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Andrea de Michaelis presents

# HORIZONS

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*See Herb Corner article on page 10*

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**SUNDAY Services**  
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**Friday June 10th, 6:30pm Game Night.** Come play games. Bring a snack and/or non-alcoholic beverage to share. The church has many games, but if you have a favorite we love to learn new games.

**Sunday, June 11th & 25th, 12:30 pm – 1:30pm The Quest with Valarie Parson.** Got "QUESTions?" Join us each Sunday for one power-packed hour as we journey through the book and workbook of "The Quest." We'll take the topics as they come and have great discussions as we find meaning on the journey and help others along the way. Books and Workbooks available in the bookstore at Unity of Melbourne. Suggested love offering \$5.

**Tuesday June 13th, 6:30-8:30pm Souper Tuesday with Paul Esche, LUT** Join us for "Spirituality Meets Technology." Light snacks will be offered. Suggested love offering

**Thursday June 15th & 29th, 7:00pm The 5 Love Languages: Singles Edition with Jenny Battig.** Join us as we dive into how learning more about how we express and need love can help us understand ourselves and others better, improving our relationships.

**Saturday June 24th 9:30-3:30pm** and 3 conference call sessions lasting 1 hour  
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**Wednesdays, 6:30pm Meditation with Jenny.** If you need some quiet in the middle of your week, join Jenny for a time of guided meditation and quiet.

### ONGOING EVENTS

First Sunday of Month - Reiki Healing Service after both Sunday Service  
Second Friday Night - Game Night 6:30pm  
Third Sunday of the Month - mini service at WAVECREST 2:30pm  
Noon Prayer Service Tuesdays and Thursdays  
Tuesdays - Course In Miracles 7:00pm  
Wednesdays - Meditation with Jenny 6:30pm

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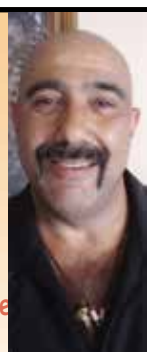
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# HORIZONS

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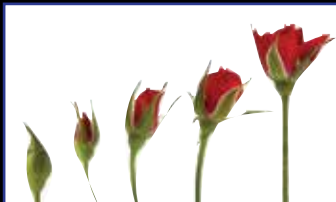
**On the Cover (page 31)**  
Lady Nada by  
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<b>Our Advertising Rates • Low because we're in it for the outcome, not the income .....</b>	<b>6</b>
<b>12 Steps of Spiritual Freedom by Rev. Tom Sannar .....</b>	<b>6</b>
<b>This Month's Thoughts About Things by Andrea de Michaelis .....</b>	<b>7</b>
<b>Top 5 Ways to be More Assertive in Relationships by Doreen Virtue .....</b>	<b>8</b>
<b>The Teachings of Abraham-Hicks .....</b>	<b>9</b>
<b>Herb Corner with Cecelia Aitable .....</b>	<b>10</b>
<b>Taming The Wild Horse by Sophia Quzi .....</b>	<b>11</b>
<b>From The Heart by Alan Cohen .....</b>	<b>14</b>
<b>Ask Whitedove with Michelle Whitedove .....</b>	<b>15</b>
<b>A Grounding Meditation for Healing Pain by Meera Watts .....</b>	<b>16</b>
<b>Soul Songs: Abraham Fun with Karen Williams .....</b>	<b>17</b>
<b>Our Calendar of Events .....</b>	<b>18</b>
<b>Spiritual Graffiti by Jeff Brown .....</b>	<b>19</b>
<b>Notes From The Universe by Mike Dooley .....</b>	<b>19</b>
<b>Crystal Garden with Margaret Lembo .....</b>	<b>20</b>
<b>Our Mission Statement .....</b>	<b>20</b>
<b>Quantum Affirmations with Monte Farber .....</b>	<b>21</b>
<b>Our Phone Directory *Pick up Horizons at these stores and locations* ...</b>	<b>22</b>
<b>A review: Masters, Mystics, Saints and the Gemstone Guardians Oracle ....</b>	<b>28</b>
<b>Monthly Horoscopes by Maya White .....</b>	<b>30</b>
<b>Cover Art .....</b>	<b>31</b>

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

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



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

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

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

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Calendar \$.50 per word. page 18  
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Page 3	\$550	\$1455	\$2550	
Page 4	\$450	\$1200	\$2100	
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As of Feb 2016 all pages are color, so above prices have been adjusted to reflect color prices. Ad rates posted before Feb 2016 said "Add 25% for color" so no more math.

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# 12 Steps of Spiritual Freedom

<http://oneheart-onemind.org> Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

- 1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
- 2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
- 4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
- 5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



You are loved and guided more than you can imagine



**Andrea de Michaelis**  
Publisher in 2016

## THIS MONTH'S THOUGHTS ABOUT THINGS...

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

**Welcome to the June 2017 Horizons.** I scroll thru Facebook and see what everyone's hot topic of the day is. We're staying hopeful. We've been heard. Helpers are in motion working to make it right. Hold the vision with us. Help is on the way. We stay hopeful because that's what sustains us and moves us forward. Never doubt that behind the scenes there are people helping. Be one of them. Help by staying hopeful. Tell worried friends to not take score too soon. Look at the people around you and make it your daily practice to get along with them. When emotions are high, we can help diffuse tension, we can help ease fears. No matter who's in office. Unseen powers are working things out. It's a good thing when the tower tumbles. All great changes are preceded by chaos. In the tarot, the lightning struck tower card symbolizes a breakdown of the status quo and the opportunity to rebuild again fresh a life that is more relevant to now. The result is always something preferred emerging from the ashes of what was no longer satisfying your soul. Stay hopeful.



Living in expectancy of good draws it to you. Viewing everything and everyone in front of you – and wondering how they might delight you – reveals to you how to

be delighted with what you see in front of you.

*I have a mustard seed and I'm not afraid to use it.*



Doing this as a daily practice will confirm it can happen for you. What good can you see coming out of the people and circumstances in front of you right now? Look deep.

## POSITIVE THINKING DOESN'T MEAN DENY THE STORM, IT MEANS EXPECT THE RAINBOW

A friend sent me an article criticizing positive thinking, quoting Osho as saying "the philosophy of positive thinking means being untruthful; it means being dishonest. It means seeing a certain thing and yet denying what you have seen; it means deceiving yourself and others."

That's not what it means at all. No wonder people don't think it works. Positive thinking doesn't mean look at the raging storm and deny it's happening. **Positive thinking means look for the rainbow, know the storm will pass and until then spend your time in happy pursuits, planning a hopeful future.**

The writer said, "You cannot change reality. The night will still be there; you can think that it is daytime for 24 hours, but it is not going to be light 24 hours a day." **Who thinks that would be true???? In positive thinking, you never deny what is there.** You don't deny it's daytime if you're standing in the sun. You don't deny "what is." **That's all positive thinking really is – is replacing your thoughts of worry and concern with thoughts of what is possible in the best case scenario, and releasing enough resistance that you can attract the successful outcome.**

## HOW CAN I THINK POSITIVELY WHEN ALL I KNOW IS PAIN?

I did a reading for a friend with a lot of health problems. "I try to think positively" he said, "but it's hard to think positively when I can hear my bones pop and crunch with every step. I am depressed because I'm in pain all the time. All I can think about is how much it hurts and that I will have to deal with this the rest of my life. So don't tell me to think positive." The problem is that he's not yet learned how to phrase a positive thought.

It's like people who say that affirmations don't work. If your self talk isn't working for you, you just need to know how to phrase it the right way. Repeating the wrong thing to yourself all the time won't help. Reminding yourself of the right things can help you begin to move out of your current situation. And to remember the right things, you need to say the right words and they need to be true and they need to have meaning for you.

So what do you remind yourself of when you feel the pain and hear the bones crunch and don't have the strength to jump up perky out of bed and into your day? You remind yourself things like:

I didn't always have this pain.  
I can remember times when it was easy to move.  
I can recall waking up eager and strong and pain free.  
I won't always have this pain.  
I remember that a diagnosis is just a snapshot in time.  
I remember I can do more to relieve stress and release resistance.  
I'd like to attract ideas and inspiration for fun things I'd like to do.  
I'd like to attract people and circumstances that delight me with new ideas and activities.

*...continued on page 29...*





# TOP 5 WAYS TO BE MORE ASSERTIVE IN RELATIONSHIPS

Doreen Virtue is a spiritual doctor of psychology and a fourth-generation metaphysician who works with the angelic, elemental, and ascended-master realms in her writings and workshops. Doreen is the author of more than 50 books about angels and other mind-body-spirit issues, including the best-selling *Healing with the Angels* and *Messages from Your Angels* books and angel oracle cards. Visit <http://www.angeltherapy.com>

**A healthy relationship is one in which each person is free to be honest with the other, in loving ways. In a healthy relationship, each person's needs are respected.** Conflicts will arise, as they do anytime two or more people are together, but in a healthy relationship, they will be cleared through honest and loving discussions.

## 1. GET GROUNDED

Earth Angels float above their physical selves like a helium balloon on a string. They're blissfully unaware of how their bodies feel or how their emotions are doing, because they're up in the ethers with God and the celestial angels. While it feels great to have your head in the clouds, this could be a distraction from your earthly life purpose. You're in a human physical body for a reason, and it's important that earth Angels learn how to put their focus and consciousness into their bodies. You can ground yourself by spending time outdoors in nature, especially by going barefoot and touching the soil, sand, or grass. You can also do so by simply surrounding yourself with trees and plants. Eating vegetables can help you get grounded, including potatoes, radishes, turnips, onions,

and other bulb vegetables. They grow in the ground, so they ground you when you eat them. Just make sure that they're organic and non-genetically modified (GMO-free). You can also ground your awareness by touching your feet or even better, getting a foot rub, pedicure, or session of reflexology.

## 2. HONESTLY REVEAL YOUR FEELINGS

As an earth Angel, you're naturally loving and kind. Being honest is a part of that loving and kind nature. It shows that you care enough about the person in the relationship to keep it long-lasting and healthy. In business relationships, being honest earns you respect. Honest people are viewed as strong contenders for advancement in the business world. Your genuineness is a sign that you have substance and strength, which is what healthy organizations seek in their employees. And you'll be much happier working for a healthy organization. Honesty is part of being a good and loving friend. It's important to be gentle yet firm while being honest. What this means is

*...continued on page 26*



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## HOW YOU BLOCK SOURCE ENERGY

**GUEST: What are the things that we do to deceive ourselves and to impede the goodness?**

**ABRAHAM:** Well, there are more than we could speak if we stayed a long, long time. But this is always true: Every time you're doing it, you feel the dissonance in your being. Negative emotion is always present when you are in the act of deceiving yourself. And the big bullet points are:

I'm not good.  
You're not good.  
I'm not right, I'm wrong.  
You're not right, you're wrong.  
Something is wrong with you.

It's always when you are pushing against something unwanted. It's when you've activated the opposite of Who-You-Are and what you want... that's when the greatest deception comes. And the reason that we are willing to call it deception - that's a clever choice of words on your part - is because Law of Attraction will support anything that you give your attention to... which makes you feel like it's true, not deceitful. But it is true in the physical disconnected sense, not in the Non-Physical, ALL IS WELL, you are PURE POSITIVE ENERGY sense. Did you get that? That matters a lot.

Esther argued with us, especially in the beginning - every day really - but especially in the beginning. She would say, "Abraham that's true, but that's true, that's true, that's a true thing... and I've been taught to be objective, and to weigh the pros and the cons and the pluses and the minuses, and to give everything equal time in my evaluation process... and that is a true thing."

And we said, "There are many things that are true because anything that anybody gives their attention to for very long becomes a reality." Law of Attraction says it will. That's the free will that you all have. How are you gonna really know what you want if you don't really know what you don't want? That's part of the deciphering process.

*...continued on page 27...*

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# Herb Corner

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

See Herb Corner events on inside front cover

## ELDER

**With over five regional species and 30 subspecies this small native tree can be found growing in the subtropical climates of North and South America, Africa, Australia and Europe.** Both the flowers and berries have been used for centuries in teas, tinctures, syrups, jelly and lozenge preparations. Archeologists have found **Elder** seeds in Neolithic dwellings in Switzerland and European villages. **Elderberry** was even mentioned over 2000 years ago in the writings of Hippocrates. In North America both the early settlers and Native Americans used **Elder** as poultices to stop bleeding, as teas to treat colds, joint pain, fever or for skin problems. They also ate the dried berries as a winter staple.



For centuries **Elder** has been used as medicine to aid **Respiratory conditions**; today modern research by the USDA supports the belief that **Elder** is rich in antioxidants, rutin, amino acids, Vitamins A, B and C and the bioflavonoid quercetin; these constituents are

said to reduce inflammation and enhance immune functions in the destruction of viruses and bacteria.

It is even listed in **2000 Mosby Nursing Drug Reference** for the treatment of colds, flu, viral infections, sore throat, bronchitis, tonsillitis, yeast infections, hay fever and nasal congestion. Scientific studies in **Germany** showed **Elderberry** contains more antioxidants than Vitamin C and E; these help boost the production of cytokines which act as messenger's to enhance the immune system.

One way **Elder** works is through its diaphoretic abilities; which get the body to sweat, when you are sick this helps the immune system amp up the bodies temperature; which then burns up and kills off the infection responsible for colds and flu. When lab studies were done it was found that **Elderberry extract** was effective for the treatment of the **H1N1 (swine flu)** virus.

### EXTRACT OF ELDERBERRY RECIPE

You can make an extract of **Elderberry** by simmering 4oz. dried berries in 4 cups of water, cooking this down until only 2cups of this tea remain. (You can also add a pinch of **ginger** and **cloves** for more potency.)



After it is cooked down and when it cools, strain off the berries and add 1cup **honey** to the tea (you now have a syrup). Bottle and store your syrup in the refrigerator this should keep fresh for about 3 months.

### DOSAGE

Children can take ½-1tsp. and adults can take 2-4tsp. as a preventative prior to cold and flu season or for the treatment of colds or the flu.

Thanks to research this herb is gaining popularity for many respiratory ailments. It appears our ancestors knew what they were talking about.

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# TAMING THE WILD HORSE



Writer Sophia Quzi works as a welfare benefits specialist adviser and has been practicing Raj Yoga and teaching mindful meditation for the past 9 years. "In my job, I help people from all communities reduce suffering caused by having very little or no knowledge about their rights and entitlements in the UK. I've always held on to a quote by the poet Rabindranath Tagore: *"Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky. That always sounded like something I believed in. I just never knew how to put it into practice. The moment I introduced myself to mediation and spiritual knowledge, I knew I was on my way of achieving it."*

**Like a wild horse, the soul is naturally imaginative, determined, resilient, stalwart and astute, in difficult places. I became aware of these qualities during a time when I came face to face with a struggle.** At a low point in life, enduring an illness, a relationship breakdown and financial ruin, I felt lost in an abyss of darkness, with no sliver of hope, or any light shining through. My

intellect was poor; the clutter of old negative habits kept reappearing in my mind, effectively weakening my capacity to take control. My mind was simply left on auto pilot.

Nevertheless, every now and then, deep in the thicket of my inner wilderness, I could feel the presence of someone who knew how to stay alive, even when the rest of me wanted to give up. I remember that a good friend said to me, "Life never hands out things that you can't handle. How you approach a challenge will determine how you come through the other side" I slowly started to realise that the way to tame a wild horse is not by crashing through the woods and yelling, but by walking quietly into the woods, sitting patiently at the base of a tree, becoming one with the wind, fading into my surroundings. I learned to detach myself from the whole of the wood crusher community through meditation, practicing raj yoga and talking to my higher self regularly. I begin to realize that I was not my circumstances, but something far greater.

I noticed that the more I associated with people who knew how to sit quietly, during the darkest time, just before dawn, my own truth became clearer. In these ways, I became free to bring in whatever joy I wanted in my life, accepted my own faults, embraced the unknown - knowing that all would be ok in the end. Despite the darkness, there is always light. Despite pain and struggle, there is always love and the possibility of victory.

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

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

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

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



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

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

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

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

A graphic of a stage with red curtains. The words "COMING Soon" are written in a stylized font on the stage. The stage is surrounded by a border of small yellow lights.

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# FROM THE HEART



Alan Cohen is the author the inspirational book, *Enough Already: The Power of Radical Contentment*. Join Alan in Hawaii this June 19-23 for a life-transforming retreat, Power, Passion, and Purpose: a Training to Live Your Vision. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).

## THE DIAL TO NOWHERE

**While Dee and I were waiting to be served in a restaurant, I picked up an Etch-a-Sketch-like toy on a rack near our table, a plaything designed to keep little kids entertained while waiting for food.** Curious, I began to write on the screen and tinker with the dials. I discovered a large knob that turned like a dial and moved in a slot horizontally back and forth across the entire bottom of the device. "What does that dial do?" Dee asked.

"Nothing," I replied. "It is not connected to anything and does not get anything done. It just gives kids the illusion that they are getting something done."

Dee laughed. "Sound like a lot of the office work I've done." She was kidding, but serious. A certain amount of business work is productive and meaningful. A lot just feels like busy work. Filling out forms; fixing website issues; jumping through multi-layered security hoops; getting stuck in voicemail loops; fending off hackers; dealing with people who don't pay attention to instructions. While on some level these activities may be necessary in an increasingly complex world, a lot of them feel boring and a waste of time. At the end of the day, you lay in bed and wonder, "What did I do today, anyway?" Perhaps you, like me, would rather do what is meaningful than busy work. I heard that some doctors spend one-third of their time healing people and two-thirds of their time doing paperwork and administrative tasks. Where are our priorities?

Soon afterward, we watched one of my favorite films, *Lost Horizon*. The movie contains a poignant scene in which high-ranking statesman Robert Conway finds himself in the remote

paradise of *Shangri-La*, where he falls in love with a delightful woman who invites him to stay there with her forever. He explains that he has important work to do back in society. She tells him, "Come now, you know you are going nowhere—admit it!" Conway thinks for a moment, smiles, and replies, "You are exactly right." In that moment he realizes that most of the work he is doing is not leading to anything of true value. He is rolling the dial to nowhere.

If you are tired of running on a hamster wheel, be honest about what you would rather be doing. How much of your work and daily activities are life-giving, and how much are boring and deadening? How much tolerance do you have for the meaningless? Any tolerance at all is too much. If you are bored, either find a way to make what you are doing interesting, or choose something more stimulating. There are no other options, really. French author Jules Renard said, "I am never bored anywhere. Being bored is an affront to oneself."

Everything you do is either taking you somewhere or it is taking you nowhere. If there is any value in going nowhere, it is to bring you to the realization of the somewhere you would rather be. Our challenge is that nowhere is so highly populated that it seems like somewhere. When billions of people agree that illusions are solid, it is tempting to pitch your tent in on a swamp. But reality is not a democracy, and truth does not depend on the number of people who subscribe to it. Mass agreement does not make emptiness full. It takes an innocent mind to see the emperor isn't wearing clothes. Such people are branded mavericks and heretics, but eventually, when the masses finally catch up with reality, the heretics are lauded, knighted, or sainted. Paul McCartney, who flipped the bird at the monarchy by smoking pot in Buckingham Palace, was eventually knighted.

One day I stood at the ferry dock in Tiburon, California, and watched commuters exit from their workday in San Francisco. They did not look like happy campers. I thought, "If that is what livelihood is all about, count me out." Zen philosopher Alan Watts said, "The secret to success is to find a way to get paid for having fun." Passion is the strongest money magnet I know. When you love what you do, consumers are happy to pay you to do it for them. When you find a good reason to wake up in the morning, you are truly turning the dial to somewhere.

If you are doing something devoid of joy, either find a way to bring greater meaning to it, or stop doing it. This is your life we are talking about. You get just so many trips around the sun before you get returned to inventory. None of us can afford to waste time in irrelevance.

There are three ways you can immediately add meaning and value to your life: (1) Follow your joy voice rather than the fear voice; (2) Connect by focusing on the human element in your work and communication; and (3) Serve. When you take care of people, you remember why we are here. Our deepest purpose is to make each other's lives easier. Everything else is either a means toward that end, or a detail.

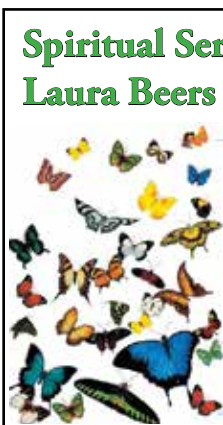
Each day we are presented with numerous dials we can turn. Some of them simply provide the illusion of action, and others actually have an effect. May you sleep well tonight, knowing that your day on earth was well spent.

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Visit [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com)

## Dear Whitedove,

My life partner is serious all of the time. Yes he has a stressful job. How can I coax him not to bring his work stress home every day? Sometimes I just want to have some fun with him!

## Dearest,

Job Responsibilities, personal duties and hardships will weigh on a person but there are two solutions that can help to remove the emotional heaviness of life's problems. Suggest these tools to him. You've heard that saying, "Let go, let God," this directs us to pray and release your troubles and fears to God. **Here's how:** make a mental list of what is troubling you, and then visualize putting these things in a big box one by one. Put a big red bow on it and give prayerful thanks for God to find resolutions to these issues because you know that his solutions are far greater than yours. Visualize handing the gift box to Great Spirit. Soon you will be amazed how these things get resolved or no longer weigh so heavily.

Secondly, make time for joy and playfulness. Schedule it - put it on the calendar. Date night is important and play dates with our children are valuable too! Joy, fun and playfulness will enhance every aspect of your life. Joy raises your vibration! Sing, be silly, go to a concert, see a comedian - laughter is good medicine for the soul! Life can be draining so sometimes we must make the effort to lighten up!

## Dear Michelle,

I grew up in the church and have always loved going. My issue is that psychics are accused of being fortune tellers, when some of us are in our integrity. How do I prove to my church minister that my Psychic Medium gifts are from God?

## Dearest,

A Rabbi, Priest, or Minister would first need to be of the belief that God and his angels still speak directly to humans. Which is true, God speaks to those that practice the art of Meditation which is silencing the mind and prayerfully raising your vibration. In this way, with daily practice you can attune your higher consciousness to merge with the Godhead for periods of time and glean important messages. These messages can be for the masses, timely spiritual teachings, words of comfort, peace, and even warnings. A spiritual Medium can also

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conduct personal readings of spiritual guidance, giving precise facts and clear revelations to help improve the person's life. This information comes through you the vessel; it does not come from you.

The great Master Jesus said in John 14:12 "I tell you: whoever believes in me, those works which I have done he will also do, and he will do greater works than these, because I am going to the presence of my Father." This communicates to us that through God we too can perform amazing works. Remember Jesus spoke to God and his Angels directly, healed the sick, fed the masses; he also raised the dead and many other astounding miracles.

So the proof is in the quality of your work, mediumship is not about forcing people to believe. It's about doing the work and dedicating your life to improving your gifts through communing with God. Please don't get upset if the minister or others are not ready to be open to you. If he is ready and interested in your work then congratulations are in order; another soul is spiritually growing and stepping outside of dogma. We need more ministers meditating and less judging. What happened to "Thou Shall Not Judge"?



# GROUNDING MEDITATION FOR HEALING PAIN

Meera Watts is a yoga teacher, entrepreneur and mom. Her writing on yoga and holistic health has appeared in Elephant Journal, Yoganonymous, OMtimes and others. She's also the founder and owner of Siddhi Yoga International. See <https://www.siddhiyoga.com> • <https://www.youtube.com/user/siddhiyogaacademy> • <https://instagram.com/siddhiyogainternational> • <https://pinterest.com/siddhiyogainter> • <https://twitter.com/meerawatts> • <https://www.linkedin.com/in/meerawatts> • <https://www.facebook.com/siddhiyogateachertraining>

**In yoga, we have both a physical body and an energy body—also known as our “emotional body.”** Within this emotional body, we can somewhat accidentally hold onto pain incurred throughout our lives. Just as when we bruise our leg, we can also bruise our emotional body. If we don't allow the pain to move through us, those bruises can accumulate and create heaviness, anxiety and lethargy. We all get wounded in life, and some wounds are more serious than others. But no matter how big the wound, they all need to be healed, so that we can lead light-hearted, happy lives.

Luckily, just like our physical bodies, our emotional bodies have an innate ability to heal themselves—but it's up to us to assist that process through meditation.

## Here is one easy meditation you can do every day to heal deep-seated pain:

Take a comfortable meditation seat. With your eyes closed, begin to focus on your breath. Feel it moving within your body and slowly allow yourself to relax. As you relax your physical body and mind, allow your attention to travel to the energy field that resides within your physical body. Can you feel the prana pulsating within? Can you feel the emotional body and the tenor of it in this moment?

Explore any emotion you're having in this moment. This leads you into the space of your emotional body. Whether you're feeling incredibly intense emotions in this moment or relatively mild emotions, simply feel into them and give them your undivided attention and total acceptance. Allow the emotions to pulsate through you.

Now examine one particular emotion, and see if you can pinpoint where it's living in your body. Is it a dull ache within your heart, or perhaps a lump in your throat? Maybe it seems to be moving throughout your entire body. Simply notice where the emotion is currently living.

If you can't feel any emotion at all—if you're feeling emotionally frozen in some way—that's okay too. Just notice and allow that feeling of numbness to be there. See if the feeling is trying to “tell you” something. Is there a message within these emotions or lack of them? Be present when that comes up.

By the simple act of connecting to this emotional body, we're well on our way to emotional healing.

## Now we're going to delve a little deeper...

Elongate your inhalations and exhalations, and use them to travel deeper into your meditation. Allow your consciousness to travel back to your childhood. Let the images of your life, from when you were really little to where you are now to play like a film, with the scenes moving along the landscape of your mind. Feel the emotions that accompany this film. Pay attention to what comes up as you do this exercise.

If some of the emotions are difficult, just be there for them. Breathe into them. Can you see that these emotions are here for a reason? Is there something they're telling you? Be really present and stay with these emotions. Again, see where they reside within your physical body.

Now move your breath to the location of these feelings, creating a loving space for them. Continue to breathe into them with the power of your intention to balance the space where these emotions live. Now bring your awareness to your heart center and repeat the following mantra: “My heart is healing itself.” “My heart is healing itself.”

Continue to breathe and repeat the mantra in your mind's eye. Imagine that all these emotions are healing themselves through the power of your heart's intention.

When you're ready, open your eyes. Place your hands at your heart center in Namaste and bow to your heart. Thank yourself for taking the time to bring awareness and love to your emotional body.

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## ABRAHAM FUN



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

### SOULSONG #130 - WHAT REALLY MATTERS

**It really doesn't matter what happened a minute ago or yesterday or last week or last year. It doesn't matter what will happen a minute from now or next week or next year. All that really matters is that in this present moment, I am choosing the most positive and joyful thought of which I am capable.**

When I'm moving towards joy, I'm aligned with my Inner Being and with my Source, and thus my desires - for health, love, abundance, opportunities, and what-have-you - manifest easily and magnificently. My alignment, too, is good for the whole planet.

Sometimes it's easy to think happy thoughts and feel joyful. At other times, it seems nearly impossible. Those latter times offer an excellent opportunity to practice reaching, s-t-r-e-t-c-h-i-n-g for a little happier thought, despite the difficulty. On those days, as I deliberately search for something, anything to feel good about, I'm doing work of vast importance. This work will pay off, big time.



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

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

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

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

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

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)  
June 4th & 18th - Gita Discussion Group - Dr. David Warren  
June 11 - Empowerment of the Soul - Yola Abdou  
June 25 - The wisdom of Bees - Hari Shankar

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

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

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

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Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at Heaven Sent 4455 Pinewood Rd Melb 32934

June 3, 2017 Sunday MELBOURNE 10am -- 3pm Psychic Fair at Spiritualist Chapel of Melbourne (see ad page 11.) 1924 Melody Lane, Melbourne, FL 32901. This is behind the Melbourne Auditorium. Follow the Psychic Fair signs! \$20 includes one 15 minute reading and one ticket for door prize. On Facebook, search spiritualistchapel. 321-419-6262 Visit [www.spiritualistchapel.com](http://www.spiritualistchapel.com)

June 10-11-12, 2017 NEW SMYRNA BEACH IONS (Institute of Noetic Sciences) Introduction to Noetic Science and ESP. Dr. Bruce Bromley, Rev. Nick Sourant at NSB Library.

June 24th Saturday ORANGE PARK/JACKSONVILLE 12:30-4:30 British style evidential mediumship @ private residence. Contact Marcus 904-208-0979. Space limited

July 22 and 23 Saturday and Sunday MERRITT ISLAND Psychic Fair \$12 for 10 minute mini reading, 950 N. Courtenay Pkwy, Merritt Island, FL 32952 321-453-2665 (see ad page 7.) visit [www.bookandbeadoutlet.com](http://www.bookandbeadoutlet.com) for coupon for day of fair.

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# SPIRITUAL GRAFFITI

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

**There is no way to dissolve the ego in its entirety. It is intrinsic to human functioning.** This is why the ego bashing fundamental to the spiritual bypass community is so dangerous. They invite seekers to shed aspects that are essential in their daily lives. Instead, let's make a conscious distinction between the healthy and the unhealthy ego.

When I think of the latter, I think of **Trump**. This is clearly not a man with a strong, healthy self-concept. This is a man in a perpetual state of self-hatred, so egoically depleted that no achievement will ever bring him peace. It is crystal clear that something happened to him in his early years, a hole so big that not even the Presidency can fill it. Perhaps never before have we been able to so clearly see into the inner world of a fractured, over-compensatory ego. And perhaps never before has it been more obvious that inviting humanity to dissolve the ego is as dangerous as shaming it.

What we need instead is to support the development of a healthy, balanced ego. One that knows where it ends and the other begins. One that celebrates one's value, without imagining itself 'all that'. One that honors the self, without a need to dishonor others. A healthy ego is not the enemy of the sacred. It's the foundation that it stands upon.



# NOTES from the Universe

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

**Wondering how else you could view life when you're experiencing emotional pain is a sign of spiritual maturity.**

**Wondering how else you could view life when things are already going really well is the sign of a spiritual rock star.**

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Margaret Ann Lembo is the author of Chakra Awakening; Essential Guide to Crystals, Minerals and Stones; the Essential Guide to Aromatherapy and Vibrational Healing; the Crystal Intentions Oracle; Masters, Mystics, Saints and Gemstone Guardians Cards and more. She is a spiritual entrepreneur, aromatherapist, and the owner of The Crystal Garden — a book store, in southeast Florida. Find out more about Margaret Ann at [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com); [www.TheCrystalGarden.com](http://www.TheCrystalGarden.com); and [www.AcademyoftheSpiritualArts.com](http://www.AcademyoftheSpiritualArts.com) or email at [margaret@margaretannlembo.com](mailto:margaret@margaretannlembo.com)

## Open Your Heart and Soothe Your Nerves: Kambamba Jasper

**There are many people who have made a conscious decision to rid themselves of negative thoughts, beliefs, and behavior patterns.** They've decided that they are ready to release people, places, and situations that are no longer supportive, loving, and authentic. Take a moment and contemplate if this is true for you, too. This is an age-old intention and dilemma. Turn to contemplative thought with Kambamba jasper in hand. The stone contains stromatolites, which are among the oldest fossils on earth considered to be over 3 billion years old, which provides it with the energy to help dislodge any stored information that is causing a repetitive pattern in your emotional consciousness. Kambamba jasper is beneficial when you are setting the intention to release yourself from negative or toxic thoughts, especially thoughts that have been part of your consciousness seemingly forever.



Kambamba jasper is a mystical stone that aligns you with inner peace inherent in your true nature. This stone opens you up to allow more love, calm, and tolerance into your consciousness. Hold it in the palm of your hand during meditation while you focus and breathe deeply. This mysterious-looking stone can be a tool to uncover karmic lessons brought forward from other lifetimes as well as this one. The vibration of the stromatolites within this stone activates a part of you that resonates with past life realizations because of the biological activity within this stone that spans thousands of years.

**Open your heart and soothe your nerves as you affirm this positive statement, Kambamba jasper in hand:**  
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## CLEAR SIGNALS

**It's not our brilliant flashes of inspiration or our passing passions that make our lives, health, and attitude the way they are. It's our strongly felt beliefs, the ones we consciously and unconsciously dwell on every day, that help to create our reality.** This is not New Age psychobabble. It is easy to see how your beliefs are naturally going to affect how you act and react in a variety of situations.

Your strongly felt beliefs will affect not only the way you take care of yourself and your space, but also the way you deal with stress and the way you deal with relationships. The clear signals you send to your subconscious and to the world can work for you, or, especially if you are unaware of them, against you.

Rather than see the world as it really is, your beliefs can cause you to see in the world only that which you already believe to be true about it, thereby depriving you of a clear picture of yourself and how to take good care of yourself and your space. Rituals can help you to develop a perspective of the world that includes more than your limited, preconceived notions.

Start with a prayer of gratitude, and focus your intention to clear stagnant, inharmonious energies from your environment and replace them with positive, natural, uplifting, and life-affirming energies.

With all the craziness in the world and its sorrows rammed through to our consciousness, forcing us to evolve in ways known and unknown, and rammed through to our consciousness even if we have only the slightest contact with the world, doing this is more essential than it has ever been in all of human history.

It's not the New Age, it's the Now Age and ritual helps us cope with this time when everything is happening and has to be dealt with NOW!

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

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## BE MORE ASSERTIVE IN RELATIONSHIPS

*continued from page 8...*

that your tone of voice is melodic and sweet, without tension in your throat or inflection. But at the same time, you're clear and steady, such as looking the other person in the eye directly.

Come across as friendly, but also be sincere. If you're angry, it's okay to show it. You're human, with human emotions. When you're real, other people trust you more because they can tell that your words match your energy. Most earth Angels are terrified of their own anger. They're afraid that they'll lose control if they finally unleash their hidden anger. But actually, releasing it a bit at a time is similar to letting the air out of the balloon slowly. You have more control when you don't have pent-up anger inside of you. Be honest with the other person, without trying to control or manipulate him or her to react in a certain way. Tell it like it is and let the chips fall where they may. If people react with anger, those are their feelings, and they have a right to their feelings. Now, what they do with their anger is a whole different story. You never have to take others' abusive words or behavior! It doesn't matter what your relationship is, or how much you need them in your life. If they're yelling at you, name-calling, or threatening you in any way, walk away.

### 3. PAY ATTENTION TO THE RED FLAGS

The angels will always protect you from entering toxic relationships, provided that you pay attention to the signs they send to you. If you don't listen, you'll end up in a toxic or even abusive relationship. In relationships, these signs are called red flags, which are cautionary messages you receive from your intuition, your body's signals, and your angels. When you meet someone new, your stomach will tell you immediately about the energy of the person and of the potential relationship. Always pay attention to what your stomach does in the presence of another person, because it will tell you the truth. That's why they say to trust your gut. If your stomach muscles tighten, it's a sign that you're stressed in that person's presence. It can also mean that the other person is stressed around you, and you're picking up on his or her tension. Either way, you're feeling tension, and that's something to consider when deciding whether or

not to move forward with this relationship. Next, watch the person's actions and listen to his or her words. Notice any signs that he or she is lying to others and bragging about how he or she got away with something, or any other exhibition of unethical tendencies. Watch for any talk of racism or racist jokes. Also, notice if the person gossips about mutual friends or puts people down in unkind ways. Yes, it might be amusing to engage in gossip about others or laugh at them behind their backs. But know that this person will also be trash talking and gossiping about you. Every time your stomach gets tense, that's one red flag. With each new person, you'll want to be conscious of these red flags before you completely open yourself up to him or her. If you get red-flag warnings about someone's character, that's your angels' way of protecting you. The angels are trying to steer you away from that relationship.

### 4. STAND YOUR GROUND

Sometimes you might be saying things to people that they don't want to hear. And you, as an intuitive earth Angel, know that this isn't what they want to hear. You may react to that person's anger or disappointment as you're honest with them. You may even consider backing down from your opinion. This is where practice is needed to develop the inner strength to stand your ground. Of course, as an earth Angel, you'll listen to others' opinions, too. You'll give them the respect that you want for yourself, but watch out for the trap that sensitive people sometimes fall into where they silence their opinions and feelings because the other person gets louder. Don't cave in just because someone gets loud or in your face with their opinions. Don't engage in a power struggle, either. Very often, power struggles arise because of one person's need for attention and validation. You can defuse a power struggle by making your own power so large that the other person feels it unconsciously, and backs down. You can enlarge your energy by breathing deeply, and on each inhalation feel yourself drawing power up from the core of the earth, through the bottoms of your feet and up into your body. Visualize your energy and power being enormously large, and the other person will back down.

### 5. DEFINE YOUR OWN SELF

Don't allow others to define you. Another person's opinion about you is just that: an opinion. It doesn't matter how often someone states it, or how loudly. It's still an opinion and not fact. If disparaging or mean things are being said to you, that's a form of abuse. No one has the right to call you names, tell you what you can or can't do, or make you feel bad about yourself. There are some people who are incapable of giving approval or the amount of love that an earth Angel needs and deserves. Pray for that person, but don't waste your valuable earthly time hanging out with him or her.



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# ABRAHAM-HICKS

*...continued from page 9*

But there are many things that are true that you do not want live, and so deactivate them from your experience. Except that's a tricky word because you cannot deactivate something. "I'm not gonna think about that thing I'm thinking about..." and a lot of times when you think you're thinking about that thing you want, you're thinking about that thing you don't want... because every subject is wanted and unwanted.

And so, it isn't until you let your emotions be an important and conscious part of the equation, and you deliberately choose thoughts that feel good, and you deliberately focus in order to increase the momentum of them, and you show yourself, you teach yourself, what these thoughts feel like that are harmonic with Source, and what the thoughts feel like that are not harmonic with Source... In other words, you can feel when you're tuned in and you're letting it flow.

But, what happens with so many people is that they tune in, sometimes accidentally, in fact often accidentally, and because they didn't do it on purpose, they don't deliberately maintain their focus positively. And so, the momentum doesn't increase steadily enough on the resonant feeling to really give them conscious awareness of what they're doing.

But, when the likes of you get hold of this, and you begin thinking and feeling on purpose, and deliberately focusing with the intention of bolstering your feeling of alignment, so that you can show yourself in a real sense what it feels like to be in alignment with Who-You-Really-Are in more detailed conversation, so that the energy is really moving fast... once you taste that, and taste it steadily enough, you will not go back to sloppy thinking, you will not go back to creating by default.

You will think and feel, and think and feel, and think and feel, and think and feel... and - before you know it - you will be feeling and thinking, and feeling and thinking. And at first you'll think a thought and you'll feel an emotional response to it but, before you know it, you will find such resonance with the emotional response that you will just maintain your mood for the deliciousness of the mood, and then the thoughts will follow the mood. In other words, the better it gets, the better it gets, the better it gets, the better it gets. And when you are consciously creating - Ah! - that's when you begin living as you intended.

Not one of you said, "I'll go forth and just bang around. I'll take it as it comes." Every one of you said, "I'll go and I will direct the power of my own mind for the creation of my personal intent with the guidance that comes forth from all that I have become before this moment in time." How good is that?!



No matter what the Universe throws our way,  
we're able to handle it if we expect to and believe  
we can. We train ourselves to expect and believe it  
by reminding thru self talk that we're never given  
more than we can handle. We're powerful beyond  
measure when we recognize our strength.

—cyrilus de maitre

## DO MERMAIDS AND UNICORNS EXIST?

**GUEST:** I read a book about mermaids, and I was wondering if mermaids are real, or if they've existed, or if they're just beautiful fairy tales, and the same with unicorns?

**ABRAHAM:** The most important thing to understand is that when you have the ability to imagine it, then you have the ability to manifest it fully. And so, there are a lot of things that have flowed into the consciousness of humans, and been translated by humans into a form of reality. But, what you want to call reality, what most of you want to call reality, is the sort of thing where nobody questions its existence.

In other words, if a unicorn came romping through those doors and up onto the stage, most of you would want to examine it closely... because it isn't part of your reality... meaning that the human consciousness that is living on the planet has not reached a state of expectation to allow that to show itself in that full manifested form.

And yet, the evolution of all species... the evolution of all things... but let's talk about the evolution of all species... It really is about life causing you to hold a desire... and then finding a way not to resist it... until it becomes part of your evolution.

There have been so many physical beings who have participated in your time-space reality. And there are those who are able to travel inter-dimensionally... Your imagination is a very powerful thing. Your imagination is not necessarily a departure from reality.

The reason that we were not just willing - but eager - to talk with you about this is because we - or no one - has any business proclaiming anything that is in your consciousness as not real. And in the moment that you decide that you don't

*continued on page 31...*

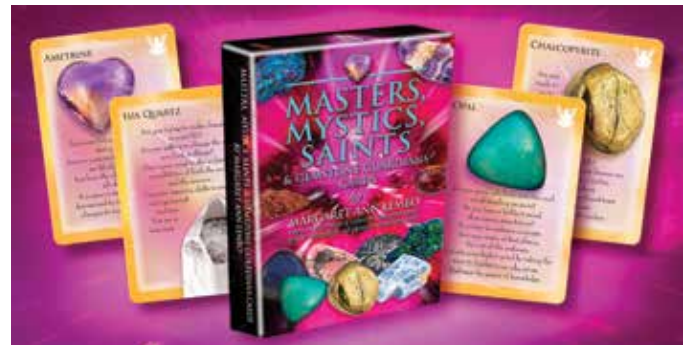
# MASTERS, MYSTICS, SAINTS AND THE GEMSTONE GUARDIANS ORACLE

By Margaret Ann Lembo

**Saints, ascended masters, and mystics are available to help each and every one of us. In this deck, I chose 44 beings who once walked the Earth and one who is still with us here on the planet for this oracle card deck.** This deck is a gemstone oracle and an oracle with messages from sacred beings. Through their own process of enlightenment these master teachers can help to improve humanity through their example, teachings, experiences and revelations. They are still available energetically because of their life teachings and deeds. They inspire us and guide us. These wise beings are available to assist us when we send out prayer and petitions for guidance and help through apparitions, meditation, and visions.

The 44 gemstones chosen, one for each master, mystic, or saint, bring another facet for understanding through vibrational matching. Due to the color, geometry, and the energy of the given gemstone. The gemstone holds an energy that matches a master teacher. The gemstone guardians are the devic force within the mineral. Devic forces reside in plants and minerals and they hold the intended vibration for their purpose in our lives and the planet.

There are various ways to use this deck. Use it as an oracle to gain insight or an answer to a question or challenge in your life. The question on the side of the card with the photo of the gemstone provides you with a point of focus for contempla-



tion. On each of the cards contained in this deck is a question for contemplative thought, Divine Guidance, and a positive affirmation.

Add these cards to angel communication sessions and tarot card readings for added insight and direction. Pull a card a day for inspiration and use the affirmation throughout your day. Within this deck of 44 cards, gemstones are vibrationally matched with affirming thoughts and a Mystic, Saint or Master Teacher for you to use in your daily life. Follow the Divine Guidance and repeat the affirmations from the Masters, Mystics, and Saints to transform your reality into joy, wealth, health, protection, and happy relationships.

Masters, Mystics, Saints and the Gemstone Guardians (Findhorn Press) \$15.95 9781844097180

Margaret Ann Lembo is the author of The Essential Guide to Aromatherapy and Vibrational Healing and The Essential Guide to Crystals, Minerals and Stones, Archangels and Gemstone Guardians Cards and Crystal Intentions Oracle . . . and more. Find out more about The Crystal Garden Brand medical grade essential oils and all of her books at [www.TheCrystalGarden.com](http://www.TheCrystalGarden.com) and [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com)

## PSYCHIC FAIR



**SATURDAY, JUNE 3**  
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## This month's thoughts about things...

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

*... from page 7*

Then look around you for things to appreciate. "I like that it's a sunny day. I like that we're getting the rain we need. I like how the wind feels fresh on my skin. I like the style of that lamp in the corner and I like the color of my neighbor's car. I like how the roof keeps me safe and dry and how I have electricity, running water and indoor plumbing." Let all your conversations from now on be about the things you like and appreciate and aspire to.

"I can recall fun things I've enjoyed in the past, things I'd like to enjoy again. I recall times my body did not hurt, when I was strong and vital. I recall those times and remember how it felt and I feel the sensation of my body strong and alive."

I let that feeling wash over me for a few moments and I run that scenario through my head a few more times. When I do this, it is like setting a station on the radio, it's something you want to come back to again and again. When you remember the good times and the good body sensations and call up an emotional response, that is what some call raising your frequency so you can be a vibrational match to feeling strong and vital and active and physical and emotionally alive again. And each time you do this, you are attracting it to yourself.

### WHAT DO YOU SAY WHEN SOMEONE ASKS HOW YOU ARE FEELING OR ASKS FOR AN UPDATE OF A HEALTH CONDITION YOU'VE DISCUSSED WITH THEM BEFORE?

You tell them "I'm getting better each day." You tell them you can see the light at the end of the tunnel. You can tell them you're trying some new things and you're hopeful they will be successful.

**IF THEY ASK FOR SPECIFICS,** you tell them that giving attention to the old specifics keeps giving you the old results. Tell them you're taking a break from giving any detailed updates and expecting to be on the other side of your ailment soon enough.

Each time you feel a pain and worry about declining as you get older, remind yourself that an ailment comes to pass, it doesn't come to stay. It stays as long as you expect it to. The sooner you move yourself on to thoughts of a successful outcome, the sooner it will move through your body and you'll begin to feel good again. The cells of your body listen to every word you say and think and you tell them how to program your physical body with each new day. Begin now to program them for vitality rather than more of the same.

Remind yourself that it's possible to have a complete recovery and to be a success story. You could share your process and your success with other people who are in the same situation, and you can show them how to turn their thoughts from a prior diagnosis to a successful prognosis. Your story can help inspire their recovery.

When your bones crunch and pop, the universe is reminding you that change is happening. When energy is in motion, our body is the soundtrack. Take each crunch and pop as a signal that help is on the way, that your new pattern of thought is breathing new life into the cells of your body and attracting a complete recovery. Think of it as your body singing a new song.

Smile and breathe into each pop and crunch and twinge of pain. Take a quiet moment to gently stretch for a few deep breaths and remind yourself that you'll be feeling better soon. With each pain, if you have a thought of worry, replace that thought with a reminder of what is possible.

### ILLNESS AND INJURY ARE GOING TO MOVE THROUGH YOUR BODY

I love having friends who keep me awake. I ran into a fave pal at the beach. I remarked I hadn't been in awhile and that I had a cold 10 days last month. He said "you're always sick" and I said "What? I'm never sick!" He said "On Facebook that's all you talk about: oh my cold, oh my arm, oh my hands, oh my knee." I had to laugh because he was exactly right. However those things I don't really count as being sick. Those are just things moving through my body. Everybody gets that. I just talk about everything I do and what I do to get through my daily life. The ups and downs. But I can't count those as being downs, or "sick" because they're just things. And things are going to move through your body.

That's all positive thinking really is — is replacing your thoughts of worry and concern with thoughts of what is possible in the best case scenario, knowing you will be on the other side of it soon, and releasing enough resistance that you can attract the successful outcome.

And sometimes it takes replacing every thought and sometimes doing that can cause aggravation and resistance and then you have to work on those new issues. (I carry around my list of replacement thoughts and read my list when I feel resistance.) But one by one, through process of elimination you will move through them and it can happen in one holy instant. Or it could take years. It will only take until you release enough resistance to take it all in. As usual, it's up to you. I love the power in that.

Think that's funny? Go ahead, laugh. I never mind when people laugh at me, because I know that helps them to release resistance. And I'm all for that

Enjoy our offering this month.  
Hari Om.



Andrea





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

# HOROSCOPES

## JUNE 2017

Cusp dates are accurate for 2016. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2017.

**Aries – (March 20 – April 18)** It's time to take a realistic look at your finances. If you like what you see - awesome! It means that you've been utilizing the best of Saturn in a mutual fire sign. If, on the other hand, a look at your bank account makes you break out into a rash; then NOW it's time to get with the program. The good news is that there is a bonus awaiting your siren call; your energetic spirit will make it happen.

**Taurus – (April 19 – May 19)** Venus enters your sign on June 6th, and energetically, this placement strengthens your connection with unseen guardians. Take a hard look at who is on your side, and make some strategic moves to separate the wheat from the chaff. If you need to end a friendship or other partnership, the days surrounding the New Moon on June 23rd is the time to disappear. No drama - just a quiet goodbye.

**Gemini – (May 20 – June 19)** The Full Moon of June 9th highlights all of your partnerships, both personal and professional. You may feel a bit weighted down by the presence of Saturn; however, know that Saturn also has a good side. Like fine wine that improves over time, Saturn enhances what is good. The challenge comes from dreamy Neptune. Just be sure that all the cards are on the table, and beware of last minute changes; they won't turn out well.

**Cancer – (June 20 – July 21)** Mars enters your sign June 4th, on the heels of an amazing Sun trine Jupiter June 3rd. What this means for you is: your energy is good, and things will tend to work out easily. Your career sector is highlighted early this month, so be ready to pounce when good luck suddenly appears. This will happen quickly and completely out of the blue. Be ready to take action, and go for it!

**Leo – (July 22 – August 21)** Finally the Universe is ready to send the crown jewels your way. With the karmic North Node now firmly settled in your sign, your job is to just shine on. You'll get what's coming to you; so, if there are debts to pay, be sure that they are taken care of also. Your generous nature helps to attract good company, and benefits continue to find you thru connections with others.

**Virgo – (August 22 – September 21)** You may not know what to do with this newfound sense of freedom. You've been in the hot seat for the past year and a half - now the pressure is gone. Like a balloon uplifted to the open sky- it's your time to soar. Don't deflate, do not get lost in this expanse of options. Take advantage of Jupiter working overtime in your second house of earned income; so get busy!

**Libra – (September 22 – October 21)** Finally, Jupiter stations direct at the Full Moon on June 9th. It's totally fitting that this lunation ignites a fire trine that benefits you. As an air sign, you feed the fire, and fire lights you up. Let this be a 'feel good' month for you. Let your powers of attraction draw good things your way, rather than having to work so hard all the time. Magnetism and good music are how you find harmony now.

**Scorpio – (October 22 – November 20)** June is a rare month when there is not much standing in your way. The secret to success is do not become complacent, or think that this opening will last forever. You have a chance to move strategically while maintaining the perfect cover of looking like everyone else. You may feel like nobody's paying attention to you, but that's exactly what is good about this month.

**Sagittarius – (November 21 – December 19)** Don't be alarmed if you find yourself thinking ever more seriously about your future; you're seeing the handwriting on the wall. Yours is a sign of prophecy so you can pretty much take your intuitive hits to the bank. The Cancer New Moon of June 23rd highlights your eighth house of shared resources and investments. Get in tune with your long term goals, and come up with a plan.

**Capricorn – (December 20 – January 18)** Creativity is going to fuel your desire and your spirit to thrive. It's understandable if you've been feeling a bit heavy - after all, Pluto is in your sign, and Saturn stands guard in the wings of your solar 12th house. However, Venus makes you feel GOOD this month, provided you feed her lots of beautiful colors and textures.

**Aquarius – (January 19 – February 17)** This month can open you up to financial vulnerability, Aquarius. It's not a good time to loan money, and if you choose to, do it with no expectation of being paid back. And, sorry, even that brilliant idea for a new business venture will need revision. June is a great month for making plans, but not the time to execute them. Feed your mind with an early vacation, and lots of good books.



**Pisces – (February 18 – March 19)** Yours is a mutable, water sign, and in true Pisces fashion, remain open this month. Both your home situation and your career are up for change. Pay close attention to what is happening behind the scenes; even is the changes are not formalized this month, there is a shift in the situation. Ultimately this benefits you. Keep lines of communication open, and if you're interested - show it.

# COVER ART

## LADY NADA

by Katherine Skaggs



### Lady Nada Ascended Master of the Feminine Christ Light

Lady Nada is the Ascended Master of unconditional love and wisdom, who teaches us the practical application of love through service on the path of the personal Christhood. Call upon Lady Nada to instruct you in being an instrument of peace, loving kindness

and service in your own awakening, in service to the awakening of humanity. Be peaceful, gracious, kind and loving to all, forgiving and transmuting through the power of unconditional love. Receive her pink rose into your heart, to activate and awaken the sensitivity of the Sacred Heart, infusing you with the frequency of the Christ heart.

Lady Nada is here to distribute the divine feminine energies to Earth once again, bringing the masculine and feminine into balance once again. She works with Master Sananda to bring Peace. Lady Nada works with the vibration of sound, to bring healing and cleansing of the subtle bodies. Through these vibrations she realigns our energy bodies to that of unconditional love, restoring our Divine Blueprint and assisting in humanity's evolution. She is here to help our hearts overflow in nothing but love, opening our heart spaces in full flow. She is one of many to assist us in awakening our mind, body and spirits to the light of the Christ frequency. If you are in need of healing, truth and love, Lady Nada is here for you now. Focus upon her image, call her to your heart, and open for her to minister to your true soul needs and desires to be awake. Allow her song and imagery to penetrate the illusion of human suffering, and to awaken the joy of the Christ light within your very heart. Be blessed by her joyful offerings of love. Be healed to your true essence self and remember who you are as a Divine Blessed One.



**Katherine Skaggs** is also the artist of the Mythical Goddess Tarot, the Pocket-full of Goddesses: a Blessing Oracle, and both the art and inspiration of the Pocket Blessing Cards, including thousands of soul portraits and channeled paintings of goddesses and divine beings of light. Katherine travels around the world to study with shamans in the jungles of the Amazon basin, the mountains of the Andes and Mexico. To learn

more and view more art, see [www.katherineskaggs.com](http://www.katherineskaggs.com).



## ABRAHAM-HICKS

*...continued from page 27*

need everybody else or anybody else to agree with you about its existence, then it can show itself to you. That really is the conversation we're having here all day every day. There are a lot of people who have a hard time thriving in a bad economy, but there are those who thrive most in a bad economy. There are those who have a hard time thriving when there is a physical epidemic, and yet there are those who thrive even amidst epidemics.

You are individual creators of your individual realities. But most of you have become so integrated in what's going on around you, and - more important - so interested in getting other's agreement about what you think. This is the thing that will trip you up more than all other things. In other words, life shows you a pattern, and the you say, "Oh yeah, this is something I know. But you don't seem to know what I know, so I'm gonna give my every effort to get you to see this like I see this." And we say, "Give it up!" Let them see the unicorns. Let them see whatever it is that they want to see, while you see whatever it is that you want to see.

Will there be a time that you will see unicorns romping down your street? It is unlikely... Expectation is everything. There are a lot of writers who get into a creative mode where they begin to receive thoughts, and those thoughts are manifestations... and if there is anything that we would like you to hear in this room today - and this very example is going to be a tripping point for some of you - we want you to let her have her unicorns, we want you to let yourself have them, and just because something hasn't manifested doesn't mean that it can't.

You are not miles away from what you want. And you are not years, or months, or days, or hours away from what you want. You are only vibrations away from what you want. So, you have the ability to find a way of focusing... that allows. If we were standing in your physical shoes, we would not try to stretch the biological boundaries of this time-space reality... We would start with things that are easy... We would start with things that are easy... Until we have convinced ourselves that, "If I have the ability to imagine it, then I have the ability to have a relationship with it." You see?

Not as satisfying as some would like. We will not say that they are not real... because our work all day every day is to get you to accept this Vortex that you cannot see. And who knows what's in there? Everything that you want is in there. It is your work to get into the receptive mode... You want it... you have allowed yourself to imagine it... that is a thought that you are realizing, that is a thought that you are realizing... So, what stops the momentum? What keeps the thought that you have imagined from manifesting all the way out? Thoughts that contradict it. That's all that it is.

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

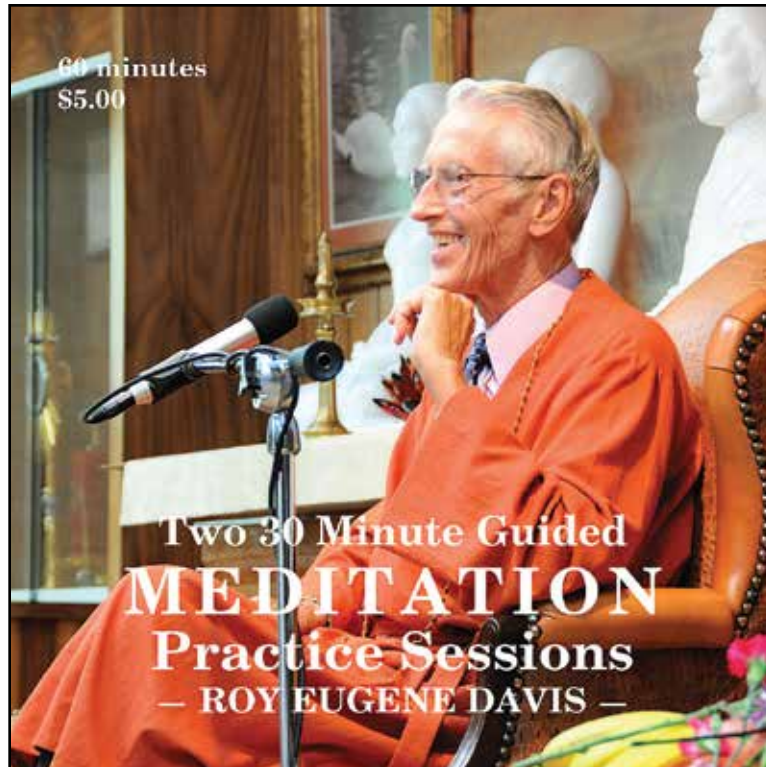
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