TO LEARN SOME REAL MAGIC?

Despite anything going on anywhere in the world, you have the ability to attract what you need. If you are to pull yourself out of a bad situation, you must begin to spend less time thinking and talking about what's wrong. You are only stuck in that place because of your choice of focus. As hopeless as any situation feels, it's really only your thoughts and focus that you're dealing with. And you have the power to change those. **A more helpful thought might be:** *"My life is getting better. Good things are on the way. Miracles happen all the time."* Then look for evidence of it, everywhere and watch the magic unfold. Enjoy our offering this month. Hari Om.



Andrea



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

MAY 2018

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) There are so many changes this month, and your sign sits at a pivotal place in the planetary lineup. Many of the changes are external, but with **Chiron** now in your sign, it's a critical time to step into your own power as a healer and even an agent for change. And, it's time to share your wisdom. Your words are important and will even have a life altering impact on someone this month.

Taurus - (April 19 - May 19) As a fixed earth sign, you bear the agony of the energetic shift that is prevalent today. It's been a long haul. May is your special month, Taurus, so take time to love yourself in every way. Eat exquisitely, love with abandon, and get out in nature every single day. It's time to be sleek and shining, but this is not about your weight. You are in training to fit your new, improved self into a rejuvenated body.

Gemini - (May 20 - June 20) Being an air sign, yours is one of logic and info. But things are different now, especially on May 13th when **Mercury** lights a match as he joins **Uranus** in Aries. Maturity and wisdom are keynotes here. The quest for you is to align with your heart's desire; to do what you need to do and to be who you want to be. Do it, because your answer to this call ultimately brings you a long, happy, and satisfied life.

Cancer - (June 21 - July 21) Venus enters your sign on May 19 and until then she serves to lift you up through support from others. Accept all of **Venus's** gifts and breathe in all of the goodness that life has to offer. You will be put increasingly in the public eye, so you may want to look your best every time you step out of the house. People are noticing you; they're interested, and they need to hear what you have to say.

Leo - (July 22 - August 22) With the karmic **North Node** in your sign, this has been your time for reflection and soul searching. Don't feel these days have been for naught. It is shining a light on your soul and gives you guidance on how to fulfill your life's mission. There IS Light at the end of the tunnel. Your new assignment is coming soon; use this time to gain knowledge by attending workshops, classes, and expanding your world view.

Virgo - (August 23 - September 21) **Mercury**, your ruling planet is moving fast now, and this can leave you feeling like you're spinning. Allow extra time on May 7th when **Mercury** butts heads with **Pluto**, and then again on the 13th when he is supercharged by a conjunction with **Uranus**. Both aspects have a positive quality of illumination, but the secret is to not get overwhelmed by the Light. Shine bright, **Virgo**; just don't burn out.

Libra - (September 22 - October 22) May initiates a Quickening for you; a time when you feel a new pulse of life stirring within your body. You may not be completely free yet to follow this spirit, but the message has been delivered. Time is now accelerating so take care to remain on the bright side of uncertainty. When in doubt, go into your inner temple of healing. With **Chiron** now in Aries, it appears to be about your partner, but it's really about YOU.

Scorpio - (October 23 - November 21) Freedom is a longing that's hardwired into your DNA, the irony is you must make deep commitments in order to get what you want. Don't let your desire for freedom keep you from moving into fulfillment of your true life's purpose. Your dark and Light sides are both active now, so just understand that it's really all for ONE goal which is to evolve and grow ever more deeply into love.

Sagittarius - (November 22- December 20) The intense pressure you felt last month will be even more relieved when **Mars** moves into Aquarius on May 16th. The secret now is to hold onto the gains you made by working overtime. Day by day you express your authenticity and shed the confines of mundane authority. Your next assignment will be that of Mastery - becoming the best you can be as you align with your talents and gifts.

Capricorn - (December 21 - January 18) It's time for some soul searching and then to think outside the box because doing the same old things is just not working anymore. It's OK Capricorn! When **Uranus** enters Taurus on May 15th your fifth house of fun, play, and childlike pleasure becomes activated. You've got to open that Pandora's treasure now and fulfill your desires. Surrender, because you are also being healed on the deepest level.

Aquarius - (January 19 - February 17) Old friends show up when you least expect it, Aquarius. These connections from the past are asking for resolution, and ultimately freedom. Get real about how you feel, and how you've handled these emotions. It's time to move on; totally clear of anything that happened in the past. The Universe is promising a re-birth as **Uranus** moves into Taurus, but you are also your own midwife now.

Pisces - (February 18 - March 19) You have been granted access to a Cosmic information vault that holds both practical and esoteric information. All information is beneficial, but you must choose where you want to direct your focus. With this access to the ancient wisdom, do not give this gift away to energy stealers such as unfulfilling relationships or alcohol. Hold on to the pearls given to you by Spirit and turn them into gold.





ABRAHAM-HICKS

...continued from page 9

ABRAHAM ON WHAT YOUR WORK IS

Your work isn't to change someone else's behavior, your work is to find a way of feeling good regardless of the conditions that surround you, and sort of unconditionally find alignment, and then the Universe will yield to you what you want.

ABRAHAM ON KNOWING YOUR PURPOSE

Your purpose is to continually discover expansion and to keep up with it for the purpose of pleasure and joy. It's a triad of intentions that you were born with: freedom, growth, and joy.

And we say freedom, growth, and joy, and you say, We hear you growth, growth, growth, growth.

And we say, freedom, growth, and joy, and you say, Yes, growth, growth, growth.

And we say freedom you're so free you can choose bondage, and expansion is inevitable.

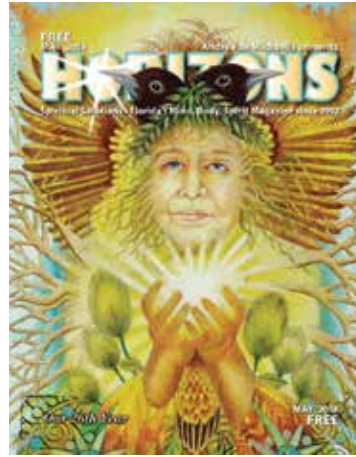
But if you choose joy as your powerful desire, if that's what you are predominantly looking for, then you will always stay in balance, because life's going to continue to cause this expansion, and no one can vibrate for you so no one can take your freedom away from you.

No one ever does anything to you. Nothing ever happens to you that's not a vibrational match to the frequency that you have going on.

And so, let joy be your quest - which means, *I want to feel good, I want to find clarity, I want to feel the alignment, I want to sync up with how Source feels about this right now* - so that it's your awareness that the Source within you is here with you right now, having whatever conversation you are having, having whatever experience you're having, and has a very clear perspective of this moment in time, and then you understand that, if you feel any negative emotion, that your perspective is different from that of Source.

COVER ART

Storyteller by Holly Sierra



From the original painting 'Storyteller' for The Chrysalis Tarot. It's a dark night and the sky is filled with stars. From inside a tent, bathed in moonlight, we hear the lilting voice of the old wise woman relaying the tales of her people's past. The firelight flickers and the little ones grow fidgety. This is the way mankind has gained wisdom down through the ages. Here is my portrait of 'The Story-

teller' and her Spirit guide, the Oriole. Symbolically, she offers a glowing orb of knowledge for her audience!

ABOUT THE ARTIST

Holly Sierra's illustrations speak of that which is visually enchanting with particular attention to decorative, mystical, historical and multicultural themes. Holly Sierra now makes her home in colorful Sedona, Arizona and finds the area very inspirational to her new work. Starts with scenery that makes your heart leap...Sedona is nestled amidst a geological wonderland.



Multi-hued stone formations rise upwards from the high desert floor creating a vivid, mesmerizing setting that changes hourly with the light. Regarded by Native Americans as sacred, Sedona continues to be recognized as a place of healing and spiritual renewal. Many come to experience the vortex energy centers, others to explore the art galleries and healing centers.

Holly is often found hiking or four wheeling amongst the Red Rocks, if she is not busy attending a gallery opening or supplying a local shop with Chrysalis Tarot Decks, Greeting Cards or Canvas Prints! Holly's daughters, Gabi and Esme, as well as Pearl, a beautiful grey cat, help keep her company. Email hollysierra@yahoo.com and see her work at

<https://www.etsy.com/shop/HollySierraArt>

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As hopeless as any situation feels,
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