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HORIZONS

MAY 2025

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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar dr.tomsannar@gmail.com

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

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

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

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 the spiritual source of my choice.

The greatest optical illusion is separation

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HORIZONS

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

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



Horizons thanks everyone willing to take the risk

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

ARTICLE SUBMISSION: You may submit articles of up to 1500 words on any area of personal growth and practical spirituality to HorizonsMagazine@gmail.com. Time sensitive articles must be submitted 3 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for.

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

Hello and welcome to the May 2025 edition of Horizons Magazine. A lot of vibrational matching going on this past month so let's get into it. An 11 year old friend has it all figured out. She said she knows how **family karma** works, **how your actions are tied to your loved ones**. Like mountain climbers she said, going up the mountain all tied together, your loved ones are affected by every tug and drop. The people who speak lies attract lies. As long as you're lying, don't trust anyone until you stop lying.

If you are greedy and take advantage, your loved ones are on the other end of the rope to get taken advantage of. If you steal, they're on the other end of the rope so they'll get robbed next. If you beat someone up, your mom is on the end of that rope and might get beat up next bcz you signed her up for it.

Wise kid. Wish only for others what you wish for yourself. Wish only for others what you wish for your loved ones. We are all connected, whether you believe it or not.

BEWARE OF VIBRATIONAL MATCHING, YOU ALWAYS HAFTA FACTOR IN RESISTANCE

Last month, I listened to a 90 minute rant from a man who sent me a **Facebook** friend request without reading my profile or posts or website. I told him right away that I wasn't interested in a personal convo and not to take it personally. He acted like he didn't understand and his call had woken me up so I let it go on far longer than I should have. He was acting like **Facebook** is a dating site and was arguing that I was lying to him about being married and he began repeatedly calling. **Choose the bear every time.** Oh! I forgot to say his way of answering my queries tells me he may be a bot.

But this is a good example of Vibrational Matching, it's not always what you think it'll be. But I know how I attracted it:

I'm not a fan of romance but a series I've been watching (**Bull**) shows the main character falling in love and the background music is the good stuff: **Al Green, Mel Carter**, so those songs have been playing in my head. They made me BRIEFLY ponder some past loving relationships, basking in the memories with appreciation. **BEWARE OF WHAT YOU THINK AND FEEL ON PURPOSE.** I didn't spend a lot of time on it either, that's how powerful we can attract when there's no resistance.

WHAT I ATTRACTED: I told my housemate I had a dream that I was on a romantic date at an upscale restaurant with a man who was a fascinating conversationalist. I could listen for hours. I wanted to go back into the dream, so I pondered it some more.

RESULT: By spending time *on purpose* basking in the emotions of prior romantic infatuations, I attracted a convo with a man seemingly seeking a personal relationship.

INTRODUCING RESISTANCE: Then it goes off course as I introduce the resistance of memories of past experiences with handsome supposedly single men (or bots) who have very little on their profile and don't seem to be interested in anything but how I look.

So that's how creative visualization and resistance works LOL

POSITIVE THINKING DOESN'T TRY TO CONVINCE YOU THE WORLD DOESN'T SUCK RIGHT NOW. Positive thinking reminds you THIS TOO SHALL PASS and BETTER TIMES ARE ON THE WAY, keep watch for them. Positive thinking means FIND AS MUCH HAPPINESS AS YOU CAN WHERE YOU ARE RIGHT NOW with what you have, rather than complaining about how sucky it all is,

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

Enjoy our offering this month.
Hari Om.



Andrea

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.

MONOGAMY: IS IT NATURAL OR UNNATURAL?

QUESTION: Where I'm stuck is on the whole issue of monogamy. That is the way I was raised, and so I assume that that's a value of mine, but I've noticed a lot of pain and fear associated with it. First of all, you have to find someone who wants the same thing, and then you have to control that person's wanting, which is not fun by itself, and . . .

ABRAHAM: Not only is it not fun to attempt to control over another, it is not possible. People often believe that what they really want is just some final ruling on the rightness or wrongness of monogamy so that they could then keep the rule or break the rule, but at least they would know what the rule is. And so, in your societies that rule had moved back and forth many times. It varies today depending upon what part of the world you are living in.

But we want you to understand that it was never your intention as you came into the physical from Non-Physical to find one way of living and convince or coerce all others to abide. You understood that the world is big enough to accommodate vast difference in desires, beliefs, and the creation of lifestyles.

Which brings us to the first point of this question: *I need to find someone who wants what I want.* Coming together with another who is in agreement with the desires that you hold does make for good relationships. And, surely it is obvious that there are enough people with whom you share your planet that it should be too difficult to find someone who is a match to you and what you want. But *the thing that hinders most people - as they are looking to find that other person who matches the things they desire - is that they cannot find that person unless they themselves are a match to their own desires.*

People who worry about finding someone who will remain true to them cannot find such a person because the most active thoughts within them are worrisome thoughts of betrayal. People are finding it difficult to find the mate of their dreams not because that person is not out there, but because of their own contradiction to their own desire in the thoughts they offer about the subject every day.

When you consistently offer thoughts about your future relationship that feel good while you think them, that means you are consistently matching the desires that you have discovered as your have lived life. And under those conditions, only someone in agreement with your desires could come to you. Under those conditions, no need for control is necessary.

IS IT OUR NATURE TO HAVE ONLY ONE RELATIONSHIP OVER A LIFETIME?

QUESTION: Is it our "natural" nature to have only one relationship over a lifetime? Or is that something that was imposed on use by culture or religion?

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NON - RELIGIOUS SPIRITUALITY

Jim Palmer is the Founder of the Center for Non-Religious Spirituality. A critically acclaimed author, Jim also writes for professional journals and major publications. Jim is an adjunct professor of Ethics, Philosophy of Religion and Comparative Religion. He is a Spiritual Director, Founder of the Nashville Humanist Association and Chaplain with the American Humanist Association. He is a trained religious trauma and spiritual abuse counselor. <https://nonreligiousspirituality.com> & <https://jimpalmerauthor.com>

What psychological reality do you think most threatens healthy and whole human development? Founder of psychoanalysis, **Sigmund Freud**, postulated that the **Oedipus complex** is the root of most neurosis. Others in the field of psychoanalysis believe that unconscious and unresolved fears of death is the fount of neuroticism.

Consider the possibility that the failure to truly accept ourselves may be the greatest threat to personal wholeness.

Psychologist **Carl Jung** wrote, "The acceptance of oneself is the essence of the whole moral problem and the epitome of a whole outlook on life."

I can appreciate that to some this might sound like navel-gazing and a bit narcissistic - that are greatest need is self-acceptance... meanwhile 9 million people die from hunger and malnutrition each year. Point well taken. But consider that unhealthy people do harm, and so it's in everyone's best interest to cultivate personal wholeness and psychological wellbeing. Self-acceptance is, according to **Jung**, a non-negotiable.

However you might arrive there (philosophy, spirituality, science), one can make a credible argument that the foundation of existence or ground of all being is whole and complete unto itself. For the purpose of this post, lets just assume this is true, which means there is nothing wrong, inadequate or incomplete about what you fundamentally are.

We are a mind-body human expression/manifestation of that ground of being. An aspect of our earth journey is to actualize our fundamental essence as a **Homo sapiens**. Given the fragility and volatility of this actualization project, the process is quite messy, even for those who approach it thoughtfully and intentionally.

Jung asserted that the root of neuroticism is the failure to accept ourselves. The path to self-acceptance involves no longer sitting in judgement of yourself.

Self-judgment is viewing yourself through eyes of condemnation and disapproval. Self-judgment and shame go together. You have thoughts and feelings of inadequacy and unworthiness, and they become the basis of your self-image. For some people, fear-based religion

or childhood emotional wounds foster shame and self-judgment. People can become self-hate junkies. The running commentary in the background of your life is perpetual self-condemnation.

WHAT IS THE SOLUTION? It's common to assert that self-acceptance is the antidote to self-condemnation. However, typically the kind of self-acceptance we are familiar with does not go far enough and therefore does not solve the problem and set us free.

Until you can look upon the entirety of yourself without judgment, you will never find complete freedom in life. This doesn't mean we turn a blind eye or refuse to take responsibility for our flaws and shortcomings, and their consequences. It means stepping back and seeing yourself from a more constructive and compassionate viewpoint.

We often judge ourselves through a binary lens - good or bad. Unfortunately, it's typically a standard of perfection with which we make this judgement. We are also prone to use individual occurrences as a sweeping condemnation against ourselves. This thought, action, choice, characteristic, habit, pattern, mindset, feeling is bad, THEREFORE, I am bad.

The good/bad binary lens is problematic. It's too simplistic and isn't helpful. It doesn't contribute to your personal growth.

Consider looking upon yourself and your life in a different way. For example, you could approach your life by asking questions like:

Does this action, choice, characteristic, habit, pattern, or mindset...

- contribute to my well-being or is it a source of personal suffering?
- line up with what really matters most to me in life?
- represent the kind of person I want to be and the kind of life I want to live?
- reveal something about myself that is useful in my continuing growth and development?
- point to a deeper set of dynamics I need to address more seriously?

...continued on page 23...



SOUL SONGS • ABRAHAM FUN

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

Soulsong #210 - Feeling Bad Ain't All Bad

I'M GRATEFUL FOR EMOTIONS SUCH AS ANGER, SADNESS, GUILT, FEAR, REGRET AND THE PAIN THEY BRING.

For that pain is my alarm system, alerting me that I'm focusing on what I don't like and don't want. Whatever I consistently focus on grows larger in my experience, so my negative emotions offer me hard-to-ignore feedback that a shift in attention would do me good.

Feeling bad tells me that it's high time to focus on something that feels good - perhaps nature's splendor, a pleasant memory, a dream, a goal, a fantasy, a new project. Feeling bad tells me it will also be nice to sit in the silence, thinking about nothing at all, allowing pure Source energy to flood my mind, my body, my circumstances.

If I numb my negative emotions through overindulgence of any sort, it's as if I dismantle a smoke detector or turn off a security system and lose access to important information. As I learn to pay attention to my negative emotions and the message they bear, I take powerful strides toward my goals and dreams.

Soulsong #282 - Thanks for the Memories

SOMETIMES PEOPLE LEAVE ME.

Perhaps dear friends or family move away, a partner decides to "move on," or a loved one dies. Then it is time to choose how I will adjust.

How long will I focus on the void that I experience? How long will I stay in a place of sadness and yearning?

How soon will I accept that change is one of life's constants? How soon will I spend more time savoring my happy memories than agonizing over my loss?

I acknowledge that this situation, like all others, rises or falls on my mental focus. As I begin to look beyond my loss to the countless good things that life has in store, I usher in fresh, new blessings and welcome surprises.

All relationships are eternal, and I will remain connected in subtle but important ways to those who have left my physical presence. I relax and take delight in this truth.

AD RATES ON PAGE 4

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

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...continued on page 31...

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DAILY USE AND PRACTICE

PHANTOM CRYSTALS

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. See her [Facebook page at SharronRocks](#)

Although the energy of chaos still surrounds us, the incredible beauty of Spring ushers in the burst of joy and strength we need as we clear our space, tend our gardens and reconnect with our kindred spirits. Old friends seem to be popping up everywhere I look and there is so much force and life opening within us. I have been watching the new green of the leaves deepen as the days grow longer and the sun brighter. Native wildflowers are growing along the roadside and the spirit of our living planet feeds our souls. One of the gifts that flows out of chaos is a greater awareness of the infinite opportunities to envision what kind of shared reality can emerge that can best sustain us all together on the planet we share.

It can seem overwhelming sometimes to choose the correct path when there is so much external stimulus swirling in the ethers, so it is good to take some time for ourselves to rest, meditate and connect with our heart connection to the Source of our Being. The stone I want to talk with you about today is one of the treasures I found on my last trip to **Tucson**. When I was getting ready to leave the show and drive back to **Florida**, I stopped by the tent of one of my favorite **Brazilian** vendors to pick up some things I had gotten that needed to be packed for shipping. My eyes were immediately drawn to a tub of unusual spheres that were glowing in the late afternoon sun. When I stopped to take a closer look I saw that they were not only high quality quartz with great clarity and many rainbows, but they each contained **deep purple amethyst phantoms**. The spheres were artfully carved and beautifully polished with a reasonable price. My vendor did not want to bring them back to **Brazil**, so he offered me a great deal of if I took them all. Even though I had spent all the money I had planned to spend, the spheres were so compelling I had him load them up to bring home.

Now that I have time to work with them I am very glad I did. **Phantom crystals** are wonderful tools to help us go deep within ourselves to find aspects of our consciousness buried deep within us. When gazing into these spheres we can connect to the strong intuitive parts of ourselves - the goddess within. Since they are filled

with rainbows, they bring hope to the darkest places. We can feel and receive the messages from our souls and relax into trusting our growing awareness of truth as we reorient our perceptions guided by our hearts and minds in harmony and balance. Out of this guidance the best course of action emerge. I cannot recommend **Amethyst Phantom Quartz spheres** strongly enough.

I brought half of the spheres I bought to my old store (now called the **High Springs Emporium Rock Shop**), so you can order them there. **Forrest, Lu and Raven** will be glad to help you pick one out if you can't make it out to **High Springs**.

Their website is www.hserockshop.com and you can call them at **386-454-8657** during business hours.

You can change the world!

Love, strength and many blessings to you all.

-- Sharron



Phantom Amethyst Sphere-Bahia-Brazil





PSYCHIC MICHELLE WHITEDOVE

Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: She Talks To Angels, Ghost Stalker. As of Dec 2022 her physical body could no longer contain her Spirit, but she is still sending her guidance. Her work continues. She's done much writing that has not yet been published and Horizons has been given permission to continue to publish it. Visit www.MichelleWhitedove.com

DEAR WHITEDOVE, I saw you on TV and you spoke about your psychic abilities, God, and Angels. But I feel that you have to be into religion to buy into these invisible helpers. I'm agnostic and haven't ever felt comfortable with religion. Help me to understand. Almost Atheist, UK

DEAR ALMOST, There are many forms of life here on Earth and throughout the Universes. Angels are beings that are pre-religion, they have always existed. The one thing that all life forms have in common is that their core essence is pure energy.

As humans we try to intellectualize everything. Does **God** look like us? Is he an all-knowing wise man with a beard? Are Angels male or female winged humanoids? We personify them to be like us, but actually they are energies.

The **Universal Consciousness** is an energy force, the source of all things. Humans tend to compartmentalize and need to use labels: **God, Allah, Great Spirit, Angel**, whatever name gives you comfort. When people see them, the human mind tries to establish their likeness from memory, just as we search a computer for a matching file. In actuality they are unique energy forms of light and superior intelligence.

At eighteen, I had a **Near Death Experience** at the scene of a fatal car crash. I had a personal encounter with **Angels**, and **The Great Spirit**. My energy/soul left my broken body and ascended. I found myself in the presence of the **Universal Consciousness**, which was so bright I couldn't look directly at it with my spirit eyes. In a telepathic manner, information is relayed.

This was a profound experience I that share with others so they may have faith that there is a greater force at work in the **Universe**. So please know that these energies do exist for you too. Anyone can call on them for assistance, with or without religious affiliations. That's the beauty, its equal opportunity with the **God** force.

YOGA SHAKTI MISSION



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MISSION**
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Ma Yoga Shakti yogashaktipalmbay@gmail.com

SUNDAY LECTURES 9 - 10AM



Students doing Surya Namaska on the International Yoga Day (held every year on June 21st.)

YOGA CLASS SCHEDULE

Donation: \$10 per class or \$50 per month
Our weekly Yoga classes are held outside in a large, beautiful, screened in pavilion in the woods of Palm Bay. Bring your own mats.

Mon. 7 pm Annapurna Classical Asana Yoga

Tues 10 AM Yoga with Kashi

Tues. 7 pm Vinyas Flow with Natalia

Wed 7 pm. Lisa Campbell Yin Yoga

Thurs 7 pm Sensei Marguerite Intermediate Yoga

Schedule subject to change.

**VEGETARIAN INTERNATIONAL
LUNCHES -- FIRST SATURDAY
OF THE MONTH AT NOON**

Suggested Donation \$15 -- small children free





Here I've gone online to <https://openai.com/index/chatgpt/> and asked questions. Your choice When you "Try ChatGPT" is to (1) Log in, (2) Sign Up for Free or (3) Stay Logged Out. I always stay logged out.

While Artificial Intelligence can produce some interesting info, it can also hallucinate and give errors.

In Roberto Mata vs. Avianca Airlines US District Ct, Southern District of NY Case 1:22-cv-1461(PKC) attorney Steven Schwartz used ChatGPT to conduct legal research for the court filing. The court found that the cases didn't exist and had "bogus judicial decisions with bogus quotes and bogus internal citations" and sanctioned and fined the attorney and the law firm.

HAVE FUN BUT CHECK FOR ACCURACY. -- Publisher

I ASKED A.I. IS IT POSSIBLE TO LIVE A HAPPY AND CONTENTED LIFE DESPITE THE APPEARANCE OF THINGS FALLING APART ALL AROUND YOU?

ChatGPT said: Yes, it is absolutely possible to live a happy and contented life even when things around you seem to be falling apart. While external circumstances can sometimes feel overwhelming, the key often lies in how we perceive and respond to those circumstances. Here are a few thoughts on how to find peace and happiness even in turbulent times:

ACCEPTANCE: Acknowledging that life is full of ups and downs can help you find inner peace. It's about accepting that you cannot control everything around you, but you can control how you react to it.

FOCUS ON WHAT YOU CAN CONTROL: While external situations may feel chaotic, there are still things you can control – your mindset, your actions, and your responses. By focusing on small, positive changes or actions, you can regain a sense of empowerment.

GRATITUDE: Shifting focus to the things you're grateful for, no matter how small, can have a powerful impact on your overall outlook. Even in tough times, there are often aspects of your life that are still worth appreciating.

MINDFULNESS AND PRESENCE: When things are difficult, it's easy to get caught up in worries about the future or regrets about the past. Practicing mindfulness—being fully present in the moment—can help you find calm amid chaos.

RESILIENCE AND GROWTH: Life's challenges can also be opportunities for growth. Sometimes, the most difficult periods in life lead to new strengths, perspectives, and a deeper sense of gratitude and resilience.

SUPPORT NETWORKS: Having people around you who understand, listen, and support you can help you feel less isolated in tough times. Even if everything else feels uncertain, meaningful relationships can be a source of comfort.

PURPOSE AND MEANING: Sometimes, finding meaning in difficult circumstances – whether through personal growth, helping others, or pursuing passions – can make the journey feel more purposeful, even when the world feels out of balance.

Happiness doesn't always come from external stability, but from how we adapt, find meaning, and cultivate inner peace despite life's unpredictability.

I ASKED A.I. DOES EVERYONE HAVE AN INTERNAL GUIDANCE SYSTEM?

ChatGPT said: Yes, many people believe that everyone has an innate internal guidance system, often referred to as intuition, gut feeling, or inner wisdom. This "system" is thought to help individuals navigate decisions, align with their values, and respond to situations in ways that are in tune with their true selves. It can be shaped by a variety of factors, including personal experiences, emotions, instincts, and even subconscious insights.

Some people might be more in tune with this guidance system, while others might not recognize or trust it as much. It's also possible for people to become more aware of it over time through practices like mindfulness, meditation, or simply paying attention to their feelings and thoughts in response to different situations.

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I ASKED A.I. HOW CAN WE REMAIN HOPEFUL UNDER THREAT OF ECONOMIC COLLAPSE AND CIVIL WAR?

ChatGPT said: Remaining hopeful in the face of such overwhelming challenges, like the threat of economic collapse or civil war, is undoubtedly difficult. However, there are a few ways to find and hold onto hope during uncertain times:

1. FOCUS ON PERSONAL RESILIENCE

Rather than fixating solely on global or national issues, focus on cultivating your own resilience. Building emotional and mental strength can help you navigate turbulent times. Practicing mindfulness, gratitude, and connecting with loved ones can bring moments of peace amidst chaos.

2. SUPPORT YOUR COMMUNITY

Strengthening community ties can be a source of hope. In times of crisis, communities often come together to support each other. Whether it's volunteering, sharing resources, or simply offering emotional support to friends and neighbors, working together can create a sense of unity and purpose.

3. TAKE SMALL, POSITIVE ACTIONS

In times of crisis, it can feel like everything is beyond our control. But focusing on what you can control – like taking care of your health, continuing to learn, or staying active – can help you feel more empowered. Taking small, positive steps each day can help shift your perspective from feeling helpless to feeling capable.

4. STAY INFORMED, BUT SET BOUNDARIES

While it's important to stay informed, excessive consumption of distressing news can lead to hopelessness and anxiety. Set boundaries with media consumption and make space for other activities that bring joy and calm.

5. REMEMBER HISTORICAL RESILIENCE

History is filled with examples of societies overcoming great adversity – whether through social movements, technological advances, or sheer determination. Remembering that humanity has survived crises before can help ground your hope in the possibility of recovery, even in dark times.

6. VISUALIZE A BETTER FUTURE

Hope can come from imagining a better world, even if it seems far off. Whether it's through activism, art, or personal growth, finding ways to visualize the world you want to see – and working toward it – can create a sense of purpose and hope.

7. FIND MEANING IN CHALLENGING TIMES

Sometimes, hope is found by discovering meaning in adversity. Whether through spiritual beliefs, philosophical exploration, or personal growth, looking for ways to learn and grow in difficult situations can help you remain grounded.

8. HELP OTHERS

Offering support to those in greater need can create a sense of purpose. Whether it's providing food, shelter, or emotional support, helping others can remind you that even in the darkest times, human kindness and connection remain important.

9. PRACTICE SELF-CARE

Taking care of your body and mind is essential. Exercise, eat well, and get enough rest. When your physical needs are met, it's easier to remain hopeful and handle emotional stress.

10. LOOK FOR THE SILVER LINING

It might sound simplistic, but sometimes hope is born from finding small positives in the chaos. Look for acts of kindness, moments of beauty, or breakthroughs in science and technology that show humanity's potential for progress.

It's okay to feel overwhelmed at times—you're not alone in these feelings. But try to remember that even in times of deep uncertainty, hope isn't just about blind optimism. It's about resilience, connection, and the belief that the human spirit has the ability to endure, adapt and rebuild.



WHEN THE RED SEA PARTS

Mitch Ditkoff is a writer, poet, and storyteller enjoying life in Catskill, NY. More of his writing can be found on Medium, where he posts daily. (mitchditkoff.medium.com) and mitchditkoff.com mitch@thegiftofpoetry.com See also <http://www.ideachampions.com/>

Ten days ago, I had a very interesting experience upon walking into the town of Catskill for my morning coffee and scone. Halfway there, I started feeling like I was on my death bed -- the time of life when I was preparing to leave this world.

Much to my surprise, it was totally blissful. There was no fear, no holding on, no bargaining, and no regrets. Free. I was absolutely free. Gone was the drama of everything. In its place, only pure being. Nothing was undone. Nothing needed to be done. There was nothing I had done that I wished I hadn't done. Perfect. It was all perfect, this feeling, that is -- the feeling of just how perfect everything is, was, and will be.

This moment, upon walking into town for my latte and scone, was a great liberation, a moment out of time, a visitation from the other side of sense-making -- not so much a "sneak preview" of what's to come, but the EXPERIENCE, however brief, that behind and beyond the various scenes of my life I've played out with varying degrees of skill, surrender, gratitude, struggle, doubt, drama and laughter was a place of perfect peace, a realm of existence needing nothing to make it better, different, or more than it already was -- or should I say, IS.

In this moment, no effort was needed, only consciousness -- not the kind of consciousness that had to be attained, accessed or climbed like some kind of spiritual ladder -- but a consciousness that is everywhere, always and forever. Free Parking in Monopoly. Home base in a child's game of tag. An infinite **Sunday** where not only the **Lord** is resting, but all of us, including me, are in perfect repose -- a resting most arresting.

Yes, there was a sky overhead and ground beneath my feet. And yes, there was somewhere I was going and somewhere I had come from, but none of it mattered -- not because the sky and the ground and the various longitudes and latitudes of my life didn't matter, but because, in this liberated death bed state of walking into town, they were all just stage props.

"All the world's a stage," wrote Shakespeare. "And all the men and women merely players; They have their exits and their entrances, And one man in his time plays many parts."

Yes, indeed, **Willie**, my man! Many parts! And while those many parts are being played, there is the inevitable moment where the **Red Sea** parts. "**Cut**" yells the **Director**. "*It's a wrap!*"

And so it is. And so it shall be for each and every one of us -- here, on **planet Earth**, for just a little while even if it often seems like a looong time. So many actors! So many scenes. So much popcorn, the audience either clapping, snoring, or wondering where to have dinner when the show is over -- which, of course, is ALSO part of the play.

I'm not exactly sure how this stuff works, but when it comes right down to it, life is a GIFT, a big, beautiful gift. Do we deserve it? I'll leave that question to the pundits. All I know is this: life IS a gift, a precious gift, a holy gift, a divine gift -- and all of us -- you, me, the people you like and the people you don't like, get a chance to open it.

The soy latte, by the way, was quite delicious and so was the scone, no thoughts of "*I really should be eating something healthier*" anywhere in sight.

And with that, my friends, I wish you well no matter what you do or don't do today, no matter where you go or don't.

es, the journey you are on may be a long one, but know this: each step is also an arrival.



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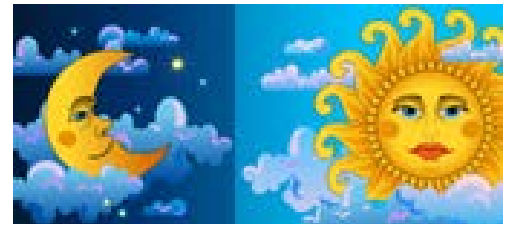
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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO MAY 2025



May 1st, or May Day is 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.

MAY 2025

April 30 - May 1: Beltane/Walpurgis, Pagan, Wiccan

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

April 19 - May 28: Eta Aquariids Meteor showers will be visible

May 11: Mother's Day, USA

May 26: New Moon in Taurus is a time for grounding, focusing on values, and setting intentions for new beginnings. It's a period to prioritize your needs and seek long-term security, potentially re-visiting relationships or personal values. The Taurus New Moon encourages a shift in focus from external influences to internal values.

May 29: Ascension Day, commemorates **Jesus'** ascension into Heaven, Christian

May 22-23: Declaration of The Ba'b, commemorates the announcement of the Ba'b, Baha'i

May 12: Full Moon in Scorpio is a time of intense emotional transformation and spiritual growth, a period for deep self-reflection, releasing old patterns, embracing new beginnings. This full moon, known for its transformative energy, encourages us to explore our inner world and make positive changes.

May 31: Memorial Day, USA

June 1-3: Shavuot, commemorates the revelation of the Torah, Jewish



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 source of power, wisdom within you. www.sethlearning-center.org

Here's a complete, "not-published-in-the-books" Seth session 744, for May 7, 1975. It contains Christ insights...from Rob's transcript volume #18 which has 8 such unpublished sessions, two of which have similar comments on Christ by Seth:

9:37 PM, Wednesday.

"How old will you be tomorrow?" **Rob** asked **Jane** as they sat for the session.

"Forty-six, she said, and made a face. I don't mind being forty-six. It's being forty-six and STUPID that really bugs me!"

Rob replied, "Don't think you're alone in that, we all have that problem, at any age. You don't think you're unique in that respect, do you?"

Then a few moments later, Jane exclaimed, "Oh, **Christ** - we're going to get more on **Christ**, she laughed. I don't like the first line already...she didn't say what the first line was. Then she laughed again. And now I've got the second line from **Seth**, and I don't like that one any better. I should have quit while I was ahead..."

SETH: Dictation: In certain terms **Christ** was an INVENTION, but then ALL of the "**Gods**" as they have been known WERE inventions, creative interpretations that were projected outward, catching first this man or that woman with the brilliance of divine fire.

In certain terms then religions are myths, but to say that is to speak but half the truth, and the least important part. For myths stand for a reality that defies literal "factual" translation. Because of this religions will always basically imply contradictions, but so far none has been strong enough to accept those contradictions, or to look into their basic cause.

The **Christ** spirit IS quite valid. Its validity is seven-fold more amazing precisely because it does not really rest upon the historical reality of one man, but shaped the great pageantry of history, affected and directed events, brought about a particular kind of world order,

led artists to the point of their finest power - with all this development based upon a fabulous myth. Myths indeed then must be very powerful, and carry within them their own dimension of actuality and thrust.

Christianity has long stated that **Christ's** importance lay precisely in the FACT that he was born as a physical being, and it has stressed his historical existence in whatever way it could. It seemed that if **Christ** were not one particular man, then the entire framework would fall away. He was, after all, human and divine at the same time.

The early strength of **Christianity** lay precisely in its historical nebulosity - a loose but powerful framework that reflected the explosive need of the mass psyche. That need, like a giant spotlight, searched and shone its light in all directions, and touched many. Some turned away, and were frightened of such a sense of destiny. They hid. Others felt the power of the light as it touched their contemporaries and shouted, "THAT IS THE MAN."

Gods-to-be vied for birth until finally various events coalesced...a MANUFACTURED history of **Christ** exists, made up of DISTORTED memories, actual experiences, and creative drama. Many tales were written long after any of the source-**Christ**s lived. The miracle is the "fact" that such a seemingly nonfactual group of events altered the face of the planet, and directed its energies for centuries.

The idea of one **Christ** gave a focus point for identification, an image that could be referred to. The process of this image forming was a natural one as men and women dealt with innuendo, legend, and the renditions of personal experience, until altogether you had an ever-changing religious drama, a framework into which man could throw his aspirations.

The **Christ** spirit was valid precisely because it managed to survive such a framework. The **Christ** spirit is larger than any so-called physical fact - but unless this is understood then the validity of that spirit seems dependent upon the historical reality of one man, part human, part divine, named **Christ**.

When you are in that framework then the **Christ** messages must also be interpreted literally, as they were at the time. Man often wants to use religion as another tool to solve its problems. The messages are interpreted in the most practical way possibly by minds that have a VERY LIMITED knowledge of the nature of practicality.

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SPIRITUAL GRAFFITI

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

Some people meditate to tame the mind. I meditate to sharpen it, especially when I sense that I am being tricked.

One of the classic ways to subdue a political threat is to tamper with their perceptions so that they appear crazy.

This has become particularly easy to do because of the suggestive nature of the new technologies. It is ridiculously easy to funnel someone's consciousness into most any belief or contention.

I am endeavouring to create new language for this because this is the new paradigm of control (ie techno-terrorism, invisibly).

We need to really know what we are up against, because in one form or another, we are all targets now. And the polarizing 'smart phones', the enemy.

Sharpening our minds is essential so we can 'outsmart' the game.

And so we can reach the stage where we can put the damn things down and remember ourselves.

The forest is far more interesting than the newsfeed anyway. It has a lot to say, without stoking your anxiety.



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>

Have you ever wondered why most people have less trouble with walking and not falling down, talking and making perfect sense, and breathing without stop, than they do with dieting, finding love, or getting rich?

It's because with walking, talking, and breathing (which, incidentally, are far more complex than the latter), they engage the magic with intent and expectation, lean into them, and then, with faith, they turn the rest over to me.

I rock like that,

The Universe

HORIZONS MAGAZINE AD RATES ON PAGE 4

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Scott Grace

THIS IS NOT SUMMER VACATION TIME AT EARTH SCHOOL

Scott Grace is a healer, guide and life coach, as well as the author of: [Mindful Masculinity](#), [Teach Me How To Love](#), [Oh the Places Your Ego Will Go!](#) And.... [How To Evolve During The Trump Experience Whether Humanity Joins You or Not](#), which he never dreamed would be relevant again. He can be found at www.scottsongs.com, on YouTube, and Facebook, and in Ajijic, Mexico if you want to take him out to lunch.

Many people are lashing out against that new white guy in the White House. They are speaking out against all the destructive things he has done or said, all the lies and cruelty. Speaking truth to power.

On the other hand, it appears that some of us progressives think progress means diagnosing people who voted for him as suffering from a bad case of stupid.

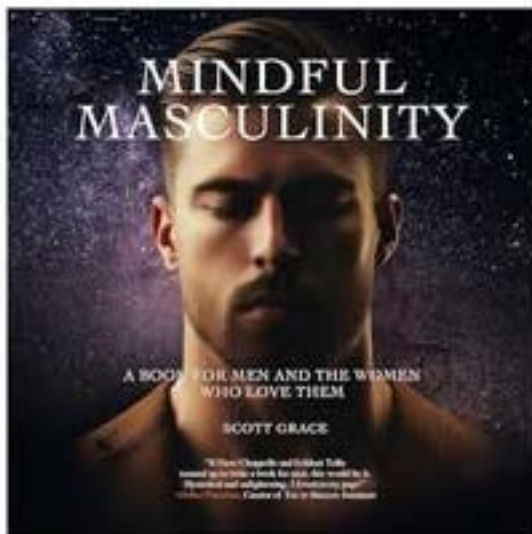
People who voted for this man have far more in common with me and you than they have differences.

We all have the same needs, just different strategies for meeting them.

If we relate on the level of our mutual needs, we can choose connection rather than correction.

Perhaps that is the lesson being offered to progressives feeling righteous at this time.

"To accuse is not to understand."
-- A Course in Miracles



The president on an energy level reminds me of a rottweiler. He even looks a little like a pit bull when he growls/scowls.

Why do people elect to own a vicious guard dog?

Usually, it's to protect them, to lessen their fear.

Fear calls for compassion, not judgment.

Can we seek to understand the pain in the hearts that would drive people to elect a vicious guard dog?

Please don't call people stupid.

Those three fingers are pointing back at you.

And besides, you trying to influence people by pointing out the inadequacies and hypocrisies of their thinking is just going to make them dig their heels in further.

Do you want to be right about how 'wrong' they are, or do you want to contribute to the thawing of the cold war in our country?

To put it bluntly, do you want to be a critic or a healer?

By all means, march, act, and stand up for your values.

Shine your light. It's so needed.

But if you spend your precious time and energy cursing the darkness, your candle will burn out pretty quickly .

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OUR MIND



Ma Mokshapriya Shakti is successor to H. H. Ma Yoga Shakti Saraswati, founder of Yogashakti Missions worldwide that teach the essence of yoga, meditation, and spirituality. Mokshapriya is an agent of change who teaches self-empowerment—inspiring people to make big changes through her down-to-earth interpretation of complex philosophy. She inspires and guides at the Yogashakti Ashram in Queens, New York. Her direct, approachable, and incredibly loving nature help her students to illuminate their own personal paths with ease and grace. Visit www.yogashakti.org Email yogashaktiny@gmail.com Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYn0b6QhPw>

YOGA SUTRAS OF PATANJALI #10 Techniques of Meditation

This is a systematic series of the study of the Our Mind. We will be giving you the most important Yoga Sutras of Sage Patanjali each month. The Sutras reveal how our mind works and how we can have complete control not only of the conscious but also of the unconscious mind. This is the true goal of all yogic practices.

Sage Patanjali understood the mental process to such a degree, that he could take the mind and evolve it to a higher consciousness just through this study. The text is written to be practiced, and through practice it brings deeper wisdom and awareness of our own mind. I am hoping that the reader will reflect on the contents and begin to understand how our mind works and how we can harness its power.

TECHNIQUES OF MEDITATION

The objective of yoga is to have complete control over the mind. One of the essential ways to accomplish this is to meditate. But meditation can be a daunting task. The mind keeps slipping away and starts thinking of every thing other than what we are concentrating on. Mind needs to be trained, and various techniques of meditation are ways to train the mind. They are techniques of concentration that lead to meditation.

Meditation is a result of a highly concentrated mind. There are many ways to harness the mind. Every person is different and needs to find best way it works for them. It is advised that we practice many ways in the beginning and find which technique works best.

Then we need to use that technique for meditation. Once we have a certain way of harnessing the mind, the mind will begin to cooperate with us through repeated practice.

The first technique Patanjali recommends is: Break and hold the breath with strength and it will give life energy, This practice of breaking and holding the breath for a long time will purify the body.

Sage Patanjali is referring to the kriya known as nadhi shuddhi. Inhale the breath through the left nostril for sixteen counts, retain that breath for sixty four counts and exhale breath through the right nostril for thirty-two counts. Repeat the inhalation through the right nostril for sixteen counts, retain for sixty-four counts, and exhale through the left nostril for thirty-two counts. Continue this pattern.

The time of retention should be four times more than the time of inhalation, and the time of exhalation should be double the time of inhalation. One would start with shorter breaths like six counts of inhalation and holding the breath for twenty-four counts and exhaling the breath for twelve counts.

This breathing technique purifies the nadis or meridians through which energy flows in our body. Of the many meridians or nadis, three govern the body/mind's overall functioning and determine the general tone of the entire system. These three lie along our spinal column—two twining upward on either side and ending in the nostrils, and the third rising directly through the center of the column to the base of the nose. Ida, as it is known, ends in the left nostril, pingala terminates in the right, both are related to various actions in the world. By purifying and controlling them temporarily the two become equal and flow in the center column or sushumna. At that time there is equilibrium in the body and one is able to go inward and experience the inner joy. So purification is needed for meditation.

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AUTHENTICITY

David A. Cronin is a sometime meditation instructor, speaker, photographer and writer. He is the prior owner of Changing Times Books in South FL Now retired in Atlanta, GA. His favorite pastimes include being 'Gramps' to 2 adorable grandchildren, volunteering and hiking in nearby woods. You can follow him on Facebook: www.facebook.com/david.cronin.79/ and Instagram: www.instagram.com/david.a.cronin/. He can be reached at: davidcronin490@gmail.com. He took all the photographs accompanying his articles. *Editor's note: David takes photos of everyday places and items and reveals to us their magic, urging us to find the magic in our own seemingly ordinary Here and Now.*

Many, many years ago, I worked for a small community-based newspaper. Being a small operation, all the staff pitched in and did numerous jobs, doing whatever it took to get the publication out. One of my favorite tasks was occasionally interviewing local shop owners and the priests, ministers, and rabbis that made up our town's religious community. I thoroughly loved meeting people and getting to know them, and the unique ways they moved through the world.

A few of the people I met stand out in my memory. They all had one thing in common: a deep sense of comfortable authenticity.

One interview that comes to mind was with a **Buddhist monk** who was passing through. The local organizers of his travel itinerary called the paper and invited me to come over and have a conversation with him. It was my first time meeting a **Buddhist monk**. I was thrilled.

When I arrived at the designated home, I, along with my trusty tape recorder and list of questions, was ushered into a room that had been converted into a temple of sorts. I was introduced to the monk, and we exchanged greetings. There wasn't any furniture in the room to sit on, so we sat opposite each other on comfortable cushions.



There was the largest statue of **Buddha** I had ever seen in person in the room with us. I remember being amazed at its size, and for a few minutes, all I could think about was how the heck they got something so big into such a small room. But I regained my wits, turned on my tape recorder, and asked my first question. I don't recall what it was exactly, but I do remember he was somewhat perplexed by it. I surmised that perhaps he didn't understand the question, so I asked it from a different angle.

That didn't help. But after a few moments of silence, he proceeded to answer the question. Well, at least I think he did. I really didn't know because I couldn't understand a word he said. He was speaking **English**, I think, but his accent was so strong I couldn't make heads or tails of it. After he finished, I tried another question. The same thing happened.

After the third go around, he shifted his position slightly on the cushion and looked down for a moment. It was obvious to both of us that we were not communicating. I turned my tape recorder off. I assumed he would get up and find someone who might act as a translator. But he did the most curious thing instead. He did nothing. He just sat there. He looked at me and smiled, then looked over at the statue, then back to me. I was amazed at the simplicity of the moment. He was simply being himself, a man so at home with silence that there was no reason to do anything else.

He then closed his eyes. I silently observed him for a few minutes to see if he was going to open them, but it soon became obvious that he wasn't. Perhaps he thought that since he could not verbally communicate his path to me, he would demonstrate it. I will never know for sure. I closed my eyes, too.

We sat in silence together. After about 30 minutes, I opened my eyes and simply looked at him. Peace radiated from him, and I felt a deep contentment. After about 5 more minutes, he opened his eyes, and we smiled at each other. He gave me a small nod of his head to let me know our time together was over. I then followed him out of the room.

To this day, it's still one of my favorite 'interviews.'



Jim Palmer

NON - RELIGIOUS SPIRITUALITY

continued from page 8 ...

Do you see the difference? It's not a black and white (good/bad) indictment against yourself, it's constructively focused on the individual action, choice, characteristic, habit, pattern, mindset, or feeling. Condemnation does not liberate, but approaching our lives more constructively allows us to properly integrate the totality of ourselves and our life into a meaningful and healthy whole.

It is not constructive to turn the binary good/bad lens on yourself.

A MORE EMPOWERING LENS THROUGH WHICH TO VIEW YOURSELF WOULD BE:

- I am a human being who is in a perpetual process of becoming.
- I am a human being of worth and value at every moment, regardless of where I am in the process at any given time.
- I am a human being deserving of my own acceptance, patience, kindness and compassion.
- It's okay not to be perfect and to make mistakes.
- I am a human being endowed with the abilities to cultivate a life of meaning, virtue, well-being and fulfillment.

The most important freedom is freedom from your own self-judgment. In my own life journey, and the personal and spiritual growth work with people over the years, I have learned there are 4 levels of self-acceptance:

LEVEL 1 SELF-ACCEPTANCE: UNIVERSAL IMPERFECTION

This level of self-acceptance involves the realization that one's imperfections are not unique to them but universally true of every human being. Level 1 Self-Acceptance is an acknowledgement that every human being is an assortment of characteristics, mindsets and behaviors of which some are constructive toward wholeness, well-being, and flourishing, and others that are harmful to ourselves and others. This is true of every human being, including those you imagine to be better than you.

LEVEL 2 SELF-ACCEPTANCE: DECONSTRUCTION OF CAUSES

The root of self-judgment and shame is often false beliefs and stories we believe about ourselves, which govern our self-image. As mentioned above, shame-based religious messages, childhood trauma, and the absence of adequate love, validation and affirmation during our formative years of development, are some sources of a toxic self-image. The personal work to be done at this level of self-acceptance is to investigate and deconstruct these false beliefs and stories. This involves gaining greater understanding of the seed sources and life experiences that produced these self-condemning views of ourselves.

Level 2 Self-Acceptance is important because it enables you to shift your self-condemning judgments from "this is what I am" to "this is what I learned." There is nothing that can be done about an item in the "this is what I am"-category. For example, your height, eye color, and core personality pattern is in this category - "this is what I am." But your self-condemning thoughts, mindsets, beliefs and stories are in the "this is what I learned" category and these can be unlearned.

LEVEL 3 SELF-ACCEPTANCE: HOSPITALITY AND CURIOSITY

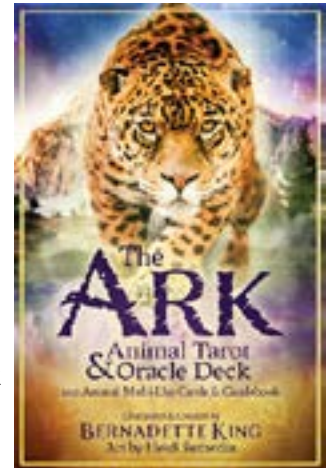
The third level of self-acceptance is cultivating an inner disposition or space of hospitality within yourself for every thought or feeling about yourself that arises. Offering hospitality to every thought and feeling that arises is being an impartial, accepting and compassionate witness to your thoughts and feelings about yourself as they come and go. Offering hospitality is the absence of all judgment, resistance, and condemnation. This inner disposition of hospitality allows these thoughts and feelings to arise and dissolve, you neither grab ahold or resist them when they come.

This space of hospitality is also one of curiosity. Rather than grab ahold of disapproving thoughts and feelings and fueling them into strongholds of self-condemnation and shame, just be curious about them. What triggered the thought or feeling? What is the false belief or story at the root of it? What is the truth that is being obscured by your emotions of self-condemnation? What can you learn from this?

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WHAT IS MY SPIRIT ANIMAL



Bernadette King, creator of The Ark Animal Tarot & Oracle Deck has for 20+ years helped folks get closer to their Animal Allies, become more accurate psychic mediums & animal communicators & stronger intuitive tarot readers. Thru WhatIsMySpiritAnimal.com

folks are learning about their own Spirit, Totem, & Power Animals. The Ark is a 100 card deck which practitioners can use for divination & healings. Visit WhatIsMySpiritAnimal.com



PEACOCK SYMBOLISM & MEANING

Peacock as a spirit animal is intriguing to anyone who has been enchanted by these incredible, beautiful birds.

Do you wonder about previous incarnations? Does your day-to-day existence seem dull or drab? **Peacock** as a Spirit, Totem and Power Animal can help! **Peacock** teaches you about past life lessons and how the right use of color instills magic into your world. Delve deeply in **Peacock** symbolism and meaning to find out how this animal spirit guide can inspire, stir and move you.

PEACOCK SYMBOLISM & MEANING

So, the Proud **Peacock** has gotten your attention? You are not alone. Throughout the world's history, **Peacock** symbolism and meaning have often been tied to the beauty of its feathers. **Peacocks** tie to various Gods and Goddesses as well as glorious myths.

Peacock Etymology: **Peacock** comes from the Old English pawa meaning cock or hen.

In **Hinduism**, **Peacock** walks with **Lakshmi**, the goddess of good fortune, compassion and fortitude. It is also associated with **Hindra**, a thunder and rain god whose waters renew the **Earth**. **Peacocks** are harbingers of rain - they dance when they know it's coming. In this part of the world, **Peacock** also symbolizes supportiveness.

In the **Far East**, **Kuan Yin** created the beauty of the **Peacock's** tail. **Kuan Yin** gave up immortality for humankind, endowing the **Peacock** with a sense of selflessness. When **Kuan Yin** finally ascended, she created the **Peacock** to guard the earth and protect the peace.

Ancient Greeks and Romans

likened the **Peacock** Tail to the eyes of stars. The bird was sacred to **Hera** and there was a severe punishment given to anyone who took a **Peacock's** life. **Persians** have carvings of **Peacocks** near royal chambers, considering them guardians. **Alchemists** used the **Peacock** as an earthly form of the **Phoenix** and resurrection. In the form of a talisman, **Peacock** safeguards the wearer from poison, illness and misfortune. By extension, **Peacock** feathers represent immortality. The feather absorbs harmful energy.

Peacock symbolism and meaning come up in **Christianity** as representing the **Resurrection**; this comes from the fact that after **Peacock** molts, his feathers grow back to their original grandeur. **St. Augustine** took this one step further, saying the bird was incorruptible, most likely based on the folk belief that **Peacock** feathers protect things from deterioration. **Peacocks** feature predominantly in medieval portraits of angels where the wings are **Peacock** feathers; this implies that **Peacock** has associations with the **Angelic realm** and may actually be a messenger from on high.

In nature, **Peacocks** kill and eat snakes. As a result, various cultures integrated **Peacocks** into medicine. **Indian** directions advise that blood or bile from **Peacocks** could cure a snake bite. Similarly, in **Punjab**, a person bitten by a snake would be purged by the smoke of **Peacock** feathers, similar to how **Native Americans** use smudge sticks. When visitors came into the region, natives would tell them to carry **Peacock** feathers to ward off snake attacks. Similarly, among **Hindus** and **Muslims**, a **Peacock** feather protects against malevolent spirits. In this, the **Peacock** becomes infused with healing and protective energies.

Peacock did get a bad rap in some stories. For example, **Greek** tradition says that displaying **Peacock** feathers encourages lousy luck. The idea is that each of the dots in the **Peacock** feather can cast the evil eye. **Native Americans** thought wearing **Peacock** feathers changed a person's personality to someone vain and materialistic. And bringing a **Peacock** feather on stage is a surefire way for a play to fail.



WHAT IS MY SPIRIT ANIMAL

... from page 23

PEACOCK TOTEM ANIMAL

Peacock Animal Medicine can be a powerful ally in magic for renewal, love, luck and success. This **Spirit Animal** also supports personal confidence and wholeness. Lightworkers tell us that our inner **Peacock** teaches us how to use our true-seeing abilities and release our spiritual vision.

Peacock is an ideal companion when you seek to reconnect with the **Sacred Masculine** deeply. This Spirit brings laughter and fullness of being when you feel totally tapped out. Also, when your life feels dull and drab, you couldn't ask for a better pick-me-up than the beautiful **Peacock**.

Seek out the **Peacock** within as a power animal when you explore your past lives and the lessons they offer. Invoking **Peacock** energies provides tiny peeks into the future and what it can be if you stay true.

Perhaps the most important reason to call on **Peacock** is for self-confidence. If you feel as if you've lost your dignity or that someone has sullied your honor, **Peacock's** presence in your aura is immensely powerful. Your **Peacock Ally** tells it like it is. Any falsehood comes into focus.

PEACOCK SPIRITUAL MEANING

Peacock's spiritual meaning and symbolism have a place in your practices and rituals, even if you hail from a region where **Peacock** is not commonly found. Their universal associations are longevity, immortality, beauty, protection and love.

Peacock reminds you to make your voice heard, even if others criticize you. These Avians are known for their staggering loud calls. While not elegant songbirds, **Peacock** knows when to speak up and speak out. Don't be shy, particularly in matters where obvious duplicity exists.

The **Peacock's** plumage embraces the full spectrum of rainbow colors and their associations. If you're working on aligning your chakras, those colors support a harmony between them all. Meditate on **Peacock** and let those cosmic hues into your aura.

Peacocks can symbolize our connection to the **Divine**, especially the **Deities** associated with the **Sky** and **Sun**. The Eye shape on the **Peacock's** feathers is your awakening and a reminder to remain ever watchful. Think of the phrase, "You have eyes in the back of your head." **Peacock** teaches how to see things beyond your physical eyes, travel to other realms and learn the art of divination.

If the **Peacock** in your mind's eye is blue, it directs your focus on the mystical nature of things. A White one looks ethereal and suggests you have **Angelic** allies. The green **Peacock** represents health and good fortune.

On a happier note, the priestesses of **Juno** carried **Peacock** fans in processional. In later years, when the Church came into power, this translated into the fans seen at papal **Easter** celebrations. The eyes of the **Peacock** represent the watchfulness of the Church.

Some other interesting facts about **Peacock** Spirit: **In the Orient**, **Peacock** is called the **Bird of Paradise**. The **Babylonians** had a **Peacock** throne and the birds were sacred. **Indian** gardens to this day let **Peacocks** wander freely, offering good fortune and in **China** and **Japan**, **Peacock** symbolism includes self-worth and splendor.

Overall key characteristics associated with **Peacock** medicine include leadership, long life, sophistication, psychic vision, beauty, dignity, love and pride.

PEACOCK SPIRIT ANIMAL

When the **Peacock** spirit makes itself known in your life, it's time to look at things differently. Begin to see the beauty in even the simplest of things and walk the path of gratitude. **Peacock** medicine is upbeat - laugh often, rejoice in life's wonders.

Another message from **Peacock** is one of confidence. Many people give up their dreams feeling they're impossible achievements. Take a look at your talents and transferable skills and find a way to set your goal in motion with **Peacock's** guidance.

The colorful **Peacock** that we envision is the male of the species. Perhaps you need to improve your relationship with the **Sacred Masculine**. Also, the eye-shaped spot on the **Peacock's** tail speaks of awakening your third-eye Chakra, reconnecting with the higher self and unlocking your psychic gifts.

In **Shamanic** traditions, the **Peacock** Animal Spirit is a healer. What areas of your life feel ill or lacking? Let **Peacock** vibrations wrap you in feathers that remove those negative energies from your aura. Meditate on the "eye" of the **Peacock** tail for focus and centering in your rituals for wellness.

Finally, **Peacock** may remind you that it's ok to shake your tail feathers occasionally. You have talent that others overlook because you stay on the sidelines. Strut your stuff when your efforts go above and beyond.

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ABRAHAM HICKS

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Esther Hicks

ABRAHAM: It was your intent to interact with many others on many subjects. And whether you choose the subject of sexuality to be something that you experience with only one, or whether it is something that you want to experience with more than one, or with many, it is an individual thing. And your ideas about it are continually changing.

WHY DOES THE MEDIA BROADCAST PAIN, BUT CENSOR PLEASURE?

QUESTION: I notice that in our culture it seems perfectly appropriate for television and movies to depict the maiming of people, and destruction and gore - anything horrible as far as destroying the human body- while it seems inappropriate to show human sexuality and pleasure. I've never understood why our culture has come to the place where it can stand hate and anger and pain, but doesn't want to see pleasure.

ABRAHAM: It is not a matter of their wanting to see hate, anger, and pain, and not wanting to see pleasure. In fact, the opposite of that is true: people do want to feel good, and they want to see things that are successful and beautiful and pleasurable.

Many people are attracting to themselves unwanted things by virtue of their attention to those unwanted things. A misunderstanding of the Laws of the Universe is at the heart of this conversation as the people of your society wage wars against the things they do not want: war against terror, war against AIDS, war against teenage pregnancy, war against violence, war against cancer - and every one of those things is getting bigger because attention to unwanted creates more unwanted.

Your moviemakers, whether they understand the **Law of Attraction** or not, understand that people do gravitate more toward viewing unwanted things than wanted. And we submit that the reason that is true

is because there are strong active Vibrations in most people about what they do not want. If you were to engage the average person in conversation about what is going on with his life, you would find him much more articulate in expressing the things that are not working well -- things that are unjust and things that need to be changed than he would be able to express the beauty of his life and world.

Also, once you have decided that the world is leaning toward anger and hate, you are no longer a Vibrational Match to the beauty of the world -- and the world, as you attract, then leans in the direction of your belief.

Anyone who begins to make list of the positive aspects of the world around them will train their Vibration and therefore their own point of attraction to more of that.

Meanwhile, the people who make movies will continue to make the movies that people are attracting from them. We would like to help you remember that if you are waiting around for your society to get straightened out before you have a happy life experience, you will have a very long wait. If you are waiting for anybody else in your experience to get straightened out before you have a happy experience you will have a very long wait.

You are not here to discover that which is perfect. You are here to create or to attract that which is perfect. As the contrast of your life, and even of what you are calling unpleasant movies, helps you know what you do not want, you also understand more clearly what you do want. Focus upon what you do want, become a **Vibrational Match** to what you do want, train your point of attraction to what you do want, and watch your personal world become that.

UNTIL YOU LEVERAGE ALIGNMENT, NOT MUCH WILL HAPPEN FINANCIALLY

ABRAHAM: There are people who are earning, all around this world, so disproportionate to the action that they are offering that you could not possibly reconcile the wealth that's flowing to them. You just can't reconcile it. There are a majority of people that are accustomed to performing an action and receiving a financial response. Performing an action and receiving a financial

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Mokshapriya
Shakti

OUR MIND

... from page 21

Another technique is to concentrate on our desires or on our senses. What we desire or love the mind attaches to easily. The important part is to keep the mind fixed on just one object, feeling, or desire. We can also use the senses like smell of incense, visualizing a beautiful scene of nature, listening to music. The object is to hold the mind steady and not fluctuate. The mind is referred to as the monkey mind because it jumps from one thought to another like a monkey in a tree. We need to put a boundary around this monkey in whatever manner works for us, even by using our attachments or our senses.

When our mind is without sorrow it is filled with light. So let us meditate on light. There is a divine light within us and we can meditate on that. In the Upanishads the heart center is referred to as a lotus. **Within that lotus is a small light. This light is within all.** The light reflects the Divine within us. As we increase our love, compassion for our fellow beings that light becomes larger and begins to open the lotus. Our heart center opens and divine energy can flow. We tend to close our heart because it gets hurt. When we do that, we also close the flow of our divine spirit within. The world is a world of duality and there is always going to be light and darkness.

Let us not close the heart or flow of spirit and meditate on the light within. Also in deep meditation the reflection of the Divine is seen as a strong loving light that radiates into the meditators' being.

Or we can meditate on a great soul which is totally free from attachments to the sense objects. This can be on Christ, Krishna, Buddha or any saint of devata. It is easy to meditate on these because we have stories in the scriptures and books that can harness the mind.

Or meditate on subtle object like dream or sleep. Get up at 2 a.m. and see the difference between sleep and the waking state. The question is which is real. While in the dream state, that time was real, we experience situations and have physical and emotional reactions to them. But now in the waking state it seems unreal. Is it?

Or, meditate on any object the mind loves. Raja yoga according to Sage Patanjali should be useful to all, regardless of background, era, traditions and faiths. If any object captures our mind, we should use it. The mind follows what we love. Only a concentrated mind leads us into meditation. However we can harness the energy of the mind we can use.

If we practice meditation sincerely and honestly the mind will have mastery over the smallest atom and the greatest or largest things. In the Vedas it is stated to meditate on 1/1000 point of a hair. The mind should be so focused and sharp as to be able to meditate on the smallest atom. Or meditate on the greatest and biggest things like the universe.

No matter what techniques we prefer, just meditate. Meditation is vitally important because it exposes our inner self. That inner self is pure joy.

Next month we will discuss the highest form of meditation or samadhi.

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HERB CORNER

... from page 11...

Ginkgo strengthens the eyes by providing proper circulation to the eyes delivering needed nutrients, oxygen and antioxidants that help remove free radicals and toxic metabolic waste from the eyes.

This is especially important for macular regeneration because the macula is one of the most metabolically active tissues of the body and very dependant on proper circulation.

These are only three of the herbs that can benefit the eyes. There are others like **Spirulina, Garlic, Flax, Fennel, Dandelion, Chorella, Alfalfa, Rosehips, Fenugreek, Barberry, Chamomile, Yarrow, Vervain and Plantain** that are rich in the compounds and nutrients that benefit the health of the eyes.

RECIPE:

A nice blend of herbs to benefit the eyes could be:

**1-part Eyebright, Bilberry, Yarrow, and Fennel and
1/2-part Hawthorn and Ginkgo**

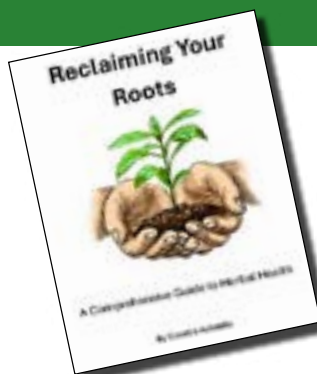
These herbs provide anti-inflammatory, astringent and alterative properties helping to tighten and tone the tissue of the eyes removing excess toxins and pressure so the eyes can heal.

THE HERB CORNER AND LEARNING CENTER

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Cecelia
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Reclaiming Your Roots, a Comprehensive Guide to Herbal Health written by Cecelia Avitabile

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About Cecelia: After a tumor in her husband's brain challenged her herbalist skills for many years, spurring her to learn even more, Cecelia Avitabile took and passed another rigorous course from nationally accredited **Australasian College of Health Sciences**, a school teaching the latest research-based Herbalism. **Master Herbalist and member of The American Association of Drugless Practitioners Cecelia can start you "on the road" to herbalism.** Her book **RECLAIMING OUR ROOTS** restores to your life the option of health-promoting herbal skills nearly lost to our "modern" world.



SETH SPEAKS

from page 18...

Christ's message then was picked up, used, ALTERED to fit a thousand different purposes, and yet it survived and still led whole groups of people through the ages. People pour revelatory information into the current bowl of known facts, and when those so-called facts are proved outdated later then they are in a turmoil.

Man's state of consciousness at the time, historically given as **Christ's** birth, was such that the ego was strongly emerging; it felt its strength but was also afraid of its own daring, and identified strongly with the mortality of the body. It needed a new creative forward-thrusting impetus that would enable it to realize its existence after death, and to reinforce that intuitive knowledge. As in (Psychic ?) Politics, the Jewish prophets had foreseen such a state, and there was a built-in psychic framework ready. The MALE **God** was still used, however, for the race had chosen to identify the ego with the male characteristics, and the FEMALE with the intuitive ones.

The **Christ** myth arose triumphantly from the shoulders, figuratively speaking, of several lives. The air was ripe. There were a large number of splintered religious sects, and self-proclaimed messiahs EVERYWHERE. But the self-proclaimed messiahs stood for an INNER messiah, and for man's need to rise above the conditions of time and consciousness.

The people ask what truth is, and when they do so they question from a certain LIMITED viewpoint, and deal with a limited order of events. It is as if someone asks you, "I want to know if a violet is a truth." You answer, "yes," and the individual (louder) then goes shouting to all his fellows, Ah-ha - all roses are lies because violets are truth."

In certain terms the spirit of ALL THAT IS shone down upon the people, illuminated them in a time of need, and spoke out through the lives, words, and deeds of several men - and mankind creatively merged these messages and spirit into a MYTH that contained however the great energy and power of its source.

In your time you may smile indulgently at the Gods of **Olympus**, and see clearly that they were mythical characters. There are nature Gods, come and gone, whose names do not even remain, buried fantasies YOU might say, precious folklore lost. Yet those Gods were

no more real or no more false, or no more facts or no less facts, and no more powerful or less powerful THAN YOUR OWN. They also reigned, and molded civilizations. Men and women prayed to them at dusk and dawn, and their prayers WERE ANSWERED, as yours are when you BELIEVE that they will be.

All of these Gods are the result of earthly interpretations of deeper truths, interpreted according to man's beliefs at the time, changing their faces and names and forms, but always reflecting man's relationship with the source of his own being. For that being, while physical, springs from sources that CANNOT be completely expressed in physical terms, so the Gods have had earthly faces, and the legends have always been larger than the lives upon which they were bases.

The **Buddha** and **Christ spirit** HAVE THE SAME SOURCE, then, interpreted through different cultures and different times. To some extent each man and woman alive is involved in **God** making, and it is one of your NATURAL characteristics, quite IGNORED by your psychologists, and a mark of your species.

Men do not make Gods just because they are frightened. They do not make Gods just because they are looking for answers. They make Gods because they instinctively feel the strength and energy of their greater being, and because they are intuitively aware of other dimensions in which they also have their existence.

Men make Gods to explore the nature of their INNER reality, and this is as natural a part of the species as it is for man to explore his physical planet. He builds cities in the world, increasing commerce and communication, storing his art treasures, and he builds Gods in the image environment of his psyche in the same way.

In your terms his evolutionary progress follows the progress of the Gods. Those Gods tantalizingly lead him toward life like the carrot before the donkey, and they represent the great unknown potential that is inherent in the species. They represent the source reality from which the "fact" of man's individual life springs, and therefore they are larger than any fact. So when that reality is forged into the ever-changing world of fact, there will always be contradictions, until you realize that the contradictions themselves are invaluable clues.

Now: if you look at the religious and cultural "underground" at any given time of great change, you will find opposing factions. One, an extremist, almost hysterical version of the old or established religious concepts, and on the other side a countering force of ideas that have been building, often for a century, appearing here

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SETH SPEAKS

and there but without capturing the imagination of the masses. Often these will appear colored by the "old" established religious culture, or couched in its terms while carrying many ideas and beliefs that are definitely unacceptable to mainline thought. There will also be tumultuous areas in between, where the new and the old ideas meet with EXPLOSIVE variations. New Gods rise from the ashes of the old ones. So in your time Christian fundamentalists militantly bear the swords of many extremist doctrines not accepted any more by the general **Christian** community. They arouse old fears and superstitions, on the other hand the religious concepts that point toward your future also exist in the same underground of the culture, yet often couched in conventional **Christian** terms.

So **Edgar Cayce** interpreted his revelations so as to make them FIT IN WITH his conventional **Christian** beliefs.

Those who are learning to alter the focus of their consciousness interpret their information also often in the same manner, so you have again the good spirits or the angels of the light, or whatever; for to THRIVE the altered religious concepts must have SOME cultural coloration.

The populace in your country is experimenting more and more with altered perception, yet these states are still considered somewhat suspect, and will be interpreted by the individual usually through his own belief system. A fundamentalist, frightened of evil and convinced of its power, WILL encounter a demon. A spiritualist will ask for a protective **Christ** circle, perhaps, or otherwise seek protection from the "evil spirits."

There will be **Tibetan** masters, as there have been, or **Indian** guides - or whatever format serves as a framework. Earlier, **God** or **the Virgin** or one of the saints might speak, but throughout the ages the great development of the psyche found its voice by whatever names. Thus far, in your terms, there always had to be good spirits and bad spirits, or a **Christ** and **AntiChrist**, a **God** and a devil, because man's consciousness has not yet been able to rise above such SEEMING realities.

In the past the mechanisms, the myths and the pagantry served in one way or another to express the deeper realities for which they stand. Now man's con-

sciousness is ready for another quantum leap, in which it must begin to throw away those disguises, for they serve NOW to hide rather than to reveal.

Man thought that by making his Gods "real," he proved their validity, for a while the process meant something. For truly the Gods ARE living. (long pause) The native man knew that the Gods lived, thrived in each rock, stone, animal and person. As the species developed man became less democratic. His Gods were super examples of the species, and finally represented only half of that species.

Then **Christ** was seen as born into a specific time, imprisoned in a few earthly years. Even though he was supposed to have ascended after death, this still presented a WATERED-DOWN version, since he could not be encountered in the SAME WAY again.

(long pause) **Christ** served nevertheless as a beacon to consciousness as it traveled a certain road; but once more and in a different fashion, that road now branches out, for the species is beginning to use its consciousness more freely again, and after having experiences it did not have before.

In the old frame of reference there HAD to be ONE **God** or NONE. There could not be many, for the idea of many Gods smacked not only of **Paganism**, but of primitive superstition. If the ideas of one **God** was correct, then the concept of many **Gods** had to be wrong. The person who said, "There is no **God**," was an atheist from BOTH standpoints. The greater reality comfortably holds all three beliefs, WITHOUT contradiction, for there is no **God** if you are thinking of simply a crowned king of your own species. There are many **Gods** if you realize that each of you is a portion of ALL THAT IS.

There is one **God** above all, if you think of ALL THAT IS as it exists, being more than its infinite manifestations. Its manifestations however include rocks and trees, animals, atoms and molecules - and they are not inferior versions of what you are. They are simply other versions of ALL THAT IS.

Now **Ruburt**, in stripping away myth, helps put EACH individual who reads this material in touch with the creator. More sacred reality from which those myths spring. The true nature of mysticism CAN NEVER BE MADE LITERAL, and the **Christ** spirit can only show more clearly when it is NOT confined to a fact system to which IT DOES NOT BELONG.

Then the **Christ** story can be CLEARLY RELATED TO YOU, as an example of a sublime fantasy based on a truth that is a source OF ALL LIFE.

HOROSCOPES MAY 2025



ARIES – (March 19 – April 18)

ARIES: MOOD

Your spotlight is certain! Until the 20th, the Taurus sun serves and stimulates your financial interests, especially with Uranus nearby, your chances of pleasant surprises are real. From the 11th to the 26th, Mercury favors an excellent financial opportunity. At your place, with Mercury from the 1st to the 10th, Venus, Neptune all month, and Saturn from the 25th, we can say that you are under the celestial spotlight! Your personality softens, becomes more attentive to others, and for once turns towards something greater than yourself. You will want to structure what matters to you, especially the 1st decan. Jupiter and Pluto in a favorable aspect ease your relationships and projects that could take a radical turn. Mars in Leo strengthens your love life, a very lovely month!

LOVE IN GENERAL

This sector looks promising. Venus and Mars are granting you the perfect combo to express your feelings and live out your desires. Your aura makes any emotional connection or budding romantic approach easier. Mercury adds flair, tenderness or playfulness to your speech - what will be your seduction weapon?

IN A RELATIONSHIP

From the 1st to the 10th, watch your words as it will be the only pitfall of the month! Venus in your sign and Mars in Leo strengthen your heart, your body; you will embrace your other half with ardor and eagerness. Together, you forget the world

SINGLE

Charismatic and full of zest, you can't go unnoticed! Your chances of meeting people are impressive, but don't forget your manners, especially from the 1st to the 10th. Because attracting is one thing, but conquering is another

CAREER / FINANCE

The energies in Taurus help you increase your funds through a stroke of luck, a surprise, or because you will have anticipated an event, thank you Neptune. Jupiter boosts your address book while Pluto generates your projects, your great dynamism could favor what you desire.

ADVICE

It's shaping up to be a very nice month for you! You have many different strengths, so open your heart and mind - you have nothing to fear, quite the opposite.

TAURUS – (April 19 – May 19)

Many challenges ahead! Indeed, the sun in your sign until the 20th, supported by Uranus (last decan), boosts your aura and your desire to experience this beginning of spring in your own way, you dream of chosen changes! But several planets occupy a sector of your life linked more to darkness than to light, you will have to be patient, reflect, and accept the support of time. (Mercury from the 1st to the 10th, Saturn from the 25th, Venus and Neptune all month). Mars in Leo strengthens your dynamism but with a bit of excess, keep your legendary calm, especially at home. Mercury in your sign from the 11th to the 26th will help you communicate well during this period, take advantage of it. Jupiter supports your possessions, phew! Pluto demands professional modifications, radical and unavoidable for the 1st decan.

LOVE IN GENERAL

Between unexpressed or barely felt feelings and a somewhat anarchic sensuality, your love life doesn't seem to be in its best shape! The intensity of the atmosphere is disrupting your nature a little too much, making it hard for you to be understood, except between the 11th and the 26th.

IN A RELATIONSHIP

Open up to your partner, even if you don't feel like it, this behavior will lessen a possible icy coldness that could taint your closeness. You will feel more comfortable from the 11th to the 26th to explain or express your affection nonetheless.

SINGLE

The slightly tense atmosphere for your sign does not favor a promising encounter. However, stay alert in your close circle from the 11th to the 31st, a conversation could help you start a romance. Do not get upset if your desires are misunderstood, be patient.

HOROSCOPES MAY 2025



CAREER / FINANCE

Jupiter supports your financial affairs, especially those related to your professional income, but don't go throwing money out the window because the slightly cloudy weather for your sign invites you to relax your fundamentals. Be vigilant at work, as very important changes are coming.

ADVICE

Do not be alarmed, this month requires concentration and long-term vision, which you are very good at! Your desires will be somewhat thwarted but all things come to those who wait.

GEMINI – (May 20 – June 19)

Surrounded and active, this month looks quite sporty! Until the 20th, the sun in Taurus, accompanied by Uranus, strengthens a certain search for truth, you could feel many things that are indescribable in words. Then the sun moves into your sign on the 20th, joined by Jupiter, and your form is looking Olympic. Mercury, your planet, moves through three signs (Aries, Taurus, and Gemini from the 26th) so you will need to adjust to your interlocutors. The duo Venus and Saturn in Pisces until the 24th brings ups and downs to your professional life, discern the true from the false. Thanks to the beneficial Mars for you, you are functioning at full capacity, and your many friends appreciate it. The 1st decan receives Neptune in Aries and Pluto in Aquarius, your ideal life is shifting profoundly!

LOVE IN GENERAL

Venus and Mars are not communicating harmoniously for your sign, you may have emotional needs and carnal desires that are different or difficult to express to your partner, but it will improve by the end of the month. However, your energy can help you remain dynamic, proactive, and passionate. It's up to you to play!

IN A RELATIONSHIP

Communication will be delicate, especially between the 11th and the 26th. Don't get irritated over small things. Your emotions are tense because they are too fleeting for your spontaneous nature, while your desires will be powerful. How can you make yourself understood by your partner?

SINGLE

Someone at your workplace might be eyeing you up, but will you be truly receptive? Mars insists on your desires being strong: go out, see people, embody joy and good spirits.

CAREER / FINANCE

Jupiter in your sign heightens your opportunistic nature, ensuring you are in the right place at the right time to seize an opportunity. However, until the 24th, Venus and Saturn in Pisces may slow down your professional affairs, so do not lose sight of your goals and surround yourself with knowledgeable individuals. A contract signing is possible between the 1st and the 10th.

ADVICE

Neptune and Saturn are entering Aries and starting to influence your life for the better, some very promising changes will gradually take place. Hold on tight, it's going to be a wild ride!

CANCER – (June 20 – July 21)

This month doesn't look like it will be restful at all, but you have the energy necessary to rise to the challenge! Your friendships or projects will be in the spotlight until the 20th, and delayed but beneficial conversations could occur between the 11th and the 26th. The professional sphere welcomes several planets, Mercury from the 1st to the 10th, Venus and Neptune all month, and Saturn from the 25th. Some tensions with your colleagues or superiors are possible, so you'll need to demonstrate patience, modesty, and a bit of intuition to avoid rubbing anyone the wrong way! Your energy will be precious, with Mars boosting your fuel. Unfortunately, Jupiter is neutral for you, so show patience. Pluto begins its long stay in your financial sector, and some changes will become evident to the first decan. Overall, everyone will feel that something is moving, but what?

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HOROSCOPES MAY 2025



LOVE IN GENERAL

Jealousy and possessiveness will need to be monitored during the month. Indeed, the planets are intensifying your sensitivity harshly, causing you to hold back on expressing your true feelings for fear of coming across as fragile. At the same time, your physical desires will be very intense and concrete. How can you reconcile the two?

IN A RELATIONSHIP

The dialogue will be the foundation of your relationship, essential for the closeness you want to maintain. From the 11th to the 26th, take advantage of this time to show your partner concretely your feelings, your other half cannot guess them. Your sensuality should follow an upward trend.

SINGLE

Charismatic and somewhat mysterious, your hopes of conquest will not be easy to realize, especially if your sensitivity plays tricks on you. The friendly sector is conducive to a meeting from the 1st to the 20th, so get out, dress up!

CAREER / FINANCE

Mars serves your regular income while Pluto handles other people's money, an inheritance or a bank residue in your favor? You should not lack assets, especially since the professional sector is important this month, move your pieces methodically and you will progress without hurting or harming anyone.

ADVICE

This month should not be relegated to the archives of your heart, however, you still have a few cards to play if you want to stay in the game!

LEO – (July 22 – August 21)

This month looks very idealistic for you, you will need and want to prove your worth! Until the 20th, the energies in Taurus, the Sun and Uranus, are causing a bit of a stir in your work, you are being challenged, rise to the occasion! You have many assets up your sleeve, your friends will be there for you, thank you Jupiter, while Mars in your sign all month emphasizes your zest for life. Of course, Pluto is starting its transforma-

tion (1st decan) in your marriage or partnership sector, respect your loved ones or face a radical break. The energies in Aries (Mercury from the 1st to the 10th, Venus and Saturn until the 24th) are pushing you to believe in your dreams, you aspire to live better and as you please, what a lovely program! From the 20th, a project could start.

LOVE IN GENERAL

This sector appears very protected. Venus and Mars in good aspect to your sign enhance your inner fire, you will have a lot of sensuality and desires to offer. From the 1st to the 10th, Mercury and Neptune together could favor a particularly unexpected encounter but carrying a certain magic. Passion guides your steps.

IN A RELATIONSHIP

A new honeymoon awaits you under the covers, plan for plenty of passion this month. Communication will be easier until the 10th, then more challenging until the 26th, adapt your words and reactions to avoid offending your partner.

SINGLE

In search of your soulmate, this lovely month of May could meet your often high expectations! Your friends could help you, your great dynamism will be a strong magnet for your romantic aspirations. Make your choice!

CAREER / FINANCE

Your professional situation will require your attention, not because you are at risk but because some people will be watching you closely. Forewarned is forearmed. The first decan may feel others intensely in an unpleasant way, so find compromises. Although your assets are stable, they will not see a significant increase.

ADVICE

A month that could leave some nice beneficial traces! Focus your efforts on your own personality, less on others, so you will grow and you will avoid ego wars.

VIRGO – (Aug 22 – Sept 21)

Many inner feelings! Until the 20th, the energies in Taurus (Sun from the 1st to the 20th and Uranus) contribute to your mood, you will want to see far and believe in your hopes! Mercury, your planet, travels through three signs, Aries, Taurus, and Gemini, your legendary adaptability will be required, you will have no choice

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but to be relationally flexible. Mercury and Neptune together until the 10th urge you to open yourself to the invisible, some unexpected perceptions could destabilize you. Mars in Leo gives you free rein, your actions are yours to take, use them wisely! From the 20th, the energies in Gemini, Sun and Jupiter, strengthen your ambition, your career will be at the center of your thoughts, move forward without fear. Pluto begins its changes in your daily life (1st decan) what do you want to let go of?

LOVE IN GENERAL

More passionate than usual, you might surprise those around you with behavior that is out of character. With Venus in Aries intensifying an internal tension that you struggle to shake off, embrace this energy with a philosophical mindset – your romantic relationships, while intense, will be more harmonious. Your sensuality will struggle to be expressed.

IN A RELATIONSHIP

A little jealousy could tarnish your long-term or budding relationship, so go easy on the suspicion, your partner might flee! Mars in Leo does not encourage physical prowess but rather a clumsy timidity.

SINGLE

Your feelings will be strong, but your clumsiness undermines your noble intentions, while Mars activates desires in you that could remain hidden from others. Adjust what you feel or you might miss out on a beautiful story.

CAREER / FINANCE

Financial matters are looking pretty good this month, with a cash influx from a legal transaction or a loan that could bring a smile to your face. Jupiter in your professional sector is intensifying pressure but also offering some solutions, so communicate as much as possible with your colleagues or collaborators to avoid some issues.

ADVICE

Some challenges will need to be overcome, indeed, but your steadfast seriousness should help you navigate through some of the monthly storms. Believe in your lucky star for once!

LIBRA – (Sept 22 – Oct 21)

Your legendary diplomacy is likely to be very useful to you this month! Until the 20th, the energies invite you to consider changes, starting in your life, the notion of hesitation is not on the agenda! Jupiter favors a great fruition of your ideals, starting from the 20th, any good news in this regard? Mars strengthens your friendships or projects, avoid rushing into either one, your dynamism could be mistaken for opportunism! Your marital or associational sector receives Mercury from the 1st to the 10th, Venus and Neptune as a duo all month, beautiful relational moments are to be expected, communication, although active, will be courteous and inspired. Pluto in Aquarius helps you (1st decan) to initiate an irreversible and beneficial change in your love life or parenthood.

LOVE IN GENERAL

Monthly energies satisfy your emotional appetite! Venus and Neptune in Aries, opposite your sign, harmoniously enhance any lasting intimate connection, while Mars in Leo gives you a strong physical magnetism. Who could resist you in these optimal conditions? And if you are seeking a soulmate, Pluto is watching over you!

IN A RELATIONSHIP

Beautiful moments await you as a couple! The harmony you love can settle in and provide you with a fulfilling love life. Your feelings and desires perfectly balance out, happiness is within reach. Focus on your communication from the 11th to the 26th.

SINGLE

A very important encounter could shake up your love life, especially for those born in the first decan. There is a new beginning or a profound change that will alter your relationship status. Pay attention to your way of communication from the 11th to the 26th.

CAREER / FINANCE

From the 1st to the 20th, there is a good chance that your finances will be highlighted, with some money coming in from a legal, notarial, or banking procedure that will have an impact on your professional income.

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Venus could soften a current contract and promote a raise. You are working diligently and with great inspiration.

ADVICE

A very pleasant month awaits you. Manage the impatience that may bother you between the 11th and the 26th, listen to others, and everything will turn out for the best.

SCORPIO – (Oct 22 – Nov 20)

Work and daily life are your priorities for the month! Energy, until the 20th, supports your intimate, marital, contractual relationships; others will take up space and you will need to accept it. From the 11th to the 26th, Mercury will enhance the impact of others; communicate. The work sphere receives Mercury from the 1st to the 10th, Venus, Saturn (from the 25th), and Neptune; you will have desires for advancement, to do what you love, and to find true meaning in your professional life. Mars in Leo requires you not to let your guard down with colleagues or superiors; opt for a frank yet loyal attitude. On the 20th, the sun in Gemini joins Jupiter and brings a beautiful intensity to your mental life; take the opportunity to understand your personal desires. Pluto may intensify some family concerns for the first decan.

LOVE IN GENERAL

Until the 24th, Saturn favors an emotional commitment based on a deep connection. Are you ready for that? Venus in Aries intensifies your most genuine feelings while Mars in Leo highlights your most urgent desires. Finding a balance will be challenging, but you enjoy challenges. It's your turn to play!

IN A RELATIONSHIP

You will not want laughter but rather a love you can rely on, you might test your partner's feelings, does he still love you as much? Mercury from the 11th to the 26th facilitates this type of approach, will you be disappointed?

SINGLE

The workplace is a prime place to make an interesting encounter, keep your eyes open but don't forget that love and work rarely mix well! Your feelings will be intense, your desires strong, seduce but with tenderness.

CAREER / FINANCE

You will be very busy with your professional matters and financial situation. Mars squaring your sign emphasizes your ambition and desire for advancement, but don't be too rigid. Uranus may alter a contract, especially from the 11th to the 26th, so read between the lines.

ADVICE

A month of hard work but you are a person of challenge and struggle. Act with vigor and tenacity, but always with loyalty, or else face an unpleasant consequence.

SAGITTARIUS – (Nov 21– Dec 20)

An idealistic and very altruistic month! With the Sun in Taurus until the 20th, accompanied by Uranus, it encourages you to focus your efforts on your work sphere and adapt if some unexpected events occur here and there. Mars in Leo strengthens your ideals, you are willing to put in the effort for a good cause. The energies in Aries: Saturn (from the 25th), Venus, and Neptune all month, bring a shower of blessings in your emotional or parental life, with real and lasting satisfactions likely. Mercury from the 11th to the 26th demands your professional involvement, so be focused and open to discussions with your colleagues. On the 20th, the Sun, followed by Mercury (from the 26th) and Jupiter, shed light on your intimate or associative life, so collaborate!

LOVE IN GENERAL

This sector looks cloudless. Mercury, well aspected from the 1st to the 10th and then from the 26th to the 31st, Venus and Neptune all month, provide you with the energies useful for your emotional well-being on a silver platter. Your sensuality will be unwavering, with Mars in Leo ensuring your passion remains strong!

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IN A RELATIONSHIP

Without hesitation, you should spend the month hand in hand with your heart's partner. The sky is inspiring you with a sense of communication, perfect emotional expression, and peak sensuality.

SINGLE

Eager as can be, you long to meet your soulmate with all the love you feel welling up inside you. Pluto may favor a passionate encounter (1st decan) while the energies in Aries create conditions ripe for a real love story. Exciting prospects!

CAREER / FINANCE

The contractual sphere is under Jupiter's protection (especially in the last decan), particularly after the 20th. Take a lottery ticket, you might win big if you try your luck. Your work will take a prominent place from the 11th to the 26th, go along with the change if it occurs, you only stand to evolve.

ADVICE

Aim high, aim true, the planets help you understand what makes your heart sing, be attentive! Watch out for any excess in action or words and everything will be fine.

CAPRICORN – (Dec 21 – Jan 19)

You will feel the call of creativity or love until the 20th thanks to the energies in Taurus: the Sun, Mercury, and Uranus. Then you will refocus on the sphere of work and daily responsibilities. Mars in Leo brings a lot of energy to your psychic life, desires for change, and your physical energy may also increase. Some surprises are possible at home with the energies in Aries: Mercury from the 1st to the 10th, Venus and Neptune throughout the month, and Saturn from the 25th, heralding movement, new developments, beautiful emotional inspiration but also a coming strictness. Do you have reasons to worry? Pluto moves into Aquarius and imposes financial reorganizations stemming from your professional activity (especially for the 1st decan). Embrace these changes that should be beneficial in the long run.

LOVE IN GENERAL

Your heart should beat faster, but maybe a little too much. Adjust what you feel and opportunities to express it or not. Mars reinforces your desires in an imperative way, your natural reserve should shatter in intimacy. Will your partner be on the same page as you?

IN A RELATIONSHIP

You are ready to commit, but your passionate feelings hinder your approach towards potential conquests, and you are not taken seriously. With Mars in Leo, your unrestrained sensuality doesn't help either. Communicate!

SINGLE

From the 11th to the 25th, some very interesting relational opportunities could change your love life. So don't act grumpy; that would be a shame. Your feelings are protective, but your desires are urgent. Find the right balance, or your conquests will flee!

CAREER / FINANCE

Luck is concentrated in your professional sector, with Jupiter bringing opportunities that you should seize, while Mars effectively strengthens any money coming in from stock market or legal transactions. Do you have any bank investments? With Pluto in control of your sector related to your main income, you should be encouraged to set up a sustainable budget

ADVICE

This month is shaping up to be eventful, full of twists and turns to experience, rejoice! Dive into the battle with joy, humor, without fearing mistakes that don't exist but are only lessons.

AQUARIUS – (Jan 20 – Feb 17)

Pluto in your sign, first decan, opens the door to an unmatched intensity of behavior. This month promises to bring about changes that could affect all areas of your life. Until the 20th, the home or your living space will require your attention, a mixture of good and less good could arise between the 11th and 26th. But your spirits are high, with Venus, Neptune, and Saturn moving into Aries starting the 25th, supporting your thoughts,

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travels, and interpersonal communications. Mars, across from you, waves the red flag of discord with your close ones or professional partners, stay accommodating and calm! From the 20th onwards, the energies in Gemini favor your romantic or creative sector – if you are a parent or artist, this period will be full of pleasant events.

LOVE IN GENERAL

The combined energies of Venus, Neptune, and Saturn in Aries, and Jupiter in Gemini, ensure a beautiful evolution in your love life or a strong and ideally inspiring encounter! Of course, you will have to make efforts with your significant other as Mars in opposition acts stubborn, so stay calm and composed!

IN A RELATIONSHIP

If you've had any issues smoldering, this month could intensify them, beware! But you have several interesting cards up your sleeve, the energies urge you to be affectionate, diplomatic, full of humor, and your love life will improve greatly.

SINGLE

Charismatic and more determined than ever, thank you Pluto, you dare to entertain the hope of a beautiful encounter and you are right! This month, the planets are favoring you in this respect, so get out there, socialize, and keep your eyes open, someone is waiting for you there.

CAREER / FINANCE

The financial sphere remains neutral this month, so step up your efforts with your contractual partners as you may feel confrontational, which is not the ideal solution! If you work in the arts, a development is underway, especially after the 20th. For everyone, stay focused and consolidate your achievements.

ADVICE

Prepare your patience but also your passion because this month you will have strong desires to show yourself as you are, without makeup or disguise.

PISCES – (Feb 18 – March 18)

Some minor concerns are possible but this month is shaping up to be very positive! Saturn finally leaves you on the 24th, you should feel a clear relief! It moves into your sector related to your regular income, joins Venus and Neptune, something very harmonious could result from it with a bit of method. Your close circle will be important, especially from the 11th to the 26th, beneficial conversations could take place. Your home could be at the center of some disturbances, a delayed move or heavy family concerns, take life on the bright side, adjust your aim if necessary by embodying patience and moderation. Mars boosts your professional ambition, this area will be very active throughout the month while Pluto in good aspect to Mars, will help you (1st decan) plan changes you aspire to.

LOVE IN GENERAL

Of course, the family atmosphere may influence your emotional life, but you are very good at separating things so, do it! A little possessiveness all month and some authoritarianism after the 24th are possibilities, but dialogue will help you smooth things over until the 26th. Keep confident!

IN A RELATIONSHIP

Lighter, less rigid (especially after the 24th), your love life will require some effort if you want to avoid spending the month sulking or pushing your partner away! From the 11th to the 26th, address sensitive topics, you will be understood.

SINGLE

The professional sector could facilitate a meeting, but whether it will be lasting is far from certain! You aspire to a stable relationship, your feelings, although passionate, will be committed in the long term, do not rush, take the time to get to know each other.

CAREER / FINANCE

Your wealth receives the beneficial energies of Venus and Neptune throughout the month, then from Saturn on the 25th, an improvement is likely, as well as a need to consolidate what you already possess. Mercury, from the 1st to the 10th, favors several sources of income or good news.

ADVICE

It will shake the coconut tree a bit but for a good cause, yours! Don't panic, go back to basics: inspiration and trust in life, success awaits you.

NON - RELIGIOUS SPIRITUALITY



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Jim Palmer

LEVEL 4 SELF-ACCEPTANCE: ANSWERING THE "WHAT AM I?" QUESTION

In my view, **Level 4 Self-Acceptance** is the most critical aspect of self-acceptance. Shame is internalizing a false and condemning belief about who you are. Shame says: "I AM bad", "I AM worthless", "I AM inadequate", "I AM inferior", "I AM pathetic", "I AM a loser", "I AM a failure".

The investigation of what you are is a critical stage of self-acceptance because what you ultimately discover is that your true and underlying nature is complete, whole, pure, radiant, undisturbed, serene, infinite, timeless, equanimous and luminous.

Shame is an attachment to an idea of what you think you are, based upon all the thoughts and feelings floating around in your head.

The content of these thoughts and feelings that come and go in your head are always shifting and changing, progressing and digressing, arising and dissolving, and is subject to many different factors, conditions, circumstances and variables.

Mark Twain wrote,

"Life does not consist mainly, or even largely, of facts or happenings. It consist mainly of the storm of thoughts that is forever flowing through one's head."

Even on your best day, your shifting thoughts and feelings are not a stable and reliable source or basis for your sense of identity and self. It's good to step back and ponder the "I am" question on different terms:

- I am the universe experiencing itself as a human person
- I am a process of perpetual becoming
- I am an expression of the marvel of life
- I am a manifestation of the ground of all being
- I am the commencement of infinite possibilities and potentialities

ABRAHAM-HICKS



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response, and when your income is tied to an action, the amount that you can receive, proportionately, is miniscule.

When you're trying to make it happen by performing an action, you are limited by the beliefs that you have about time and space. In other words, you will say "I only make this much per hour and there's only this many hours in a day." And then you can work overtime, and you can work double time, and you can work extra time, and you can leverage your time in different ways, but until you leverage through alignment, you really are in the category with millions of other people where not very much is gonna happen.

Where if you say "I'm willing to play the game differently, I'm willing to accept on faith, maybe a little, that Abraham's right and that all of the struggling that I've done has put a lot of money for me in vibrational escrow, and I'm willing to go on faith that this universe is abundance and that there is an open valve for me through which I can receive abundance. I'm willing to go along with that idea. And I'm willing to play it that way for just a little while where -- instead of considering action in relationship to money -- I instead consider emotion in relationship to money. How do I feel about money? How do I feel about money? I'm gonna leverage through emotion rather than bang it out through action."

Now that doesn't mean stop your action. Go to work, do whatever you need to do. Let the money come in in the little, mediocre, pitiful way that it flows into your experience. In other words, you don't want to pinch that off. Let it come. But while it's coming, appreciate it. While it's coming, look forward to it. While it's coming, compliment yourself and compliment others. In other words let it be an energy game while you're living the action game, because you can do both. It doesn't have to be one or the other.



Scott Grace

THIS IS NOT SUMMER VACATION TIME AT EARTH SCHOOL

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Personally, I think the white Mr. T. is in this higher office for a higher purpose.

Not that he is aware of it.

HERE'S MY TAKE:

To accelerate the breakdown of a system failing us miserably, one that has been stinking of greed, rigged for a few, and rapidly making the earth uninhabitable for humans.

A big wrecking ball has come disguised as our President, and yes he's making things worse, but perhaps from the ashes of his fiery destruction a phoenix will rise, and a more humane system will be born.

I suppose some faith and trust is needed to think this way.

"The arc of the moral universe is long, but it bends toward justice" -- -Martin Luther King Jr.

I'm aware that many people are going to be severely impacted by this presidency.

When seen through a microscope, these are dark times.

But we all have access to a macro-scope, the ability to view life from a broader perspective.

Right now you may be too angry or freaked out to even want to access such a point of view.

If this smacks of spiritual bypass, then it's not good medicine for you.

But looking through my macro-scope, I see that Trump is unwittingly serving the evolution of human consciousness.

We, the people, in our pursuit of happiness, have become a nation of addicts.

An addict needs to hit bottom before recovery begins.

Breakdown before breakthrough.

Let's remember that our country was built on the genocide of the Native Americans and through an economy based on slavery.

I continue to see our national shadow being a warped sense of entitlement.

We wiped out the Indians, pushed the Mexicans out of Texas and California, and messed with hundreds of countries because their governments were not allowing us to make profits.

Trump is the living embodiment of our national ego, a gross caricature of a sense of entitlement blown so out of proportion for all to see.

Sometimes, that's how we learn lessons the fastest.

In other words, we have a lot of shit in our nation's intestines.

Many of us would like our country to get our shit together, but that may be a little premature.

Perhaps we need to get it up and out first, so we can really smell it and develop a severe distaste for it.

Sometimes the healing of arrogance comes from a severe case of humility, sometimes called humiliation by those steeped in arrogance.

Perhaps half the country has unwittingly hired a colonic therapist.

HORIZONS MAGAZINE MISSION STATEMENT

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

Andrea de Michaelis. Publisher

OUR PURPOSE IS:

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

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

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

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

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

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

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

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

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

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

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

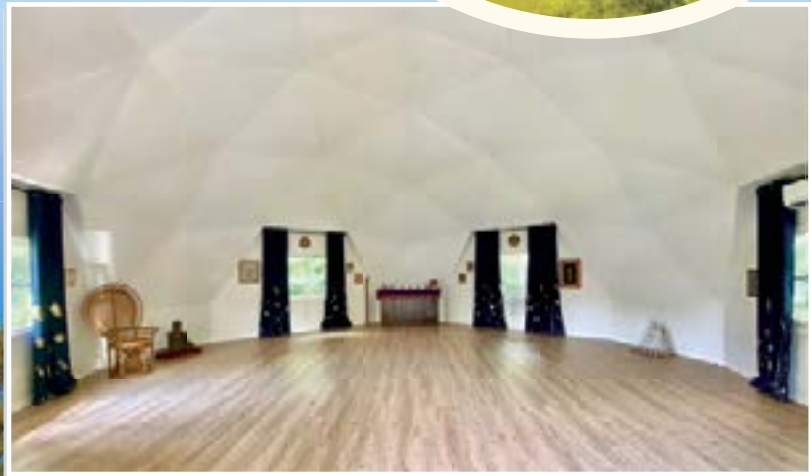


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