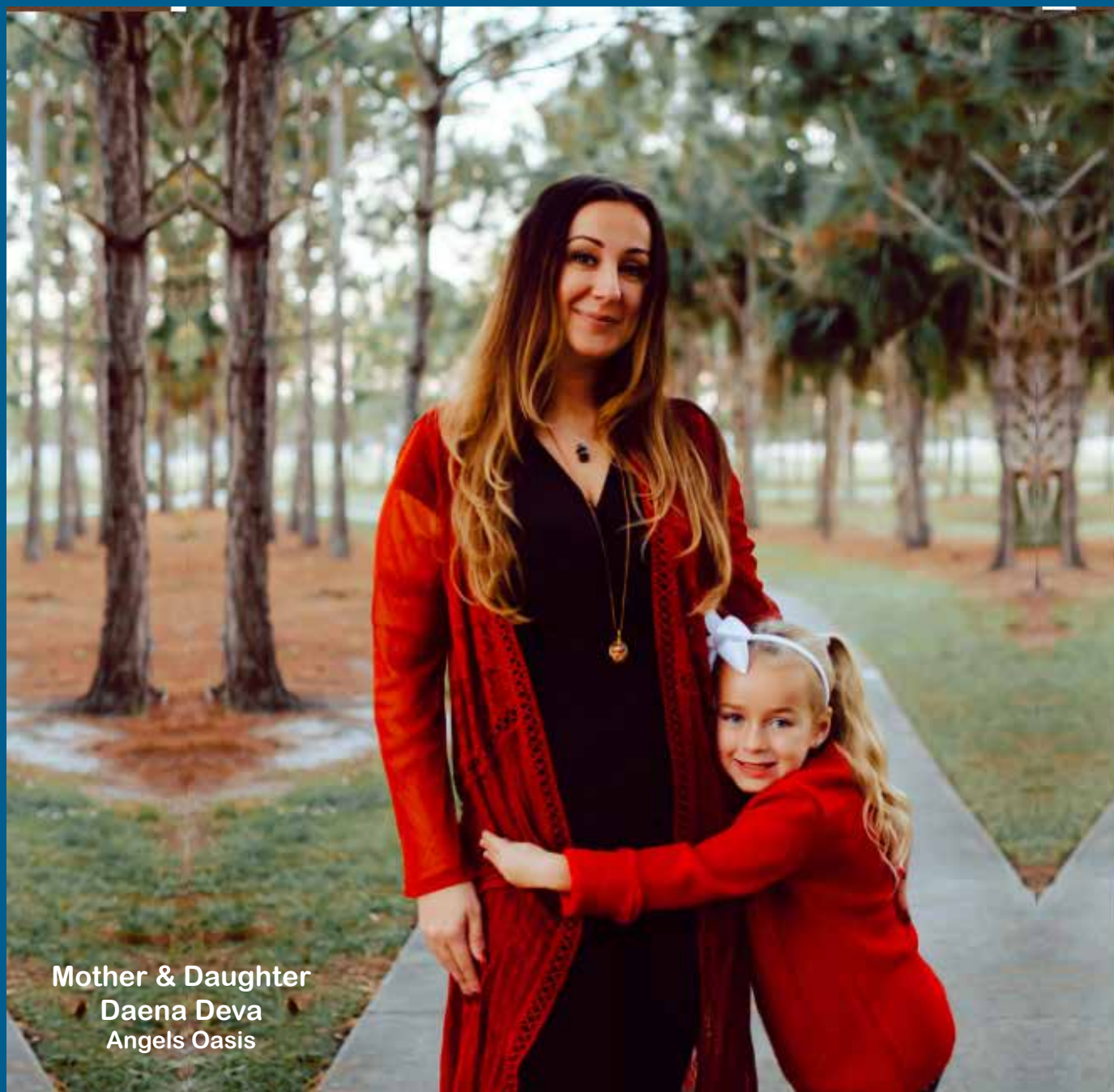


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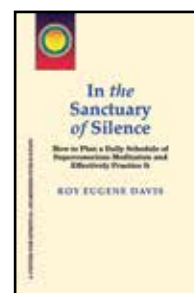
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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

- 1. Recognition - God** Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all 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**

**The greatest
optical illusion
is separation**

Publisher/Editor/Creator
Andrea de Michaelis

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

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



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

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

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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."

Andrea de Michaelis
Publisher

Hello and welcome to the May 2021 Horizons.



This month the tomatoes are coming in and I made pickles for the first time. I had no idea how easy it was, I will totally do this from now on. I like being able to customize the amount of salt and sugar, garlic and hot pepper. I'm not industrious enough to grow cukes, maybe next year.

As I grow and harvest and process and eat what I've grown, I feel a closer bond with the land. As I work the yard out front each day, there's a steady stream of neighbors walking or biking by. We smile and say hi and I feel a closer bond with them as a result.

I like feeling I'm part of a good neighborhood of people and I like knowing I can produce some of my own food. It gives me confidence, makes me realize how resourceful I can be when I stop running my head and listen to guidance. Most of the time, that's the answer to everything, isn't it? Set a goal then listen to guidance and take everything as a sign for opportunity.



Like on **Undercover Billionaire** on Hulu. Season 1, I really enjoyed how **Glenn Stearns** thinks on his feet. How he quickly assesses a situation to see where he is, what the community is all about, what the community needs and how he can provide it. That's the key to making it. Fill a need with a quality product or service. Need capital? Take any job available, look for items to resell.

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HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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.

ON MAKING YOUR LIFE BETTER

When you reach for the thought that feels better, the Universe is now responding differently to you because of that effort. And so, the things that follow you get better and better, too. So it gets easier to reach for the thought that feels better, because you are on ever-increasing, improving platforms that feel better.

ON ALTERING THE FUTURE

The emotions that you feel, are ALWAYS responding to the PRESENT moment. Therefore, if fear comes forth because of your thoughts regarding the future, recognize that there is no basis for that fear - since you can alter the future by altering your thoughts. And recognize that as you allow fearful emotion to persist, you are also allowing creation toward that which you fear.

ON HEALING BROKEN PEOPLE

"You can't fix people who are broken, because when you see them as broken, you come right out of the Vortex, and now you've got no fixing-power. When you come into alignment with who you are, those ready for it find you.

ON GETTING TO A BETTER PLACE

You don't have to be in that place of really powerful momentum all the time. In fact, you may not even like that it's nice to have variety in all of it. But just be aware that there is always a choice that is more fun or is more clear or does feel better. As long as you know that there always is, in every moment, the potential for something that feels even better than now, and you are relaxed rather than tense, and open rather than closed, and expectant rather than doubting, then it just gets better and better and better and better.

ON BEING OF ASSISTANCE

If you intend to be of assistance, your eye is not upon the trouble but upon the assistance, and that is quite different. When you are looking for a solution, you are feeling positive emotion— but when you are looking at a problem, you are feeling negative emotion.



Janice Scott-Reeder, AA, BA, Druid

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VIBRATION OF FEAR, A FEELING OF POWERLESSNESS

QUESTION: What causes my fear?

ABRAHAM: Fear is the feeling sensation that is present within you when you have both a desire and a belief that contradicts it. Fear is a response to the state of your vibration. You are a vibrational being, and every moment offering a signal. Your vibration could be called thought, it could be called memory, it could be called fantasy, it could be called imagination, it could be called Energy. In other words, your vibration could be called, "As I stand in my now, and I think about the present, or I think about the future, or I think about the past -- all of that is thought.

Whatever it is I'm perceiving is causing me to offer a vibration, and that vibration is being answered or matched by All-That-Is.

So when I feel fear, what it always means is, I am offering a thought that you might call desire and a thought that you might call belief that are contradictory.

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SYNCHRONIZING YOUR ENERGY TO NEW POTENTIALS



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

I always say, when you change your energy, you change your life, but I often wonder—how of many of us actually understand what this means and how we can apply it to create changes in our life?

One of the most important principles we teach in this work is how to create from the field instead of from matter. For a very simple understanding, think of the quantum field as an invisible field of frequency or energy that connects everything physical and material. It is this field of pure energy, which exists beyond our senses, that gives form to this three-dimensional reality.

We can all agree that we possess a physical body in a physical universe, and that this universe is made up of people, objects, and things. Because all of these things appear to occupy a particular place or space at a particular time, our senses (which allow us to plug into and experience this reality) fool us into the illusion of separation. In other words, I am aware that my body is occupying a particular space at a specific time, and that the chair—which is a “thing”—is occupying a different space in time. As a result, everything appears to us as separate.

Since where we place our attention is where we place our energy, then in order for us to create from the field instead of from matter, we have to abandon—and thus remove—all of our attention from everything known that we associate with in this physical world of matter in space and time.

If you're no longer paying attention to anything in this three-dimensional reality, it makes sense then that it no longer exists for you. This is exactly what is required of us to pass through the portal or the door to enter the quantum field—and that requires us to become no body, no one, no thing, no where, in no time. That's what I call getting beyond yourself.

By abandoning your invested attention and energy from the material three-dimensional reality of the senses, and instead shifting your attention and energy to a world of frequency and energy, you must lay down your identity. If your identity in this lifetime has been created by identifying with all of the known elements in your environment, as well as your awareness that you are living in a body local in space and time, then the moment you open your eyes in the morning, your present personal reality is reaffirming and reminding you of who you are as a personality—or as an identity.

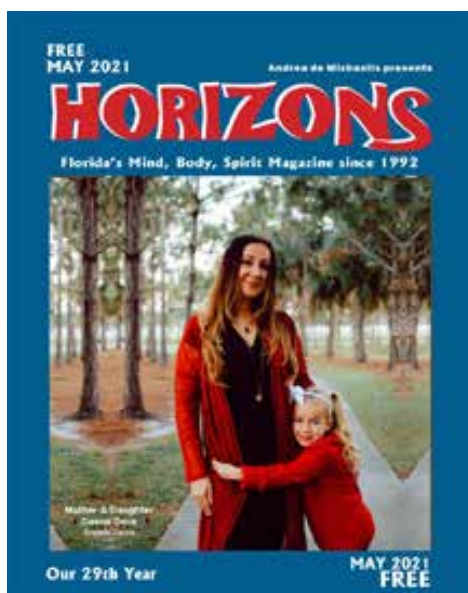
THE VEHICLE OF CONSCIOUSNESS

Since we need a physical body to experience our physical three-dimensional reality, think of the body as the vehicle of consciousness that is subject to physical laws. While we live in this lifetime as a body local in space and time, when we have thoughts, they produce chemicals that make us feel certain ways. Those chemicals are essentially more matter and less energy.

However, when we get beyond our associations to everything known in the material world and enter—as an awareness—the non-material, non-physical unifying quantum field, there is an entirely different set of rules. In the field, there is no space and time as we know it, and because there is no space and time, there is no separation. Therefore, if there is no separation, we are connected to everything.

When we enter the field of infinite frequencies as pure consciousness, every thought we have in this realm produces an energy or frequency. In this invisible world of energy, it stands to reason that our thoughts are more energy and less matter. Since every new creation starts with a thought, if we—as an awareness—can become conscious or aware of a new thought that will cre-

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ON THE COVER

DAENA DEVA AND LILIA

CAREER OR FAMILY? HAVE BOTH!

Daena Deva is a psychic medium, Reiki master/teacher and spiritual teacher. Alongside **Morgana Starr**, they own **Awaken Institute**, an online school for spiritual development, and **Angels Oasis**, a high vibration metaphysical store in **Cocoa Village, Florida**.


Daena writes, "I started awakening my gifts in my early 20's, after believing I was crazy. I was diagnosed with schizophrenia and put on many psyche medications. Fortunately, I found a therapist that worked with me to get off the medications and encouraged me to investigate the spiritual gifts I had. Because of that incitement, I've been a practicing psychic medium since I was 22.

The last six years, I've been blessed with doing what I love full-time, thanks to the love and encouragement of **Morgana Starr**. She brought me to a place of acceptance and taught me to release my limiting beliefs around using spiritual gifts to fulfill your life's purpose and support your 3-D reality monetary needs.

Since, I've been blessed with working in a field I'm passionate about and a lot of what we do doesn't feel like work. I love working with crystals and channeling information. Unsurprisingly, my six year old daughter, **Lilia**, loves a lot of the same things I do. She has always made insightful comments, showing me that she is very tapped into the spirit world. She senses spirits in our house, and she feels deeply connected to faeries. She talks to them, gives them gifts and connects with them through the trees outside. She even converted her Barbie houses into faery homes and keeps them clean to honor them.

...continued on page 36

Angels-Oasis.com
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Morgana Starr
& Daena Deva

Angels Oasis is owned by esteemed Psychic Mediums and Spiritual Counselors, **Morgana Starr & Daena Deva**. They have a combined 50 years of Spiritual work. Known as **New Thought Leaders**, they are helping to guide and shape lightworkers from around the globe. Angels Oasis is located in Historic Cocoa Village, Florida and is a beacon of light for the local spiritual community. Knowing they wanted to expand their reach, they launched **Awaken Institute**, their online Spiritual School. Awaken Institute allows awakening souls to develop their gifts safely, with guidance they can trust. You can learn more at **Awaken-Institute.com**. The first step is to take our Master Class and learn to become an EMPOWERED empath!

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NEEM

A relative of the mahogany tree Neem has been called “the village pharmacy” and “the one that cures all ailments” because every part of this tree has medicinal values. The leaves, bark, twigs, roots berries Essential oil and sap of this tree have been used for over 4,000 years in teas, extracts, lotions, soaps, and sham-poops. Extensive research has found that the properties and constituents of the **Neem** tree have a wide range of benefits.

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In the respiratory system these properties and constituents also aid in the removal of phlegm and mucous from the bronchial tubes reducing respiratory conditions such as asthma, COPD, and bronchiectasis.

In the digestive system the bitter properties of **Neem’s** leaves and bark stimulate digestion and can help many digestive disorders. These properties can also reduce gas, bloating, fight intestinal parasites and many other digestive disorders.

When **Neem** tea, extract, poultice, liniment, creams, or lotions are **applied externally on the skin** it is beneficial for boils, glandular swelling, skin ulcers, acne, wounds, scabies, and many other skin conditions.

When mixed with aloe or added to lotions or ointments **Neem** protects, soothes, restores, and moisturizes dry irritated skin.

The twigs of the Neem tree have been used in the past as a toothbrush and the gel from the leaves contain the properties and constituents that help fight periodontal infections and soothe the mucous membranes of the mouth.

...continued on page 27



HOW TO RECOGNIZE MAGICAL BEINGS

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

Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious Man with the Ladder."

As part of a continuing series on the care and feeding of Magical Beings, here's an excerpt on FAIRIES:

FAIRIES

SECRETS OF THE FAE

When dealing with Faeries the first thing you must remember is they are not of this plane. We know very little of the Fae dimension because all who wander there refuse to return. All that is known about the Fae have been gleaned from observing the Fae that have ventured into this plane - they are a curious lot and do pop in at the slightest twinkle of shiny things or to charm someone with Fae blood who might be feeling lonely in this less magical dimension.

SECRET ALPHA

It is believed that in the Fae's dimension, Faeries are the pollinators, like our hummingbirds and bees, but the Fae do not spread pollen, they spread love and light. In fact it is theorized that the Fae world may not even know darkness or sorrow, the Fae are so prolific at spreading love and light. Also like the hummingbirds and bees, the Fae have wings, they are so delicate and translucent that on this plane they are rarely glimpsed because they pulse so rapidly.

SECRET BETA

The Fae are rather easy to spot if you know what to look for. Even in this plane they are light as a feather and barely touch the earth as they walk. An old adage reports that the Fae can tip toe on flower petals and not bend a single one. If you pay attention you will notice that their walk is more of a glide or a lightly skipping dance as all Fae are natural ethereal dancers.

...continued on page 34



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

OPEN DOOR POLICY

There is one way to attain the health I desire: simply keep the door open to the good health that is, right now, trying with great determination to reach me.

Every moment that I'm feeling emotionally good - calm, peaceful, content, hopeful, positive - the door swings wide open. Every moment that I'm feeling emotionally bad - victimized, powerless, resentful, harried, frustrated, negative - the door moves towards the shut position.

There are no ultimately effective treatments, remedies, or cures that can go through a shut door. Similarly, when my door is consistently open, the treatment or remedy that is perfect for me can waltz right in. Or perhaps it will be spontaneous healing that will rush to embrace me.

This explains why some treatments - conventional or alternative - work for some people but are useless for others. It all hinges (bad pun) on a person's door.

Today I find ways to think and feel as good as I possibly can about as many things as I possibly can. Today I open my door wide to health.

FEELING GOOD IS FEELING GOD

How many good-feeling moments can I experience today?

How many times can I notice the intricacies of nature?
How many times can I admire the beauty and humor in the people I meet?

How many times can I enjoy a memory or appreciate creature comforts or fantasize about a lottery win?

How many times can I shrug off an offense or turn my attention away from self-doubt or bad news?

How many times can I bask in the acceptance of who I am and where I am while opening my heart and mind to much more?

This is my ultimate purpose: good-feeling moments - as many as possible. When I feel peaceful and happy, I allow the Power that forms worlds to flow through me unbridled.

When I'm consistently in a good-feeling "space," my desires then find me with ease. I'm in the right place at the right time. I find work that is fulfilling. My health improves. My finances perk up. My relationships iron themselves out.

Good-feeling moments. I look for them. I find them. I thrive.





SETH SPEAKS

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

ON THE RESPONSIBILITY TO HAVE FUN:

"If you need to think in terms of responsibility, then it is your responsibility to have fun! You will not help yourself or others unless you enjoy the miracle of your own being.

And so, in those terms, use if you must the belief in responsibility, by telling yourselves that it is your responsibility to enjoy your being.

When you follow your own nature, you automatically and naturally feel for the needs of others. You automatically feel when you are joyful and free.

And when you are having fun, you feel your oneness with all other creatures of the universe, and you know your place in All that Is.

And when you are yourself, others look upon you with awe and joy and understanding, and you look the same upon them. And you help every other creature that shares with you the framework of this earth. You do not have to worry about helping others, for your very existence is a help and a guide to them. They recognize the joy of being in their existence, and they respond as you do to a sunny day, or to a flower."

ON BELIEFS, HEALTH, AND VITALITY:

"In an organization where the sexes are separated and denied any true communication, an extremely artificial framework is maintained, in which the sexes literally become strangers to each other. This also encourages various kinds of hysterical reactions, as well as a larger frequency of "contagious diseases" than is experienced by the normal population.



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These conditions also occur in some varieties of religious cults, whether or not strict sexual segregation is enforced. If human relationships are highly regulated and supervised or family members encouraged to spy upon their relatives or friends, then you have the same kind of curtailment of natural expression and communication.

People in such societies often suffer from malnourishment, frequent beatings, an excessive use of the enema, and often indulge in physical punishment. The children are strictly raised. And a lack of normal spontaneity is the rule rather than the exception. Members of such organizations often suffer maladies in which their bodies do not utilize nutrients.

...continued on page 39

ASK WHITEDOVE



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

DEAR WHITEDOVE, my friend says she's found her soul mate and twin flame. **What's a Twin Flame?**

ANSWER: Twin flame is like saying that you found your other half. Most people jump to this conclusion and they are mistaken. **Twin Flames** are very uncommon. We're talking about finding the other part of your soul! We are multidimensional beings and as science tells us, energy can divide. Normally when a soul comes to **Earth** to be born, we leave a portion of our energy in Heaven, that's how we remain connected; we each have a silver cord, an unseen umbilical cord that connects our soul to the physical body and to **Heaven**.

With a **Twin Flame**, this is a soul that has much spiritual work to do. So while in the Heavens the soul divides in two and will be born into two separate bodies to complete an important mission and having the support to do so. It's been said that **Mother Mary** and **Jesus** were **Twin Flames**, although I have not been able to verify this with **Great Spirit**. But that's the way it works. If you've separated your energy, you can be in another country, having separate lifetimes. Very old souls will sometimes take on two incarnations in one by dividing their energy, to become twin flames. When these **Twin Flames** meet in life, it's like running into your own energy. It makes for a Match Made in Heaven - literally! But that's so rare it almost never happens. Very rarely and *it's usually not lovers*. *Your twin flame is your helpmate*. The soul divided to have the support system in place to complete a very urgent mission and purpose.

DEAR WHITEDOVE, Who Can Bless People and do Baptisms matter?

ANSWER: Oh, there's a lot to this and some will just cruise on by when they see the word "**Baptism**." But there is a lot that needs to be covered. Does baptism have any effect on our journey here? It's all about your belief system and the people involved. I mean, I've been baptized, my older son was baptized. It's more of a dedication, when a soul promises God to give his or her life over and to live with purity, by Gods laws. Now, I'm not man-made religion type of person, although dogmatic religion did serve me at one time. **Baptism** is a ritual that man came up with, yes, not God, but man. But **Jesus** insisted on being baptized and that was meaningful, a sacred consecration, a ritual for others to see, asserting that he would be in service to his **Heavenly Father**.

Often though, these days, when they baptize, some are just going through the motions like, "*Okay, bless my child. All right, I'm good, the child's blessed, we're good*" when there's much more to it. The important thing is to have the blessing by someone with true spiritual gifts. Not just by a man that says a series of words and dunks a person in water, or sprinkles water on a baby's head. The gift of the **Holy Spirit** is important, and that's not necessarily from the clergy, because many have lost their way.

There are other souls, someone like me, which I will actually bless people if I see someone in need. When I see someone affected with **autism** or **Down Syndrome**, I can just simply look at somebody and send my energy over there, and pray for them and bless them, and that changes them right then and there. They don't even know what happened. But there is a recognizable change within them. I am not by any stretch saying I am special because *most people can learn through their efforts to raise their frequency to do this Spiritual work*. *We can all send blessings and prayers, but know that it is a transformational energy and loving intent, not just words*.

A baptism is one way of sending and receiving blessings. It could be done through various ways. *Baptism means something different depending on who is involved and the intent. It is meaningful and profound to some*. It can mean absolutely nothing to others. It depends on the person and how they're viewing it and participating in it. There are a lot of factors involved. It is the spiritual connection to the act, and the understanding, and then the belief in it. **VERY IMPORTANT** is the person that's performing the sacred ritual because a true blessing can change the dynamics of that soul and that person for better.

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iPHONE, THEREFORE I AM?



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

ONE OF THE CURIOUS THINGS ABOUT THE SO-CALLED 'SPIRITUAL LIFE' IS THE PALPABLE

GAP BETWEEN THEORY AND PRACTICE. On one hand, practitioners, in their effort to keep themselves in a positive state of mind, usually maintain an image of themselves as devoted, conscious, centered, and peaceful people.

On the other hand (the one with the hangnail), those same people realize that, above and beyond their well crafted personas, they are much closer to being a fool than a sage. Or maybe it's only me I'm talking about.

Here's what I mean:

At one of **Prem Rawat's** five-day retreats, in Australia, a few years ago, I was having a leisurely lunch with a friend, neither of us with a care in the world. If this was **Monopoly**, we had both just landed on Free Parking. When it was time for **Mark** to return to the **Gift Store** where he was helping out, I decided to linger a few minutes before trekking back to my tent, not wanting to rush things. Three minutes into my walk, I noticed I didn't have my **iPhone**, so I turned around and made my way back to the lunch table, expecting to see it just where I most likely left it. It wasn't there.

This did not feel good. So I began searching the many zippered pockets of my backpack -- **Sherlock Holmes** in heat. Hmmm... my iPhone was nowhere in sight. Then I looked under the table. Nothing. Then I checked the four pockets of my pants -- two in the front and two in the back. Zippo. Nada. Zilch. Then I dumped all the contents of my backpack onto the table just in case I missed something. Notebook? Check! Granola bar? Check! Seat-ing pass? Check! **iPhone**? No check.

Surrounded by blissed-out people everywhere, my exponentially increasing sense of agitation began to feel very out of place. Having no clue where my cell phone was, I started sneaking furtive glances at the chatty people sitting at the next table -- people with accents I couldn't quite place. Then the guy cleaning the tables walked by, looking very suspicious -- his ear-to-ear smile obviously a ruse.

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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



Debra Strasser is High Priestess at Church of Iron Oak in Palm Bay, FL. She can be reached at scribe@ironoak.org

MAY 2021

*You must wake and call me early, call me early, mother dear;
To-morrow 'ill be the happiest time of all the glad New-year;
Of all the glad New-year, mother, the maddest merriest day,
For I'm to be Queen o' the May, mother, I'm to be Queen o' the May.*
The May Queen - Alfred Tennyson

Lord Tennyson's poem describes May 1st, or **May Day**, a festive day of dancing around the **Maypole** or gathering flowers and greenery for garlands. There was more dancing on village greens, archery contests and exhibitions of strength. The highlight of the day was the crowning of the **May Queen**, the human replica of **Flora**, a **Roman Goddess of flowers and Spring**. By tradition she took no part in the games or dancing, but sat like a queen in a flower-decked chair to watch her 'subjects'.

The Month of **May** was named for the **Roman Goddess Maia**. In ancient **Rome**, grains ripened toward the end of **May** and early **June**, so **May** is a busy month for farmers. They had to keep their fields clear of weeds and anticipate the coming harvest. There was little time for festivals as there were in **April**, when the agricultural and fertility gods were honored to ensure a bountiful harvest.

April 30 - May 4: Maidyozarem Gahanbar, Mid Spring Feast, Zoroastrian

May 1: Beltane/Walpurgis, Pagan, Wiccan

May 2 - May 6: Eta Aquariids Meteor showers visible

May 9: Mother's Day, USA

May 11: New Moon in Taurus

May 12: Eid al-Fitr, marks the end of Ramadan, Islam

May 13: Ascension Day, commemorates Jesus ascension into heaven, Christian

May 16: Shavuot, commemorates the revelation of the Torah, Jewish

May 21: Sun enters Gemini

May 22: Declaration of The Ba'b, commemorates the announcement of the Ba'b, Baha'i

May 26: Lunar Eclipse in Full Rose Moon

Saga Dawa, Buddhism, commemorates the major events in the life of Buddha, his birth, Nirvana (enlightenment), and Parinirvana (death)

May 31: Memorial Day, USA



WEATHER LORE FOR THE MONTH OF MAY:

A wet May will find a byre full of hay

A cold May is kindly and fills the barn finely.

A swarm of bees in May, Is worth a load of hay.

Mist in May, Heat in June, Makes harvest come right soon

The plainest girl will be beautiful if she rises early on May Day and bathes her face in morning dew at sunrise. So goes the old Irish saying...Enjoy the beautiful month of May and Blessed Be!

Aislin Taylor has been interested in things that go bump in the night all her life. She has spent 30 years researching all things paranormal. Email cronescauldron@yahoo.com



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QUESTION:

My 16 year old daughter just came to me to explain she is bisexual and transgender. Now when she/he told me this she/he was wearing makeup. I simply don't understand because there have been zero signs of this. I love my child more than I could put into words. I worry, I worry she/he is going to be hurt. That people will be mean to my child because people are mean! I didn't handle her/his revelation well at all. She/he asked me to call her/him by a new name. I said, *I just can't yet*. She/he said, they have felt this way for a couple years but didn't say anything. She/he still wears dresses, and make up. She/he has a boyfriend that knows she/he identifies as a boy, and he accepts my child as she/he is. This has devastated me, I cry all the time. I don't know what to do. What to think or where to turn.

A broken mother

ANSWER:

I can absolutely relate with your situation. I have a child that came out to her father and I. I'd wondered how I would react if any of my children came out to me. I have to say, it wasn't a shiny mom moment. I try not to judge my feelings in general because feelings are supposed to ebb and flow like water. And man, let me tell you, I rode a river of crazy feelings after my child told me. My child also told me, (she) he identifies as a

boy and is bisexual. Right away, (her) his father and I were concerned about hormone therapy and surgery. We were concerned that people would target our child to be mean, and potentially actually hurt our child. I felt like my child was putting themselves into an unsafe situation for the rest of their life.

I am sure I went into mourning. Mourning for the child I thought I knew, the child I had a deep bond with since birth. Mourning for the relationship I thought we had, for my perception of reality I had clothed myself in. I know my child has to live their life, and I want them to. I know my child's revelation was about them, not me. But phew, I felt betrayed, even bamboozled somehow.

Who is this new person with the new name? Didn't they understand or care how much love, caring, time and attention we put into naming them? I didn't know this new person. The only thing I knew about this new person is they have been hiding their inner self, their spirit, their wants and dreams from me. So while I thought we had a close relationship this person was duping me, and I fell for it hook line and sinker. *Was this rational... I wouldn't say that... but are feelings rational?*

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NOTES FROM THE UNIVERSE

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

IT ALL GOES BY SO FAST, DOESN'T IT?

One minute you're here, and the next... you're not.

...so really, you've got nothing to lose, have you? Nothing!

You're going make it "home" anyway. You're going be exalted, and it's going be so glorious, happy and easy.

Then, after a careful life review, you're going to slap your hand on your celestial forehead, jump up and down with uproarious laughter, and say:

"OMG, my thoughts really did become the things... and as EXALTED as I am here, I was there... and as easy as it is here, so could it have been there!

"I want to play again, I want to go back! This time I promise not to forget, I promise I'll believe in myself... I'll feel the love... I'll keep the faith... I will."

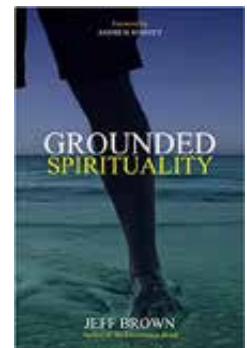
And, so here you are, back again...

**Love you like crazy,
The Universe**



SPIRITUAL GRAFFITI

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



They didn't go to sit in the meditation cave to enlighten their consciousness. They went there to bypass their issues with the world.

They didn't turn to silence to extinguish the monkey mind. They turned to silence to turn down the volume on their pain (the monkey heart).

They didn't nestle into stillness because it's THE royal road to the kingdom of God. They nestled into silence because noise ignited their traumas.

They didn't tame the ego because the ego is the enemy of the sacred. They tamed it because it confronted them with their unresolved humanness.

They didn't purify the body because the body is something less than Divine. They purified the body in an effort to escape their toxicity.

They didn't strive for transcendence because there is anything up there for us. They strove for transcendence because they lacked the courage to live on Mother Earth.

They didn't seek formlessness because it is our most awakened state. They sought formlessness because their form hurt too much.

They didn't master non-attachment because it is the primary path to self-realization. They mastered non-attachment so they could sidestep the challenges of human relationship.

...continued on page 27



CRYSTAL CORNER BERYLS

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

BERYLS - STONES TO EXALT YOUR TRUE NATURE

Of all the precious gemstones people have used to adorn themselves through the ages, the beryls are my favorites. Beryl's chemical formula is beryllium aluminum cyclosilicate and crystallizes in a hexagonal formation. **Beryllium is a rare element**, atomic number 4 on the periodic table. It is formed when Nitrogen and Oxygen are bombarded with cosmic rays and can be found in the core of stars where it becomes fused into heavier elements. **This is a metaphor for profound magic - the transmutation of energy.**

When we look within the core of our being to find those aspects of ourselves that we need to change, one of our choices is changing things that are painful and toxic into the lessons that help propel us onto the next level of awareness. Crystals of beryl are superb allies in this work.

Gem beryl crystals have been known to us for thousands of years and are cherished for their beauty. **Emeralds are green beryls. Aquamarine is a beryl as blue as a tropical sea. Heliodor is golden beryl, named after the sun.** Morganite is pink beryl and goshenite is white beryl. There is a red beryl that is only found in a very small area in Utah that is one of the rarest gemstones in the world. All of these beryls can be faceted into beautiful gemstones when they are translucent and unfractured, although it is possible to find all of these crystals in tumbles that are perfectly suited for placing in your pocket, making a crystal grid or meditation. I like to work with the natural crystals myself. **The six-sided formation represents the merkaba and helps us enhance our light bodies.**

Each type of beryl carries its own unique energy patterns, but I find that all of them help to exalt what it resonates to within the person working with it. **Emerald** is considered to enhance our ability to grow and thrive even under difficult circumstances. It exalts the heart, freeing us from unnecessary pain and burdens. In my opinion, there is no more powerful healer. **Aquamarine** is often called "the stone of courage" and it helps us speak our heart's truth.

Heliodor helps in opening the gateways to accessing and understanding our personal power and how that relates to the world around us. **Morganite** exalts the power of the unconditional love that permeates the universe and allows us to connect with that love personally. **Goshenite** furthers the search for Truth, whether cosmic or personal. **Red beryl** brings us closer to the sources of our vitality and an awareness of the soul messages we carry within our physical bodies. There is far more to be said about each of these beautiful stones that we human beings have loved for so long, but I would like to invite you to begin your own journey into the world of beryls and discover what needs to be exalted in your life. Many blessings to you all.

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6 LIFE LESSONS I LEARNED FROM GARDENING

Where To Find The Messages Hidden In Your Backyard

Meadow Linn, the co-author of *Quest* and *The Mystic Cookbook* and daughter of the world-renowned healer, lecturer, and writer Denise Linn, Meadow has been cooking for the guests at her mother's retreats for the past 18 years. While cooking professionally, she began to see the powerful connection between the way we feel

and not just what we eat, but also how we eat, which propelled her on a path to share this knowledge. Visit www.meadowlinn.com and www.savortheday.com

I don't know if it's because I was named after a field of flowers or if it's just by chance, but I've always been enchanted by plants, and this was another reason why I so enjoyed writing *The Mystic Cookbook* which explores the remarkable link between nourishment and spiritual awakening.

In addition to making my backyard more lush and beautiful, my garden has taught me a lot about life. Here are some of the lessons I've learned.

1) BIGGER IS NOT ALWAYS BETTER

My grandfather had an amazing vegetable garden. As a little girl, I would follow him from row to row. He taught me how to plant corn so it would pollinate properly and he showed me how to water fruit trees at what's called the "drip line," which is where the outermost branches reach.

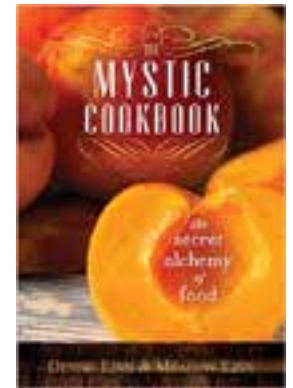
But, I also learned to revile large squash. Whenever he would find an overripe zucchini, as though affronted by its mere existence, he would rip it from the vine and slam-dunk it into the compost bin. He called them "footballs." When I'd wanted to rescue one, he told me it wouldn't be good for eating. It would be stringy and full of seeds.

It's easy to fall into the belief that bigger is better. Many of us yearn for a bigger home or a bigger paycheck. Or, perhaps you've caught yourself thinking...If only I had more friends, more support, more money, more creativity, then I'd be happy or then I'd be able to fulfill my purpose. The truth is...sometimes big is great, but bigger is not always better. Often, like my grandfather's zucchini, small can be the most succulent. Would you rather have heaps of acquaintances or a select group of supportive and loving friends who accept you just as you are? Would you rather have piles of clothes that squeeze you in all the wrong places, or a handful of outfits that flatter your body and make you feel like Audrey Hepburn in *Breakfast at Tiffany's*?

2) DIVERSITY IS IMPORTANT

Having diversity in plants and beneficial insects create a healthy and vibrant garden, while monoculture depletes the soil and makes plants vulnerable to disease and pests. The same can be true for us. If we were all the same, there would be less innovation, less inspiration, and less freedom. However, I didn't always know this. I spent a lot of my youth trying to be like everyone else. Now that I embrace my individuality I'm so much happier and my friendships are more real. When you are yourself, you populate the world with your own unique sense of humor, creativity, and beauty.

Just as diversity in a garden creates stronger, healthier, and more viable plants, you also create a happier and more interesting life when you release the need to fit in and instead dance to the beat of your own drum.



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GARDENING THE MEDICINE WAY

COMMUNITY GARDENS



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

You may be dreaming of a bountiful and varied food garden, but perhaps you are limited to a dwelling with no available green space. A great option is finding a community garden.

There may be a **community garden** quietly tucked away in your neighborhood. They can be in schools, universities, parks, cul-de-sacs, vacant lots, roof tops or retirement homes, indeed anywhere there is a large enough space with good access, adequate sun and a water supply.

There are so many other reasons to join a **community garden** beyond the desire for a space to grow your own food. It's a great opportunity to learn new gardening tips and tricks from other members and to socialize and make new friends.

Involving children creates not only great active family fun, but an educational experience in science and nutrition. **Community gardens** can celebrate diversity. They provide the opportunity to grow, eat, share, and celebrate one's traditional foods--even far away from one's homeland, or when one has been disconnected from their heritage.

Every visit can be a lesson in teamwork, how to hold constructive meetings, how to work with people from a variety of backgrounds and who have a variety of learning styles and personalities, how to resolve conflict peacefully. **Community gardens** teach us through our successes that we can make our community a better place.

Would you like to join a community garden? Search through your social media pages for local gardening events or permaculture groups and seminars. Call your local library, many garden clubs use the meeting space there and ask around at your favorite family owned nursery or garden center. Your local agriculture extension office is always happy to assist.



If you find a lack of resources in your area, consider starting one! Again, your local agriculture extension office can partner with you to set up a series of exploratory meetings to gather interested community members and provide valuable resources.

Advertise your meeting at local nurseries, health food stores, cafes and create an event page on social media and maybe set up a table at a local plant show or garden sale. Contact local children's scouting groups and churches.

The skills we gain practicing teamwork--how to hold constructive meetings, how to work with people from a variety of backgrounds and who have a variety of learning styles and personalities, how to resolve conflict peacefully, how to advocate for a particular outcome -- are the same skills needed for broader community advocacy.

Community gardens teach us through our successes that we can make our community a better place. Many volunteer organizations with food pantries are happy to grow food to distribute to the community.

Best of luck in your gardening endeavors!

ASK DELPHINE



Delphine was born in Queens, NY where she lives with her unique, extended family. Named after the great oracle, Delphine is considered sacred to the great Poseidon, God of sea and storms. Though she knows the consequence of prophecy, Delphine believes understanding creates the power to heal our world. Delphine taps into these gifts providing us the rare opportunity to know ourselves more deeply. *Please send your questions to askdelphine@gmail.com*

DEAR DELPHINE,

I talked to a long-time friend who just realized a mutual friend is scamming her. He tells her he has a job for her. She takes the job and works months with no pay. When asked, she loans him \$5,000 with no written record of the loan. He's twice told her the check is in the mail.

He's been pressuring her to mortgage her home to get in on a "business opportunity," even though he knows she is on a small fixed income and caring for a disabled spouse.

He tells her that her problem is she's afraid to go after what she wants in life. She is afraid to cut the cord because it's all the income she has right now altho she doesn't have that. What can she do to avoid situations like this in the future? **CONCERNED FRIEND**

DEAR CONCERNED:

Powerful question! It's all too easy to give our power away. This is a frustration. Many have shared with me similar tales of financial theft and also energetic piracy. **Beware!** Most are confused about the actual nature of charity. The giver may think they are bestowing a boon, actually they are the recipient of the blessing. This feeling is addictive and, when done properly, all life benefits.

In everything we do, there is a way to do it with joy and without attachment. If there is an undercurrent of resentment then the action is tainted and would have been better left undone. Love and devotion are easily twisted to alternate purposes. Instead of making you the master of yourself, these people make servants. When the money runs out or the promised healing fails to realize, they blame the seeker for not wanting it badly enough or a lack of faith and diligence.

You are far from alone in being abused by a friend or so called healer/leader, those supposedly enlightened beings who actually victimize others to enrich themselves. Sometimes the perpetrators may even have good intentions! Nevertheless, they are preying upon us, using us. Many self proclaimed entrepreneurs, gurus and healers fall into this category. Under the guise of being on our side, they pay attention, ask a lot of questions and it feels good, so we share and confide.

We think they are our friends, we want the potions and relief they are hawking so we share and confide. In turn they use our confidence to manipulate us and essentially steal. With the knowledge we give them, they set a stage, assign tasks and routines. This focus is supposedly for the purpose of healing us or helping us realize and attain our dreams. In reality they are creating a You that serves Them, instead of a You that serves your highest purpose. Snake oil with a spiritual label.

This is a more blatant example of a grifter, a way for your friend to enmesh your interests in their get rich quick scheme. Remember who you are and take your power back. You can be kind; but, be firm. You do not need to hurt your friend, at the same time free yourself from the lassos. End the drain, the suck of energy and resources.

Define your own path and design your footsteps. Meditation and imagery can really help with this. Imagine the ties like ribbons on a present. As you tug the tail and the bow releases so shall you be released. Sit in the quiet and listen to your own heart song.

The true mystics explain that while a guru may open a door or window, only we can do the walking. Everyone has their own **Sadguru**... which means your personal guide and one reality. Look inside for yours. Be free of any unwanted attachments. Choose if, and to whom, you want to be responsible and/or beholden... one thing is for sure: any huckster who implies that you are in fear... is just that, a con artist using fear as their personal weapon. An ugly tool, walk away.



Esther Hicks

ABRAHAM HICKS

...continued from page 7

The presence of fear always means the presence of resistance. The presence of resistance always means not allowing the Energy of desire to flow through me--always, without exception. Same with confusion; same with vulnerability; same with anger; same with unworthiness; same with guilt. All negative emotions mean the same thing. You just call them different things because they play out differently in your experience -- but they all mean the same thing.

The vibration of fear is usually a very strong vibration, which usually means there is the presence of a very strong desire within you. Often, when you feel fear, it is because you have a belief that contradicts basic elements that are natural to you. Your natural instinct, from your broadest Nonphysical perspective, is to know your power. Fear is a vibration when you feel powerless. Your natural instinctual Nonphysical vibration is to know your worthiness, know your rightness, know your value. And the feeling of fear is always when you are contradicting that thought.

We would want you to say, *"Quite a bit of the time I feel fearful or vulnerable or limited, and what that feeling means is: I'm in that moment holding a desire that contradicts my past thought, or my beliefs..."* Remember that a belief is just a thought you keep thinking, it's just a habit of thought. It's just sort of the way you've always thought it, and so it is the way you are now thinking it.

And so, as you are feeling fear, all it means is, *"I've got a desire that my belief is not agreeing with. Now, what thought feels better about this? I've got hold of this stick, where my desire is here, my belief is here. What thought feels better?"* And as you just softly talk to yourself about that subject, reaching for the thought that feels better, what happens is you shift the Energy.

It's like the teeter-totter on the fulcrum, and it's clearly down here, and you would like it to be up here. And so, you reach for the thought that feels better, and you reach for the thought that feels better, and you reach for the thought that feels better...and it doesn't look like anything's happening.

And then, all of a sudden, one more time, you reach for the thought that feels better, and there it goes! The fear is gone without even knowing it, just by reaching for the thought that feels better. There is so much reward in just feeling better in your "now". Because, so often, you're wanting to reach for the thought that feels better because, *"Whoop-de-doo, this is big time good fun!"* In other words, *"I want to get there! I would like every effort to take me there. I would like every thought that I think, and every time I go to a workshop, and every time I make a little bit of effort, I would like it to take me there!"* And it's irritating that it doesn't take you there, to that manifestation.

We want you to not get so hung up on the manifestation, and start taking pleasure in the incremental relief. Pleasure in the fact that this feels a little better. Pleasure in the fact that you can actually, with your own will power and your own determination, choose a thought that feels better.

IT IS UNNATURAL TO NOT FEEL GOOD

We offer an analogy, about the cork bobbing on the body of water. It's up here floating, floating, floating. And in our analogy this cork is bobbing in the place of Pure Positive Energy. When you take hold of the cork and hold it under the water, that's what negative emotion is. You're not allowing the natural quality of the cork, you're doing something that does not allow the cork to do what it usually would do. You're holding it in an unnatural place with your attention to this thought of something that you do not want.

But when you withdraw your attention from it, and you let go of the cork, it bobs right back up there. It is natural for you to be in this pure positive place. It is unnatural for you not to feel good. But what happens in your physical environment where you've been trained by other humans who didn't feel so good either, is that you've come to accept the way you feel as being the natural way that you feel.

And now, through meditation, or through consciously reaching for the better feeling, you set higher standards. Until then it becomes consciously uncomfortable for you to dip into the lower Energies. You will never be at a place where you won't feel negative emotion. Nor would we ever want you to be at that place, because that would be like shooting **Novocaine** into your fingers so that you don't feel anything hot or sharp.

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This plant has done so much for so many I can see why it has been called "the one that cures all ailments."

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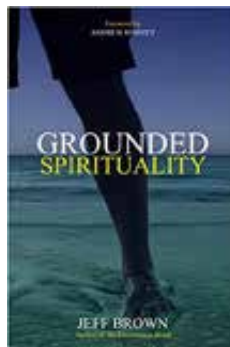
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SPIRITUAL GRAFFITI

...continued from page 18



Jeff Brown



They didn't shame anger, because anger is a sub-standard emotion. They shamed anger because it triggers their unacknowledged rage.

They didn't shun non-judgment because all judgments are bad. They shunned non-judgment so they could get away with doing anything they wanted.

Friends, we've been fooled for centuries. The patriarchy went to a lot of trouble to camouflage and cloak their personal issues. A whole spiritual world was birthed from their self-avoidance. And it is now time to call it out.

It is now time to bury patriarchal spirituality in a graveyard of its own making, and to co-create a spirituality that is grounded in our humanness, our bodies, our feelings, our relationships with each other and **Mother Earth**. It's the only way we can save our species.

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HOROSCOPES MAY 2021



ARIES – (March 19 – April 18)

Financial affairs are in line of sight and relationships are important! Until the 20th, the Sun in Taurus emphasizes the importance for your sign of questions related to money, increase or decrease? Mars, your planet, in Cancer all month square to your sign, invites you to worry about your home, your family, obligatory adjustments, and disagreements? Choose construction rather than aggression! Saturn continues to promote your social life and your projects, second decan. Jupiter brings its last touch to these same sectors because from the 14th this planet arrives in Pisces and invites you to relax. From the 21st, the energies of Gemini harmoniously connected to your sign, offer great relationship opportunities and a dynamic and positive morale! The end of the month resonates well with your temperament, welcome these heavenly promises!

LOVE IN GENERAL:

Your love life looks a bit complex between strong desires that are not always easy to express and feelings that are sometimes too possessive and sometimes too light. You love with passion but the monthly climate does not invite you to do so. Invest your energy in what is tangible, a home perhaps or an existing relationship? Otherwise, wait until the 21st to seduce!

IN A RELATIONSHIP:

If your couple is doing well, the atmosphere of the month could be cocooning with many outings together, in full complicity! Otherwise, some delicate old issues may resurface and tarnish your agreement. After the 20th, your humor and your communicative dynamism work wonders!

SINGLE:

Mars boosts your desire to marry but in an excessive way. Do not confuse seduction with a stronghold! A cluster in Gemini, from the 20th, facilitates your contacts and your meetings, allowing you to materialize an emotional affair. Your social melting pot opens your arms, someone you like hides there perhaps?



TAURUS – (April 19 – May 19)

Charisma, popularity and fundamentals! The Sun in your sign until the 20th, supported by Venus until the 10th and Uranus all month, enhances your personal radiance, you will not go unnoticed! Jupiter arrives in your social sector on the 14th to join Neptune, promises will be kept and projects are started! Mars in Cancer, in beautiful aspect to your sign, boosts the dynamism in your relationships and your way of communicating. Saturn always in your socio-professional sector requires your seriousness and your sense of responsibility, second decan. Your ideal of life continues to transform, last decan. From the 21st, a Gemini cluster in your sector related to your assets, invites you to look into your monetary affairs, but when it comes to finances, you are the best of the zodiac!

LOVE IN GENERAL:

Very conquering, very sensual, this month promises to be torrid for your sign. Your epicurean or even hedonistic nature has more to prove, let it be said, the monthly energies reveal your sentimental potential! Uranus at home could even be worth an originality in the expression of your love, seasonal and sought after! Bet on your emotional fundamentals: calm, pleasure, voluptuousness and tenderness!

IN A RELATIONSHIP:

A nice complicity is expected this month. Venus escorts you until the 10th, your sensuality will be at its highest level, enough to revive your honeymoon pronto! Mars all month brings you the tenderness and the delicacy necessary for your reciprocal conjugal blooming. Enjoy!



SINGLE:

Your chances of coming across that special someone are high! Mars in Cancer, in your sector related to relationships and meetings, announces many possibilities! Your charisma works wonders until the 20th, while Venus until the 10th accentuates your beauty. Let your voluptuous nature express itself. First decan, Uranus reserves a surprise!

GEMINI – (May 20 – June 19)

Introspection and an ease of love! Until the 20th? The Sun in Taurus as well as Uranus all month, could favor unexpected events with perhaps echoes of the past? Mercury, your planet, in your sign from the 5th to the 31st, accentuates your intellect and your decision-making and gives you an unparalleled facility to communicate while Venus also at home from the 10th to the 31st, boosts your natural charm. You attract people or things that you covet! Last decan, your socio-professional destiny requires your attention, do not let yourself be influenced by others. The monthly energy is focused on your financial affairs, plan some movements in this sector, returns or expenses? From the 21st, the energies are concentrated in your sign, a beautiful end of the month is in perspective!

LOVE IN GENERAL:

Until the 10th, your feelings are shy, almost silent. Your usually playful and twirling nature is secretive and waiting. From the 11th, the celestial climate changes and your relationship to love too! You are charming, full of humor and a seducer. Just do not mix matters of the heart with your own, you will only be better off!

IN A RELATIONSHIP:

Before the 11th, it's a bit sad, between your financial affairs and your shy feelings, your other half could be bored, at best, or doubt you, at worst! Fortunately, the atmosphere warms up and your intimate nature expresses itself, you dare, you make your partner's head turn and they see you like new again!

SINGLE:

Towards the middle of the month, the energies are set up so that you can make an emotional encounter. A love from the past could also resurface, for you to know exactly what you want to live. Your sensuality will be more emotional than usual, you could fall in love quickly. A word to the wise!

CANCER – (June 20 – July 21)

Focus on your social circle, your projects and your socio-professional destiny! A planetary cluster in Taurus in beautiful aspect to your constellation strongly supports your friendships and all your projects in progress or to come. Especially since Mars all month in your sign assures you an exceptional vitality able to accompany your plans towards success! Your inner evolution continues its work thanks to the energies of Saturn and Jupiter, what would you like to see change in your life, last two decans? Jupiter leaves your introspective sector on the 14th and arrives in Pisces, a sign in agreement with yours, coming to awaken you to a new ideal of life! From the 21st, the influxes of Gemini, the Sun, Mercury and Venus boost your socio-professional destiny with courage and ambition!

LOVE IN GENERAL:

Until the 20th, you are passionate, demonstrative and very sensual. Your feelings are easily expressed, your romantic relationships benefit from this rather amorous celestial climate, enjoy it. After the 21st, your mind focuses on your professional business and may move you away from love. A little emptiness in your emotional life is coming for the end of the month, nothing serious, just wait!

IN A RELATIONSHIP:

Harmony and complicity announce themselves within your couple. Your other half welcomes your sensual impulses with joy and multiplies the love you radiate by a hundred times, until at least the 12th. Your qualities of heart are very important and during this month your affectivity strolls between your partner and your projects, together?

SINGLE:

It will swing! Mars at home boosts your temperament! You are armed to seduce, and conquer, in your own way, with tenderness and delicacy but also with powerful impulses. Your social circle favors your contacts until the 20th! Unless the professional sphere winks at you flirtatiously?

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LEO – (July 22 – August 21)

A focus on your professional sphere and an outstanding social network! The energies of Taurus square to your sign invite you to be flexible and diplomatic especially in your professional sector until the 20th, otherwise a few delicate events could happen, first decan. Mars in Cancer does not favor your naturally powerful dynamism but rather advises you to think before acting too quickly. Faced with your sign, Saturn and Jupiter, until the 14th, in Aquarius, provide you quality but demanding associative or intimate partnerships, you choose your associations with clairvoyance. Jupiter in Pisces from the 15th boosts your sensuality and your desire for financial success. From the 21st, the energies of Gemini in agreement with your constellation awaken your friendships, they are solid and you are well surrounded. You share a nice friendliness!

LOVE IN GENERAL:

Your career-oriented thoughts do not serve your emotional sector. From the 11th, Venus in disharmony to Mars facilitates your feelings but clashes with your desires that are in withdrawal and from there a gap between what you wish to live and the actual reality presents itself. From the 21st, the Sun in Gemini gives you back your smile and a little humor, everything is better!

IN A RELATIONSHIP:

Saturn and Jupiter in your marital sector announce that your life together is anchored in a solid happiness but perhaps a bit tranquil. Craftsman of your love life, be creative, you are the master on board! Mars breathes its shy sensuality, propose to your half some festive outings to revive your passion!

SINGLE:

From the 5th, Mercury in Gemini ensures happy, easy contacts, open your heart to these meetings that can lead to a romance. Your social melting pot boosts your sentimental opportunities from the 10th under the beautiful influence of Venus joined by the Sun from the 21st, love is playing, are you?

VIRGO – (Aug 22 – Sept 21)

A focus on your ideal of life and your socio-professional destiny! The energies of Taurus until the 20th awaken you to a change in your way of life, perhaps some inspiration from elsewhere and a renewal? Mars in Cancer, in beautiful aspect to your sign, opens beautiful opportunities for relationships and especially friendships, your faithful circle surrounds you and stimulates you! Mercury, your planet, in Gemini from the 5th to the 31st, enhances your appeal for work, communication and serious exchanges. Neptune continues to soften your intimate relationship, last decan. From the 21st, a cluster in Gemini, the Sun, Mercury and Venus brings to your professional sphere support, timely contacts and a pleasant share of charm that will earn you many successes. Do not abuse it!

LOVE IN GENERAL:

Your intimate nature is modest and sensitive, it appreciates the influx of Venus in Taurus until the 9th: your desires are elsewhere in beautiful company and a tenderness is increased tenfold! Mars, the star of desire, sends you its stimulating effects throughout the month, to you a fine sensuality that is dynamic! On the 21st, the atmosphere is changing, your desire is intact but your professional business takes up all your time!

IN A RELATIONSHIP:

Your other half should appreciate this renewal of caresses and tenderness which announces itself until at least the 10th. Your complicity is clearer if you are of the last decan, for the others, you communicate with a lot of intuition and your intimate relationships are of a deep sensitivity. After the 21st, forget work!

SINGLE:

With Mars in your sign throughout the month, your punch and your determination to come across your soulmate takes a grandiose pace! Venus supports you until the 10th and then this beautiful influx leaves you a little, act before, in order to optimize the heavenly promises! Look after your communication and banish your shyness that is nevertheless touching!

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LIBRA – (Sept 22 – Oct 21)

A spring introspection and a desire to travel! The energies of Taurus bring you to a deep introspection, a healthy focus that is certainly welcome until the 20th. A return of money could fall unexpectedly, enough to soften your existential questions! Mars impels its dynamism on your socio-professional destiny but square to your sign, do not rush anything, accompany the events. Last decan, Pluto still blows his family or residential transformations that are always for the best! Your sentimental or parental sector receives the energies of Saturn, all month and Jupiter until the 13th brings construction and structuring in progress or to come, last two decans. Then, on the 21st, the impulses of Gemini, joyfully and harmonically connected to your sign, invite you to travel, to go elsewhere geographically or intellectually.

LOVE IN GENERAL:

Your planet, Venus, gives you a very powerful libido until the 10th, in good aspect to Mars, your sentimental life comes to the fore! Then, the beautiful changes have their effects too, from the 11th to the 31st your feelings are strong and passionate but clash with your desires that are tinged with a pastism that does not suit you. Between yesterday and tomorrow, choose!

IN A RELATIONSHIP:

Your couple will always be the big deal of your life and during this month the energies concentrate their effects on your rather powerful sensuality then on an ideal of life that you could caress together! Opt for a light and transformative communication in order to live your complicity fully.

SINGLE:

Some opportunities may arise in your circle, on a trip or during a festive or cultural outing. In other words, go out, you who are usually so mundane and comfortable in society, show off your talents, show off your good interpersonal skills and carefully avoid interprofessional relationships that are too electrical

SCORPIO – (Oct 22 – Nov 20)

The intimate sphere is honored and so is your powerful sensuality! The end of winter will not be sad for you! See the beautiful energies in Taurus, in front of your sign, that infuse your intimate or associative life with many rejoicings, unforeseen events and jolts as you like them! Mars in the sign of water pushes you to go surpass yourself all month and your dynamism is idealistic! Saturn square to your sign means you impose his family or residential reforms, stay diplomatic, second decan. Jupiter arrives in your loving and creative sector on the 14th, a beautiful evolution will follow, first decan! From the 21st, a planetary cluster in Gemini boosts your libido, asks you about life and about your relationship to someone else's money. A nice month!

LOVE IN GENERAL:

The celestial energies invite you to savor these beautiful influxes of Taurus favoring your legendary sensuality and your thirst ever sealed with true love. You detect a lie from miles away and Mercury will play with your natural psychology a tad, from the 5th to the 31st, do not become suspicious! Mars in Cancer fits like a glove, loves and powerful feelings.

IN A RELATIONSHIP:

If your duo works well, then harmony promises to be bright. Trust, mutual desire and a touch of Uranus comes to spice things up in your conjugal sphere with a touch of originality. If not, your partner may take distance from you, by play and by provocation, which may darken your mood. After the 14th, you are so tender!

SINGLE:

Several planets favor your sentimental life, Pluto supports your contacts, Neptune promotes your faith in love and a cluster in Taurus could put the person promised to your destiny on your path. Chase your doubts, take back your power, without control, trust, open your heart, this month is promising!

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SAGITTARIUS – (Nov 21– Dec 20)

Work and relationships are in the spotlight! Until the 20th, a mass of energy in Taurus invites you to take care of yourself in your daily life but also your business, you will be busy and responsive. Mars in Cancer all month supports your dynamism, which is focused on your inner turmoil and your sensuality. Saturn accompanied by Jupiter until the 13th, assures you a vibrant, constructive relationship and an excellent morale! Jupiter as early as the 14th could exacerbate your needs at home or in family, first decan. From the 21st, the energies of Gemini, in front of your sign, open the door to your partner and the others, your intimate communication or partnership takes all its place unless you decide to sign legal or conjugal contracts from now until the end of the month?

LOVE IN GENERAL:

Your emotional life could take a nice turn especially if you already have a loved one in your life. Until the 20th, celestial energies favor your well-being in your daily life, then from the 21st it is your private sphere that receives beautiful promises! The Sun, Venus and Mercury, all harmoniously attached to your sign, announce a realization in love!

IN A RELATIONSHIP:

Your daily life looks nice and relaxed, for a nature like yours that is all fire, some rejuvenation will be beneficial! Your other half should appreciate a frank communication as well as a very sensual shared libido. After the 21st, your partner is important and you become aware of it!

SINGLE:

Your emotional opportunities are concentrated in your immediate environment, your work, especially from the 10th to the 31st, or even during a trip. Your dynamism will sometimes be active sometimes passive, Mars in Cancer does not completely favor your fiery nature. However, if there is an encounter, it could be perennial!

CAPRICORN – (Dec 21 – Jan 19)

Love, creativity and work for this beautiful month of the year! The influx of Taurus until the 20th serves your emotional sector, your creativity and your relationships with your children if you are a parent. An abundance of feelings, joy, pleasure and beautiful moments are in perspective! In Cancer in front of your sign, Mars, comes to animate your intimate or associative relationships, stay diplomatic and zen. Your behavior regarding your assets continues, Saturn and Jupiter until the 13th, in Aquarius, promotes your professional income and excellent financial management. Pluto always in your sign transforms you deeply, last decan. From the 21st, a cluster of energy in Gemini emphasizes the importance of your job, your health and your daily life. Here, you communicate with, humor, your serious nature is softened or even lowered. The end of the month is light!

LOVE IN GENERAL:

Your feelings are whole and well anchored thanks to the influences of the planets in Taurus, in beautiful aspect to your sign. Loving, sharing and feeling are your emotional priorities until the 20th. Mars in Cancer boosts your sensuality but also your sensitivity, be careful not to react too strongly with others. From the 20th, the atmosphere changes, you express your love without making a fuss!

IN A RELATIONSHIP:

A pleasant, relaxed climate is brought to your emotional joys but also to games, common creations and cultural or festive outings until the 20th. Uranus in Taurus could be worth a sizeable surprise to you, maybe a pregnancy, first decan? From the 21st, you are focused on your life together, do not fight over the small things!

SINGLE:

You aspire to meet your soulmate, Mars in Cancer, in the sign that completes you, infuses you with the desire for marriage and serious love. Until the 20th, the sky encourages and facilitates your emotional steps, do not be shy and dare! From the 21st, keep an eye on your work or your daily life.



AQUARIUS – (Jan 20 – Feb 17)

Family or residential affairs and the power of love! The energies of Taurus shake up your home or your family relationships until the 20th. Do not rush anything, stay flexible, Mercury in Gemini from the 5th, supports your communication and resolves any disagreements. All month you are hyper dynamic to your work and in the management of everyday life. Saturn in your sign, second decan, as well as Jupiter until the 13th, instills in you tenacity in your efforts, charisma and a desire for a legitimate evolution, take advantage of these beneficial impulses! From the 14th, Jupiter settles in your sector related to your income, balance? From the 21st, the influx of Gemini promises very strong events in love. Whether you are a couple or not yet, love transports you!

LOVE IN GENERAL:

Apart from some disagreements in family or at home, love is your light of the month! You receive the benevolent energies of Gemini, a sign of air like yours, which to you gives mischievous and playful encounters or if you are already in love, a second honeymoon is preparing! Mars breathes its delicate but possessive dynamism, live your sensuality serenely!

IN A RELATIONSHIP:

Privilege your couple to the detriment of the family! Choose to protect your other half from potential conflicts up until the 20th. Listen to your inner voice and express your wisdom to your partner. From the 21st, the Sun, Mercury and Venus boost your feelings, the end of the month is very complicit and loving.

SINGLE:

From the 10th, Venus favors your sentimental quest, Mercury is working, from the 5th, to give you the right words while the Sun, from the 21st, offers you an irresistible charisma! In other words, throughout the month your chances of meeting love are high. It's your turn !

PISCES – (Feb 18 – March 18)

Important relationship and family or residential affairs! You are monopolized until the 20th by the others but the influxes of Taurus serve your relationship harmoniously. Your interests are many, you move easily and for a good cause. Mars, well connected to your sign, ensures you a powerful punch and an excellent creative or emotional dynamism! In Aquarius, Saturn and Jupiter until the 13th, you are preparing for major changes to come, two last decans, or you will find people from the past, or both! Jupiter arrives in your sign on the 14th, which means a great joy of living for you! From the 21st, the energies of Gemini are released in your area attached to your home and your family, some tensions or disagreements are not excluded: let the storm pass!

LOVE IN GENERAL:

The planet of desire is very favorable to you throughout the month. Mars, in the sign of water, endows you with an intuitive sensuality, you will make sparks! Until the 20th, your emotional sphere is doing well, you please, you seduce, you love. Beyond that, the aerial climate of the influxes of Gemini could make you feel nostalgic, venial sin!

IN A RELATIONSHIP:

A nice month is coming for your love life. You appreciate the romantic atmosphere, and that's exactly what Mars offers you. For you, tender relations with your half, your exchanges are affectionate, thanks to Venus until the 10th, as well as a very protected morale favoring your complicity. After the 21st, let it go, let it be.

SINGLE:

Plan some trips or outings, preferably fun and cultural, a person to your liking is certainly waiting for you! From the 14th Jupiter on your Sun, first decan, boosts your charisma and your self-confidence. Mars supports your sentimental steps, believe it, the sky favors you!



Jim Egan

RECOGNIZE MAGICAL BEINGS

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The way they dance is a tip off since they dance as if gravity has no hold on them, which in fact it barely does. The dance of the Fae is so beautiful and otherworldly that even the most numb of muggles have been known to tear-up at the sight!

IN THE SECRET GAME

The Fae are not only light when they move on the earth, they are light in every sense of the word. Always bringers of insight and joy, if you ever hear a Fae groan immediately seek magical attention for them.

As bringers of the light they are drawn towards darkness and dark people which they endeavor to illuminate with their glowing spirit. They are unfamiliar with darkness that wants to stay dark and will be trapped by individuals who shun the light. They must be carried from the darkness as quickly as possible and bathed with love and light continuously for several weeks.

SECRET DELTA

The Fae have been known to go long stretches eating just the lightest of foods. More critical to their diet is a daily dose of nonjudgmental love and another essential ingredient for all the Fae: Delight!

A Fae can find delight in the simplest of things but if trapped in an environment without shiny things, and flying things, and colorful things, they grow pale and so ethereal they look about to fade out of our dimension entirely.

If you have a Fae in your life consider yourself blessed by the Gods and be sure to surprise them daily with little magical presents, a pretty leaf, a colorful stone, a lovely flower- offer them wrapped in love. You will see their eyes sparkle beyond the sparkle of a diamond, and may even catch a glimpse of wings beating a thousand times a second!



Esther Hicks

ABRAHAM HICKS

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You say, "Well, it sure is a lot better now that I can bang my hands on things. You know, I can shut my hands in car doors and it doesn't even bother me any more. I feel no pain." But it's not good for your fingers. Pretty soon you have flat, little flabby hands flapping around. You've destroyed your hands, even though it was painless.

And so, that's what that fear is. It's sort of an acquiescence. It's submission to a vibration that's not natural to who you really are. And you're awakening now to those higher standards.

Take mood checks and ask yourself, what is my mood? Well, I'm feeling fearful. And then ask yourself, well overall, do I have reason to fear? And as you reach for the more general statement, you recognize, you don't have anything to be fearful about.

We think what you're doing is sort of very specifically, channeling the worries of a larger mass consciousness. You are susceptible to Energy. And so, for example, if you were living in a retirement community where there were many people who were feeling vulnerable about their money, or feeling worried about what their future would provide, and you are sensitive to Energy, you could very well be picking up on the consensus of the group around you, even though it has nothing to do with who you are.

But you must have a little spattering of that within you, or you could not be finding harmony with that greater consensus. Every thought that has ever been thought exists. And then, by **Law of Attraction**, those thoughts coalesce, so that there are pockets of **Thought Forms**. And so, very often, just driving from city to city, if you are sensitive to vibration, you can feel different Energies in different cities. Well, what we are wanting you to do, is get so good at setting your own Tone, that it doesn't matter what the fluctuations of Energies are around you, you are always holding a steady course.



Dr Joe Dispenza

SYNCHRONIZING YOUR ENERGY TO NEW POTENTIALS

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ate a new experience in the material world, then that thought will possess a certain frequency. If we can feel the frequency of that thought and stay aware of it—stay connected to it, notice it, pay attention to it, be present with it, and entrain our energy to it (that is to say, if we can become more of it and less of us)—now we're connected to the energy of that potential reality. Since the field creates matter, when we create from the field instead of matter to matter, we can exert greater, more immediate effects in our material world.

HEART AND BRAIN COHERENCE

There is one caveat, however: our research shows that, in this creative process, the brain has to be coherent in order to marry a clear intention with a heart-centered elevated emotion. When we become no body, no one, no thing, in no where, and in no time, and when we put more of our attention on energy and less on matter, the brain changes. In doing so, we change our brain waves to a state of creation, and this synchs our nervous system with the unified field.

In turn, our brains become more coherent and more orderly. That's how our brains become entrained to energy. In addition, when we feel the emotions of our future before the new reality collapses from energy to matter, our research shows that the heart produces an external magnetic field and the brain becomes entrained to a harmonic of its frequency. This is what allows us to synchronize to the energy of a new future. In essence, we've created a WiFi signal that can send and receive information.

If thoughts are the electrical charge that send signals out into the quantum field, then heart-centered emotions act as the magnetic charge that draw events back to us in our three-dimensional life. By consciously and intentionally creating a new potential reality with your mind and brain, you are sending a signal out into the quantum field.

By the same means, by embracing the elevated emotions of your future creation before the experience happens,

your heart will produce a strong magnetic field that will draw your future to you. When you learn how to open your heart and tune in to the feelings of your future, the longer you stay in heart coherence, the more you draw your new future to you. So when there's a vibrational match between your energy and that future potential, you are synchronizing your energy to a new experience created from the field. Instead of dragging your body through space to get your new experiences (and that takes time), those new experiences should “come to you” as new opportunities in the form of coincidences and synchronicities in your life.

THE CREATIVE PROCESS AND THE NEW POTENTIAL

This process of synchronizing your energy to a potential is the process by which we create new things in our lives. However, why we want that “some thing” is the emotion we should focus on. If you think of it as the sponsoring thought or feeling behind the reason you want to create the experience in the first place, it will help you get in touch with the creative heart-centered emotion.

As an example, if someone wants to create abundance, maybe what they really want is freedom. If they want a new opportunity, what they may really want is some new unknown experience too; then inspiration will be the fuel to create a new life. If they want health, maybe what they really want is wholeness. If they want love, perhaps what they really want is joy. If they want a mystical experience, it's possible that what they really want is their mind to be so blown open that they feel awe and wonder.

Because this process is so foundational to our work, and because we are always being asked “how can I create better and more efficiently,” we created a series of five synchronization meditations that are the most commonly requested creations our students want to bring forth: abundance, health, love, the mystical, and a new life.

If you keep practicing synchronizing your energy to these new frequencies, and if they become so familiar to you that you can live in this new energy everyday with your eyes open, then you should experience synchronicities in your life that will come in surprising ways that you least expect. That's what makes this work so much fun and what actually causes us to wake up from the illusion of separation in this dream. In doing so, we move from being victimized by life to realizing we are actually the creators of our life.

ON THE COVER

DAENA DEVA AND LILIA

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To foster this, I incorporate **Lilia** into my practice by involving her with the crystals I work with, letting her ask questions, and letting her strengthen her intuition by telling me what the crystals are for. I treat her as if her

intuition is extremely important, and I give her the space she needs to express herself. My daughter is a beautiful being of curiosity and I want to nurture her love for all things spiritual.

I also have a baby boy who is nine months old, and a very special creature. We have been communicating telepathically since he was in the womb. I've been instructed by both my guides and his, that he will lead the way and I'm to follow. I've learned that a lot of raising children is giving them the space to be who they are in all their unique magnificence. Moreover, our shared gifts have allowed me to connect deeply with my children.

I've been teaching **Lilia** Reiki since she was two years old. However, she needs a lot of work on how to

protect her energy. Since she's a very strong empath, it is difficult for her to see within herself, because she's always paying attention to others. Although it's definitely a challenge raising intuitive children, it's completely worth it. I have the ability to provide the support needed to nurture their gifts, which is something I didn't have. I know that my beautiful children are going to blossom into incredibly magical beings of light.

Motherhood has taught me to have more compassion and empathy, especially for those who are trying to figure out their gifts in this crazy world. For this reason, I find myself taking certain gifted people under my wing, like our readers and staff at **Angels Oasis**. It's a blessing to have such support for our business, and people who love and put their whole heart into our mission. I, in turn, feel that I can serve them by helping them grow into their greatness.

There's been times where **Morgana** and I have assisted people into their greatness which wasn't with us, but something bigger for them, like starting their own business. This has shown us how to assist people in their spiritual growth from a place of detachment, but also love and nurturing. On the whole, I feel extremely lucky I get to work in close contact with our team, and build deeper relationships that align our energy. The more cohesive our energy, the more powerfully we are able to execute our mission in awakening and tapping people into their greatness." **Daena Deva, Angels Oasis**

HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

LIFE LESSONS LEARNED FROM GARDENING



Meadow Linn

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3) YOU REAP WHAT YOU SOW

When you plant radish seeds, radishes grow. When you plant cucumber seeds, cucumbers grow. When you plant lettuce seeds, lettuce grows. Okay, you get the idea. It's the same in life. When you treat people with kindness, they respond with kindness. When you look for beauty, you begin to see beauty wherever you go. When you feel abundant, regardless of what's in your bank account, you live a more abundant life. Whatever you put out into the world is what's reflected back at you.

4) FROM A TINY ACORN MIGHTY OAKS GROW

Is there something you want to pursue but think you can't because you don't have the right degrees, education, or experience? Did you give up before starting because you were sure you wouldn't succeed? Have you quit a new endeavor simply because you didn't excel right away? These types of beliefs can be very limiting. However, all we have to do is look out the window to see the myriad of large trees that each started as a tiny seed to know that greatness can come from the smallest, most humble origins.

One single seed holds the possibility of hundreds, perhaps even thousands of apples. Start small. You never know where the next step will lead you. Perhaps one day your own metaphoric tree will be brimming with apples.

5) GROWTH DOESN'T HAPPEN ALL AT ONCE

Gardening has taught me patience. One summer when I was about ten years old, my grandfather planted an orange tree in his garden. He said it would take about

five years until it bore fruit. I couldn't imagine waiting five long years before I could taste the sweet fruit. It seemed like such an interminably long time. Last autumn, however, when I was visiting my grandmother (my grandfather

is no longer with us), I looked at that tree and I couldn't believe how big it had grown. It was no longer the tiny sapling I remembered from my childhood. Those first few years before the tree bore fruit inched along, but bit-by-bit the tree grew taller, wider, and stronger, and one day it began to produce beautiful oranges.

Do you get cranky when you don't see results right away? Have you ever wanted to give up when your butt didn't appear firmer immediately after joining the gym? Or, have you ever felt disappointed that you didn't feel relaxed after attempting meditation for the first time?

Just like the orange tree in my grandpa's garden, growth doesn't happen all at once. It's a steady process. One day, however, you'll look back, and you'll be amazed to see how far you've come.

6) DORMANCY IS AN ESSENTIAL PART OF LIFE

Are you exhausted? Overworked? Do you take time for yourself? Do you put the needs of others (your spouse, your boss, your children, your parents) above your own? Many plants go dormant in the winter. Every autumn the fruit trees in my garden drop their leaves and store energy. This process protects them from freezing temperatures. When the days begin to grow longer and the sun is once again high in the sky, they come out of dormancy and once again bear beautiful fruit.

Although it may seem counterproductive to "waste" time in this manner, dormancy is a necessary part of the cycle of life for these trees. How would your life be different if you took time to be dormant?

Most of us are running ourselves ragged at such a frenetic pace that we forget to nurture ourselves. It's important to take time to renew and replenish. Making time for yourself and pulling inward is not selfish. It's essential. If you could carve out 20 minutes or an hour a day just for yourself, what would you do?

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Mitch Ditkoff

iPHONE, THEREFORE I AM?

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I think of approaching the foreigners at the next table, but what am I going to say? "Did you steal my phone?" "Would you be so kind, my brothers and sisters, to empty your pockets?"

I am not feeling good. My stress level is rising.

"Hey," I think to myself, "maybe **Mark** accidentally put my **iPhone** in HIS pocket when he left. Certainly possible, no? So I walked over to the **Gift Store** and asked him, but **Mark** tells me, big smile on his face, that he doesn't have it.

Now, I've got major butterflies in my stomach -- not the kind you see on greeting cards. No. These are evil butterflies, flying in formation, spitting at each other, while I start making a mental list of all the repercussions that comes with losing a cell phone: The cost of replacing it. The contact list that would need to be rebuilt. My personal information soon to be sold on the dark web.

This was not the experience I wanted to be having today. No way. Not here! Not now. Not at **Amaroo**, the "Beautiful Place."

Ahh... but then I remember there is a **LOST AND FOUND** close by. Of course! Maybe someone had found my iPhone and brought it there. Isn't that what **Lost and Found**s are for? So I get myself over to the **Lost and Found**, envisioning on the way, that my phone is there and I have learned my lesson of the day.

It wasn't there. And to make things worse, the way too smiley lady behind the counter suggests I fill out a form and check back later. Great! A form! Just what I want to be doing. Filling out a form. What is this, the **DMV**?

Where is my freaking iPhone, huh? WHERE IS IT?

Everyone around me is blissed out or, at the very least, mellow and here I am darting around the place like some kind of freak show, doing my **Virgo** best to mask the sorry state of my mind so I won't have to answer anyone's questions and lose whatever time I still had left to find my phone before it ended up on **eBay**.

Now I am at **Defcon 1**, my amygdala kicking in on over-drive.

Returning to "the scene of the crime", I look under the table. My phone is not there. Then, for the 10th time, I look in my backpack, unzipping all the pockets. My phone is still not there. Never was. And apparently, never will be. I slap my pants pockets. Nothing. Just my wallet and a few Australian coins.

Out of options, I decide to check in with **Mark** once again -- just to make doubly sure he doesn't have it. He is sitting in the supply tent behind the **Gift Store**, very relaxed and talking to the extremely mellow, **Javier**.

"Hey **Mark**," I blurt, trying not to seem too concerned. "Are you **SURE** you don't have my **iPhone**?"

"Bro, I am totally sure," he replies, "I've already looked." Then, to prove to me he's already been through this drill, he reaches behind him and puts his hand in his back pocket.

A brief pause... and... then... lo and behold, he pulls out **TWO iPhones** -- his and mine.

Apparently, **Mark**, when he picked up his phone from the lunch table an hour ago, also picked up mine.

My **iPhone** is back from the dead! All was right with the world! There is a God!

*Yes, I am relieved, but more than that, humbled at how little it takes to knock me off my center -- even at such an extraordinary love-fest like **Amaroo**. How can this be? I've been "on the path" for almost 50 years and this is the best I can do? Really?*

Methinks I am not alone in this phenomenon. No matter how much any of us experience joy, gratitude, fulfillment, peace, love, and freedom in our lives, we are all still human beings -- subject to change without notice -- fragile, vulnerable creatures who toggle back and forth between the highest states of **WOW** and the goofiest states of dread when things don't go exactly according to plan.

THE GOOD NEWS? Every time I return from the land of crazy, I remember, once again, there is another place to dwell. It ain't down at the end of lonely street. It ain't in **Heartbreak Hotel**. It's nestled inside my breath and the experience that comes from returning to my true home once again -- no one I need to call except myself.



SETH SPEAKS

...continued from page 13

They are often food faddists of one kind or another. But because they do fear spontaneity to such a degree, they will often become afflicted with diseases or maladies associated with the body's unconscious processes. You can also find single families, of course, that operate like cults (or an entire nation) that are given over to repression with its resulting violence.

THE IDEAS THAT YOU HAVE PLAY A LARGE ROLE IN THE WAY THE BODY HANDLES NUTRIENTS AND UTILIZES ITS HEALTH AND VITALITY

If you believe the body is somehow evil, you may punish it by nearly starving to death, even though your diet might be considered normal by usual standards. For [it is possible for your ideas to cause chemical reactions that impede your body's ability to accept nourishment](#). If you believe that the body is evil, the purest health-food diet will or may do you little good at all, while if you have a healthy desire and respect for your physical body, a diet of TV dinners and even of fast foods may well keep you healthy and nourished.

[If we are talking about health, it is to your beliefs that we must look](#). You have the most efficient and beautiful physical organs, the most elegant joints and appendages, the most vibrant lungs and the most exquisite of senses. It is up to you to form a body of beliefs that is worthy of your physical image - for you are nourished by your beliefs. And those beliefs can cause your daily bread to add to your vitality or to add to your cares and stress.

OLDER FOLKS MORE PRONE TO HAVING UN-HELPFUL BELIEFS [The weight of unfortunate beliefs perhaps falls heaviest on the older segments of the population, for the beliefs have had a longer period of time to operate relatively unimpeded.](#)

Those particular beliefs actually take hold in young adults, so that it seems that all of life is meant to come to its fullest flower in young adulthood and then from that prestigious position fall quicker and quicker into disuse and disarray.

These ideas (of falling into decline and disarray as one ages) do not only inflict severe difficulties upon older members of the population but they also have a vital part to play in the behavior of many young people who commit suicide directly or indirectly.

It seems to such youngsters that the pinnacle of life is just at hand, to last only briefly, and then to be snatched away. Undue stress is laid upon youthful beauty and youthful achievement. Knowledge through experience is not considered a practical-enough method of learning, so that the skills and understanding that come with age are seldom taken into consideration.

UNHELPFUL AND UNTRUE BELIEFS ABOUT DECLINING AS WE AGE, UNLESS YOU CONTINUE TO REINFORCE YOUR FAULTY BELIEF AND MAKE IT SO. To a certain degree, religion and science and the medical sciences seem devoted to encouraging the most negative beliefs about human nature. It is taken for granted **ERRONEOUSLY** that all mental, physical, spiritual and emotional satisfactions become lesser with advancing age.

It is taken for granted **ERRONEOUSLY** that memory fails, the body weakens, the senses stagnate, and emotional vividness dims. [Your entire world of commerce and advertisements, of competition and of business, prolong such attitudes.](#)

YOUR OWN CONCLUSIONS ABOUT AGE BECOME FACT IN YOUR EXPERIENCE.

In line with them, [if you could convince yourself that you were ten years younger, or ten years older](#), then it would be faithfully reflected in your personal environment....

[If you were twenty](#), you would be able to draw upon the wisdom you imagine you would have at thirty.

[If you were sixty](#), you would be able to use the physical strength you imagined was denied you now, but available then. All of this would be physically and biologically expressed within your body as well.

[The body often wears out because it has been used less and less. There is great potential for capabilities of the healthy physical body in the later years of life.](#)

That period also contains certain rhythms in which normal healing processes are highly accelerated. And the life force itself does not wear out or lessen within a body. Its expression may be impeded at any time, but the unique energy of each individual is not drained away because of age alone."



THOUGHTS ABOUT THINGS

...continued from page 6

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

He took a cleaning job to make enough money to have a hotel room for a nite after sleeping in his truck for a week in 25 degree snow. He resold 2 speciality tires he found at the dump and bought a car to resell to pay for an apt for 3 months.

Every day he set out to make money while he researched what the community needed, and what opportunities the town had. He went to the local **Small Business office** and found they had scads of free resources.

If you are not where opportunities are, go where opportunities are. You would not stay where there was no air, so you go where the air is. Go where the opportunities are. Go where the money is. Better yet, look around where you are right now and glean the opportunities and income from that. That's alchemy.

And don't deny yourself the satisfaction of making your own way and not depending on friends to support you. That's freedom.

I laughed at what a Facebook friend posted. KSParker, Sr. wrote: *"From Now on, anybody needing monetary help from me will need to type a two paragraph essay about how you got in a position to need money and what you will do in the future to not be in this situation again. THEN post it on Facebook, before I give anything."*

You have to know what you believe in, you have to be able to put it into words before you can understand it. Saying it isn't enough. You have to be able to write it down. Writing it down sets it all in motion, it begins the turning of words into deeds. All you have to do it maintain focus.

Maybe BEFORE resigning yourself to the fact that **God** or **the Universe** or Whomev is Up There or Out There (or not) wants you to have a LESS THAN lifetime this go round, **REMEMBER: whoever is in charge WANTS FOR ME WHAT I WANT FOR ME.** It wants for **YOU** what **YOU** want for you. The way it knows **WHAT YOU WANT** is by what you're focusing on, what you're paying attention to, what you're thinking and reading about and about talking about.



Enjoy our offering.
Hari Om

Andrea



CRONES' COUNCIL



...continued from page 17

I'll be the first to tell you not all my thoughts are rational. I have to think that's common because that old adage **think before you speak** has been around a long time. Perhaps before copyright laws because the person who came up with that beaut could have banked some money.

I am working on knowing and accepting this new person. This person who is still my child whom I love with my whole heart. **We are working on building a new foundation of trust. Building a different relationship because we love each other.** While you're busy not judging your child, don't judge yourself. While you're busy accepting and loving your child, accept and love yourself. Take extra time for you. Take a fun class, take a trip, give yourself a break. While I know fully well this isn't about me, nor do I want to make it about me - in order to love someone else, I must love and care for myself. I have not seen a counselor yet though it's not off the table to set up an appointment with one. I did go to a meeting with pflag which did help settle my mind, soul and heart a smudge. If you ever want to talk more, please reach out because I'm here for you. Best of luck to your whole family.

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

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



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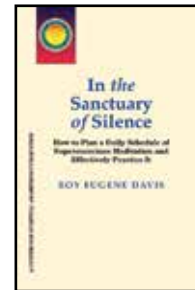
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