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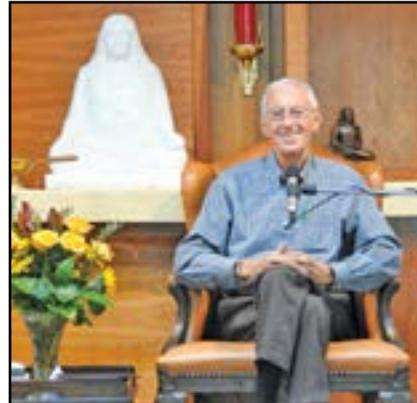
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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar <https://new-thought.org/>
Email 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 one **God**, no matter what name we use.

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

The greatest optical illusion is separation

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.

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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. So far, so good."

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE JUNE 2022 HORIZONS MAGAZINE. There's a lot of seriously scary stuff in the news: the Russian war on Ukraine, the latest Texas school shooting. The U.S. ended 2021 with 693 mass shootings, 2020 saw 611 and 2019 had 417. We've surpassed 200 this year, 27 of them in schools. See the data at The Gun Violence Archive www.gunviolencearchive.org/

IT'S ENCOURAGING WHEN TRAGEDIES BRING TOGETHER PEOPLE WHO CAN BEGIN TO SET CHANGE IN MOTION

I know the reason laws are not being changed is because of politics and that's a topic WAY BEYOND my reach. It's encouraging, tho, to see so many people coming together to find solutions and ways to keep themselves and their children safe, no matter what is going on around them.

I'M AN ADVOCATE BUT I'M NOT AN ACTIVIST
I have friends who actively work to make change happen, who network and call and write and attend gatherings and protests in a very public arena. I don't do that. My priorities this lifetime are so far committed elsewhere.

IF I CAN'T ADD TO A SOLUTION, I'VE LEARNED TO TURN MY ATTENTION TO THOSE THINGS I CAN CONTROL

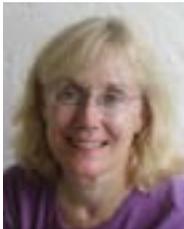
Rather than staying glued to the news, I've learned it's more productive to turn my focus to things I CAN CONTROL, like tending to my business, caring for my family, managing the household. If I felt afraid or insecure about the state of my own personal world, I'd take steps to address that. I don't feel afraid or insecure about it.

Sometimes, for many people, the answer is as simple as have your elderly aunt turn OFF the daily news so you're not being bombarded with it. AT ALL. That's NOT ignoring the problem.

If you can help, help. If not, FOCUS ELSEWHERE, focus on things you CAN control and things that make you HAPPY.

You're not INGORING anything, you're directing your focus toward things right in front of you that can thrive with more of your attention.

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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

SHIFTING THE ENERGY WITH OUR THOUGHTS

Despite the rock-solid appearance of things in physical experience, everything is energy. And in order to change a stubborn, unwanted situation, I must approach it beyond the physical level.

I must shift the energy of it. How do I do that? By my thoughts.

I can use my thoughts to change the energy of any circumstance - lack of money, illness, loneliness, work overload, hateful people, low self-worth, or lack of purpose, for instance. In fact, I came into physical expression fully aware I was entering a mixed-bag world full of things I would want and things I wouldn't want to touch with a ten-foot pole. That was A-OK by me, for I knew

the power of my thoughts. And now I'm remembering what I once clearly knew.

Every time I encounter a persistent, unwanted situation, I can transmute the energy of it by asking, **"What do I want here?"** The answer might be more money, good health, companionship, a manageable workload, enjoyable people around me, self-confidence, or a sense of fulfillment and meaning.

When I use what I **don't** want as a trigger to think of what I **do** want, I transmute energy. It may take a little while for the results of my efforts to show up in physical reality, but it will be dramatically worth the wait.

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.

12 STEP PROGRAMS

QUESTION: I wanted to say thank you for something else. Over the years you've touched on 12 Step programs - I know you're not a big fan of them, but the other day at the Friends of Bill meeting, there were quite a few members of the audience that were there, and one of the things that I've noticed is lately...the last time I heard you talk about it, you focused on the fact that what you don't like is that it holds you in the past. And that was so good because I, like millions of people, was really helped by 12 Step programs.

ABRAHAM: Yes.

QUESTION: And I resisted it when you talked about it in some of the earlier tapes. But the fact that you just want us just to let go of the past, that was very helpful and I really appreciate that.

ABRAHAM: Well, your Inner Being is not looking back, and when you do, you're automatically just setting yourself up for some resistance. But think about the two points of you. It falls into the category of inspiration, which is your Source calling you, and motivation, which is you trying to push yourself from your awareness of what you don't want. And so, when you think in terms of looking for resonance with all that You are, if your Inner Being is only looking at the positive aspects of you, then doesn't it feel logical that when you decide, as in the first conversation that we had here today, you decide to look at yourself or some phase of your personal life, and you choose to find fault with it and feel regret about it, and then feel remorse about it, and then seek forgiveness from it, that, for the time that you're focused there, you have focused yourself away from your own Inner Being. And your Inner Being will never forgive you because your Inner Being has never judged you to begin with, so there's nothing to undo.

So what forgiveness is, forgiveness of self or someone else, is turning your attention toward something that allows the Energy of your Source to flow through you.

Forgiveness is simply opening your valve and allowing your blending between you and You. And you can use that word if you want to, but we'd be really light about it; we push against nothing relative to any of that. Anything that causes you to focus is a good thing, and like you, we recognize that knowing what you don't want is the first step in everything. And so a strong awareness of what you don't want is important to acknowledging what you do want.

This is the most important message that we have relative to that: At some point you must be able to let the fulcrum tip with you - you have to be able to accept that now you are more likely to be in resonance with the whole of You. You do not have to hold yourself in fear that that resonance won't happen. Guardedness and fearfulness and responding from that sort of guardedness and fearfulness never, ever leads to living happily ever after, it just leads to more guardedness.

QUESTION: Yeah, the resistance was on my part, not yourself. I understand.

INTERVIEW: WAYNE DYER AND ABRAHAM

WAYNE: My father was a man who just walked away. He was a very abusive man. He left my mother with three boys under the age of four. He just disappeared.

ABRAHAM: Just the way you planned it. It was the trajectory you wanted because you are a freedom seeker to the core of your being and you didn't want anybody bossing you around.

WAYNE: Yes, I've heard my kids say that many, many times, and I've often said that when a little kid says, "You're not the boss of me," that is not a bratty little kid; that's someone saying, "I have to be free."

ABRAHAM: They are saying, "I'm autonomous. I've come with great reason. I have Guidance from Source. I'll tune in to who I AM."

WAYNE: So, I never met my father. And I grew up with rage in my heart toward this man who could walk away and just never look back, and never pay any support, and never even ask a question about his three boys or anything. I was the youngest.

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4 STEPS TO CHANGE

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

If you're game to come along for the ride, I'd like to break down the steps to change your energy and thus change your life.

My intention is to give you precise tools for returning to a state of consciousness when you've "forgotten to remember" that awareness is something you must sustain—not just in meditation, but in the rest of your waking life.

The concepts that form the basis of my work are not just food for thought. They are meant to be put into practice. Meditating for an hour in the morning is wonderful, but what about the rest of your day? Who are you being for the majority of your waking hours?

We might be skillful at practicing with our eyes closed, but the moments when we really need to exercise our skills and become fully conscious happen during the rest of our day, as we venture out into the world—with our eyes open. To practice while wide awake, we have to train the mind to catch itself in the act of forgetting, and we've got to understand how to bring ourselves back. If you are noticing when you've lost your awareness, you're already taking the first step.

Don't fall for the illusion that the fourth step is where the process stops. There is no end, because these are steps that every student from beginner to advanced would do well to repeat over and over. This is a process that I do myself, sometimes many times in a single day.

STEP ONE

The first step is something I talk about all the time, because we can't change anything unless we do it. This initial step is to become aware of who we are being—to shine a light on our unconscious automatic thoughts, behaviors, and feelings. We must become so conscious that nothing slips by our awareness unnoticed. Without criticizing, judging, or placing blame, make a game out of noticing everything about yourself.

Instead of identifying with what you observe, imagine that you are just a curious bystander. Now where, when, and how did you lose your awareness in your waking day? What trigger or stimulus caused you to default back to your old, unhappy self and all those self-defeating thoughts and emotions?

If you are watching an actor playing a role, you will pay attention to every gesture, expression, and action so that your mind can form a clear impression of the fictional character.

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TO ATTACH OR NOT TO ATTACH, THAT IS THE QUESTION

Moving is often listed as one of the top five most stressful things people experience in their lives, along with dealing with death, planning weddings, work, and marriage/relationship issues. I’ve done all of those things too many times to count.

You’d think by now I’d be an expert at managing the stress.

Just this year, I moved from the house I shared with my ex-husband and kids to a new house. It was time to get a new place, with new energy, new walls to hang new pictures on, and a new bed that didn’t hold the vibrations of a marriage in turmoil. No amount of smudging or energy work would clear away the aroma of failure from my old bedroom, and every time I went to bed I was reminded that I had failed at marriage.

In my old bedroom, I had a huge wall-hanging behind my bed. It had been there since my ex-husband and I hung it together when we moved into the house. We had giggled and playfully tickled each other as we tried to hang it. I was too short to hold it up so he could hook it. It was one of the final fun moments of intimacy we had together. It wasn’t long after that the stress of kids, finances, and life covered over our love for each other until we couldn’t see it anymore.

As I began the process of organizing and packing my old house to get ready for the move, I realized that it was probably time to let go of a lot of things I carried around, both inner and outer, material and emotional often neatly tied together with a bow. A knickknack, a picture, a platter, or some candlesticks— all the things we collect to remind us of the feeling we had when we picked up that snazzy set of ceramic pumpkin salt shakers.

For weeks before I moved, I went from room to room, closet to closet, slowly and methodically touching, smelling, gazing at each item, reliving the moment that thing was acquired. The little mosaic glass owl lamp I found while driving from **California to Louisiana** with my dog and a boy friend (we had stopped at all the random antique stores along the way, and even though I didn’t have much money on that trip, I bought that little owl lamp, so god-awful it was awesome).

The reading monkey bookends my dad gave me, again classically ugly—Kitschy with a capital K. A gazillion little candle holders in every shape and size, all mixed together with every ceramic kitty my kids ever painted, every plaster of paris hand mold. Talk about sacred cows.

In one way or another, everything in my house had a story to go along with it, and for a long time I felt letting go of the thing would cause me to forget the memories, the feeling I had experienced. I had boxes and boxes of pictures from my wedding and wedding gifts handmade by old friends.

Instead of traditional wedding gifts, we had asked for people to make us something shaped like a heart, which meant that I ended up with a box in my basement containing almost twenty little hearts in various sizes and materials. I wondered what I should do with this stuff.

My mother was moving into the new house with me, and I watched as she shed the last of the antique furniture my father had given her. She sold her car, which, even though she didn’t drive it much anymore, meant independence and freedom to her.

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ROSE

Most people know this flower traditionally as a symbol of love mostly given on valentine's day. It is also known for its fragrance in perfumery, and for its air freshening properties.

Roses are native to many areas with over 10,000 varieties. Historically in ancient Greece *Roses* were scattered under chariot wheels and on the floor at feasts in the path of victors. In India at royal weddings, canals were filled with rose petals when the water became warm so the aroma would fill the air and Roman brides and grooms were crowned with roses at their wedding ceremonies. During the Elizabethan period of England people grew *roses* in their gardens for healing both the body and the mind.

The medicinal activities of *Roses* come from its petals, leaves, bark and from its hips. The rose hips are the fruit of the rose; they have a sweet/tart flavor and are packed with vitamins and minerals especially *vitamin C*.

...continued on page 28...





THE MYSTERIOUS MAN WITH THE LADDER STORIES THAT BEND REALITY

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

Jim Egan has a Master's in Environmental Science and a Bachelor's in Geology and Sociology. He is President of Just Earth Inc. Environmental Consulting and does Environmental Recovery work on Natural Disasters for FEMA. He has taught Environmental Science at two Universities and reached the title of full Professor. He is the author of "Secrets We Have Kept from Ourselves" and "The Mysterious Man with the Ladder." See <https://www.tribalsoupproject.com/the-mysterious-man-with-the-ladder.html>

THE TRAP

"I once knew an artist who was determined to hunt down and trap his creativity," the Man with the Ladder said.

"Why would he want to do that?" asked Tatanya who was waiting for him to tell her a story.

"I'm not sure."

"You have some idea," the little girl said. "You know you always have some idea."

"Perhaps for his own security. As a painter he completely depended upon his creativity and I think his dependence on this intimate, but unseen and un-met part of himself, unnerved and disturbed him. He could not figure out why it did what it did for him, or what it was really doing when it did it. He could not fathom what made it tick."

"It never seemed to come when it was called, though it often showed up unexpectedly when it was needed. It did not keep regular office hours and would often suggest new and creative ways of lovemaking when it was supposed to be filling in the foreground."

"Creativity's foolishness is art's reason," the little girl said.

The Man with the Ladder jumped involuntarily." What did you say?" he asked the little girl, who was smiling.

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Morgana Starr

Owner and founder of **Angels Oasis**, esteemed Psychic Medium and Spiritual Counselor **Morgana Starr** has been doing spiritual work for over 30 years. Considered a New Thought Leader, she is fulfilling a lifelong mission and passion to help guide and shape lightworkers from around the globe.

With the Great Economic re-set the world is going through, many of us feel as if we're going through some kind of reset of our own. We may actually know this, or we may feel differently and are not quite sure why. We may be confused and not sure where things are headed, or we feel some type of calling and not sure what that means.

MORE THAN EVER, NOW IS THE TIME TO TUNE IN TO WHAT THAT CALLING MAY BE.

Morgana has re-imagined and expanded her business, school and process so that many more people can be reached and helped in their Spiritual Journey. **Angels Oasis** is a place to experience the amazing energy of the Angels, touch and experience different crystals and how they make you feel.

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Alexandra

Alexandra provides spiritual growth through many ancient traditional shamanic practices, Sacred Peruvian practices, Munay-Ki, and Nusta Karpay Rites.



Marcella

Marcella is a psychic/medium & Reiki Master/Teacher certified by Awaken Institute and Psychic/Medium Lisa Williams. Sessions with her will connect you with your innate inner power.



Shannon

Shannon is a psychic/medium, sound therapy practitioner and keeper of Jericho, the crystal skull. Her sessions bring empowerment and give direction.



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SETH SPEAKS

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

It is not always easy, in your terms, to work with yourself. It is much easier to blame anything else for the "negative" parts of your experience than yourself. It is much easier to assign to other agents the responsibility for your being. But you all try too hard. For you do not understand that within your framework of reference there is always challenge and change. And so, bodily situations have their meaning.

The self talks to the self. You always think of illness as negative, as wrong, as bad, as evil—in the same way that you think of light as good and dark as bad, white as pure and black as evil. If there is pain in you and you think that pain is evil, you are in a bad position, and you had better change your beliefs.

In your framework of reference, as I have said to you time and time again, you form, YOU form your reality according to your beliefs about it. You always, at each stage, accept your beliefs as reality, and so of course they work for each of you.

If you could suspend for a moment the belief that your beliefs are reality, you could then feel your beliefs form the reality that you know—go out from you and draw into your experience the daily, intimate Me that you know.

If you believe that you must eat certain foods, then you had better eat them. If you believe that smoke is bad for you, you had better avoid it. If you believe that needles will save you, then they will save you. But in each case, whether in healing or disease, in joy or in agony, in poverty or in wealth, your beliefs form your reality.

NOW, I PROPOSE FOR EACH OF YOU AN EXPERIMENT. You must each do it for yourselves and it is a tricky one Perhaps one of the trickiest, in many ways, that I can devise. You must understand,

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however, the basis for the experiment that I am proposing. You must realize, first of all, that your private reality is one of numberless probable realities. You are experiencing one of many probable realities. Now, because of your neurological structure you can only physically perceive, in your terms, so many events at once. Therefore, from an unlimited number of probable events you choose those which you will perceive through your physical system, in terms of time and biological reality.

It seems to you as I speak, however, that the reality that you know is rock bed reality and that all other realities are probable. Instead, you are perceiving and experiencing one of many probable realities for yourselves. You must understand that or the experiment will not work. If you insist on thinking of your present reality as rock-bed reality, and everything else as probable, then the experiment will not work. So, first of all, you must realize that you are experiencing one probable reality of many.

Now take, each of you, an area of your life with which you are not pleased in your terms. Think of it. Now, do not think of it in terms of rock-bed reality, but as one of many probable realities that you have brought into your experience because of your beliefs. Now, hold in your mind the idea that there are other probable realities in

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ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends. See www.MichelleWhitedove.com

DEAR WHITEDOVE, I was looking at one of your posts that was uploaded at 1:11pm. Ever since my college days, I see 11 and 1111 and now it presents itself more often. Is there something that I'm supposed to take away from this?

DEAREST, Yes, 11 is a Master Number, when you see this even duplicated 1111 it's always heavenly inspiration. It tells us to pay attention, doorways with good energy are open so go with the flow and move forward.

11 is divinely orchestrated so anytime you see those numbers pay attention. These are always Green Lights that are Heaven Sent.

So you are getting the message? Go, Go, Go; you are on the right track! I bet if you spoke to a Numerologist, they would tell you that have the Master Number within your birth chart.

DEAR WHITEDOVE, Please describe The Heavens: Are there countries, religions, languages?

DEAREST, Oh my gosh, Spirit had me write my books for this very reason. This is spirituality 101 without dogmatic religion.

First let me assure you: there's no religion in heaven - manmade rules do not apply. **God** is there, the creator of all that is. There are celestial beings, Angels of many types and lots of very busy happy souls. There is only unconditional love and enlightenment.

Languages, yes, we have languages. The angels have their unique language. How we communicate in the

Heavens is telepathically or clairvoyance so there's no lack of communication or misunderstandings.

Telepathic communication is a knowing, and a vibration that transfers thoughts, feeling and emotions for a fuller understanding.

There aren't countries obviously. But there are levels, levels of enlightenment. Heaven is not Mother Earth, although Earth was created in the reflection of the first level of heaven called Paradise or Utopia.

Paradise is so beautiful; our human imagination cannot even grasp the wonders, the colors that are more vivid than earth's color spectrum.

In the first level of heaven, I don't know why but all men seem to love it, especially men that have great affection for nature: the mountains, the oceans and animals all living in harmony.

Many souls stay there for healing, they have their home welcoming party, they get their life review and evaluation. You can stay there for a while - your guardian angels drop down when you want to ask a question.

You stay until healing is complete and then you'll move up to a different level of Heaven depending on your rank or level of enlightenment.

We have goals in the heavens, we have healing centers, we have the arts, we have galleries, we have teachings and lectures and we can study the **Akashic** records (the book of life) . The Eternal soul and our personal journey goes on forever.

Communities are there in the heavens, the clans, those who are the same clan live together.

There are magnificent endless cathedrals - but not man's version of church, you know what I mean? Just giving the praise and sing glory to God, Great Spirit. Praying in unison. The songs of harmony and celestial songs of glory.

I've been blessed to hear the Angels sing a couple of times. It's amazing. The levels are fascinating. What is the Ultimate level???

Read> [SHE TALKS WITH ANGELS](http://www.michellewhitedove.com/books) I know you will love it!
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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>

GRATITUDE CHANGES LIVES

The most important daily practice is gratitude. Whenever someone comes to me with life challenges, or just wishes to grow spiritually, I recommend for them to start a gratitude journal.

Every morning write 9 items that you are grateful for. *I did mean write. Doing it in you head is different.* Writing by hand has a different effect on the brain and imprints the thoughts deeper and more powerfully.

Every thought that we have travels from us as energy in an infinity sign and picks up similar thoughts. Gratitude thoughts will attract more things to be grateful for.

Over the years I have seen miracles come from this practice. It sounds so simple, but very effective if one continues to do it for a long time.

The nine items do not always have to be new; they can be repeated over and over. New ones must also be added. There are so many things that we take for granted that we really should be grateful for. Simple things like toilet, clean water, food on the table, a roof over our head etc. are luxuries that many do not have.

The difficulty of a daily practice is to continue to do it. When we see positive results, we begin to sabotage and skip the practice. The ego personality does not like change. It will tell us that we are good enough and do not need it. We come across this challenge whenever we try to practice anything daily: be it exercise, diet, study, prayer etc. To be aware of this gives us an edge and creates the will and courage to succeed.

If we understand the importance of our thoughts and how they affect our life and others, we may be more careful and try to create thoughts of gratitude throughout the day. **Annie Besant** in her work **“Thought Power”** explains that: “The mind is like a wireless machine. A saint with peace, poise, harmony sends out into the world thoughts of harmony and peace. They

travel with lightning speed in all directions and enter the mind of persons and produce in them also similar thoughts. Whereas a worldly person whose mind is full of jealousy, revenge and hatred sends out discordant thoughts which enter the minds of thousands and stir in them similar thoughts of hatred and discord”

Our thoughts also affect the chemistry of our body. Being grateful, will lead to a healthier life. By thought alone we are able to manifest:

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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 are so busy pathologizing themselves and others, that they don't know what healthy is. This happens to therapists all the time- they spend so much time analyzing the human shadow that they can no longer identify healthy behavior.

They can't see when the soul is at work. The therapeutic tools of the trade are not to be taken so far that we can no longer see the light or the essence of the other.

There are so many things that influence behavior and choices- childhood history is only one of them. The soul has something to say about who we have become, too...



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>

When you understand that your disappointment in another's behavior or choices always stems from their immaturity, or yours, rather than their unkindness, or yours, it becomes much harder not to keep skipping through life, giddy with joy, smelling the flowers.

Moreover, when you understand that with enough maturity on your end you can always find peace in all your relationships, it becomes much harder not to run down the street kissing everyone you meet on both cheeks.

Kiss, kiss -

The Universe



CRYSTALS, ROCKS, MINERALS

DAILY USE AND PRACTICE

DOLOMITE, AN ALLY TO MOVE THRU GRIEF

Photo by Karin Wolf



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

While scrolling through my feed today, I came across an article on the psychological phenomenon known as "learned helplessness." When people are exposed to one negative or painful experience after another, eventually they lose their belief that anything they can do can change their situation.

Numbness replaces active engagement with the world around them. This causes people to give up and retreat into whatever can provide them with the illusion of safety.

All of the trauma we have been living through for the past two years has made finding hope and joy very difficult for many of us. It is vital that we find a way to recover our connection to life.

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Dolomite can be a great ally in helping move through grief.



Dolomite with fluorite, China

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MY TRAY OF HORS D'OEUVRES IS EMPTY

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

I have been a student of Prem Rawat since 1971. For the past 50 years, inspired by the feeling of deep peace and gladness he has awakened in me, I have been attempting, in various unsuccessful ways, to describe who he is.

In the beginning, my descriptions were extremely effusive. Borderline inflated, you might say, and tinged with a hint of the zealot -- not unlike the poetry of one in love for the first time and badly in need of an editor.

Charming? For sure. Engaging? You bet. Attention getting? That, too. But also confusing to anyone sincerely wanting to understand what the big deal was all about.

In time, like wine, I have mellowed, no longer ruled by the need to label, define, and explain. It's a game I choose not to play any more.

What does **Prem** say when people ask him who he is? "Just a human being -- a mirror that helps people see their true reflection at that moment in time." This has been my experience completely. Allow me to be more specific...

The year was **1983** and I was living in **Los Angeles**.

Although I had enjoyed some wonderfully casual moments with **Prem** throughout the years, most of my contact with him had been at big programs, him on stage, me straining to see from the mezzanine, wondering how to get a better seat. Like most of his students I wanted "special" time with him, away from the crowds.

And so when a friend asked me to be a waiter at a party he was throwing for his neighbors I jumped at the chance. I rented the outfit. I shined my shoes. I showed up early. Nobody but my mother could have guessed I wasn't a waiter by profession.

And then, with a signal from the caterer, my adventure began -- silver tray of hors d'oeuvres in my left hand -- spreading out with the rest of the waiters among the guests, each according to our designated areas.

The first thing I saw was **Prem**. Technically speaking, he wasn't in my "area," but since none of the other waiters were approaching him, I decided to fill the void. This was my chance, I reasoned, especially since I hadn't talked to him for three years.

"*Hors d'oeuvre?*" I asked, extending my tray of goodies in his direction. He pulled his head back, looked away, and extended his hand in a slow, downward motion as if to say, "*Keep that thing away from me!*"

I smiled and continued on my way, wondering if his refusal had any kind of cosmic significance. Was it me or the pizza puffs? Was he seeing some deep, ancient flaw in me? Was I hopelessly uncool?

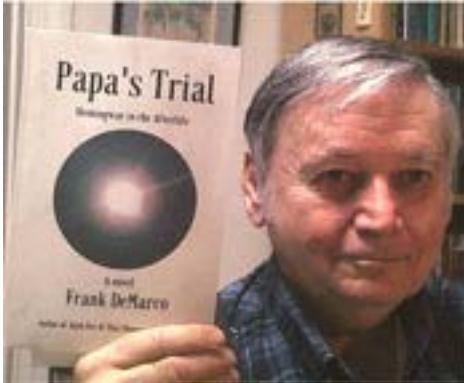
Fortunately, the day was too beautiful to obsess on my thoughts for long and so I kept moving until I located my area in the field behind his house. From where I was now positioned, there were absolutely no sight lines to the party, no chance to see, I thought, the one for whom I was happy to be serving. The only thing interesting to look at was the ocean and the sky.

And so it was: Every 10 minutes or so a few guests would make their way back to my area, surprised to see a waiter, umbrella in one hand (it was raining!), tray in the other, standing in a field so far from the party. It took about ten guests to empty my tray. After that I would head back to the waiters' shed for refills. This must have happened at least 20 times during the day and each time it did, **Prem** would somehow enter my field of vision -- standing, talking, eating, walking, and doing all the things a person does at a party. And though I could never predict what he was going to be doing when I saw him, I could predict the feeling I would have.

"Jazzed" is how I would describe it. Pumped. Buzzed. Blissed. I was a curious hybrid of boy seeing **Santa** and a **Grateful Dead** groupie with a lifetime back stage pass.

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FRANK DEMARCO: MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)



4 PROBLEMS IN COMMUNICATING

Frank DeMarco, co-founder of Hampton Roads Publishing Company, is author of 4 novels (recent: *Papa's Trial: Hemingway in the Afterlife*) and 13 non-fiction books including *The Cosmic Internet*, *It's All One World*, and *Awakening from the 3D World: How We Enter the Next Life*. His books are rooted in more than 25 years of psychic exploration. Since 2005, Frank has been actively engaged in an on-going series of conversations with various non-physical beings, including historical individuals, "past lives," aspects of personal guidance and a generalized group he calls "**the guys upstairs**." This column is an excerpt of these conversations. Contact him with questions. www.ofmyownknowledge.com. On Facebook he is [Frank.DeMarco.10](https://www.facebook.com/Frank.DeMarco.10).

Thursday, August 12, 2021
2:35 a.m.

DeMARCO: Very well, slide switches set to maximum focus, clarity, receptivity. "What does spirit get out of this 3D experiencing?" That's the question you posed for us, rhetorically. I can't say I understand it, really.

TGU: It is merely a rephrasing of your underlying question of "What's it all about?" As usual, we are trying to look at familiar things from an unfamiliar viewpoint, so as to help you associate things that had been seen in separation. People ask "What is the meaning of life?" and they ask, perhaps, "What is my personal fate: Will I have an afterlife?" etc. Near-death experiencers report personal unveilings, mystics report cosmic harmonies, metaphysicians present elaborate understandings, etc., — and the result is what? Contradiction and confusion? Why? Because the fields of inquiry don't overlap. Or, let's say, the road maps are all on a different scale, and they don't link up smoothly.

DeMARCO: One size does not fit all.

TGU: No, of course not, but that isn't quite the problem. The problem is

- A confusion of languages. Before you can know if two reports agree, you have to figure out if they mean the same thing by the same word. This leads to problems like very specialized jargon that becomes incomprehensible without serious study, or else the use of common languages in an entirely undisciplined fashion that leaves you less sure than ever what the speaker, or writer, actually means.

- A confusion of perceptions. You got a glimpse of the promised land, great. The report you bring back: How much of it is accurate memory, and how much is fill-

ing in the blanks with what you expected? How much is perception, and how much is projection, in other words. And this problem would exist even if the language problem did not.

- A confusion of interpretation. Even if two people spoke the same language, so to speak, and each returned accurate reports of each one's brief experience, how much would background differences color their understanding, once again blurring distinctions? A devout Muslim, Jew, Christian, Buddhist, Hindu, materialist, would each interpret at a pre-conscious level, and how likely is it that each one would seem to share the same perceptions, after interpretation had finished coloring them without the person's conscious knowledge?

- And, as we say, a confusion of fields of inquiry. Someone thinking he is investigating individual survival of death is not really looking at things in the same way as someone investigating the nature of time and space, or the nature of 3D and non-3D reality per se. Therefore the two are looking at different things even if they are the same things, because each will be seeing things within its own scale of inquiry. A Monroe program teaching people to do retrievals is seeing the world in a very different way from other equally valid forms of inquiry and intervention. Catholics praying for the souls of the faithful departed are attempting to intervene to help, as well, but the two worldviews have no place to touch.

DeMARCO: Seemingly.

"Seemingly" is right! And that is our point. It is that "seemingly" that lies like a stone in the river, divid-

...continued on page 35...



SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO JUNE 2022

Welcome to June! We've reached the midpoint of the year. At the Vernal Equinox, the natural powers of Light and Darkness are perfectly balanced, with the day equal in length to the night. The Wheel of the Year is poised halfway between the Winter Solstice and the Summer Solstice.

Capture the essence of the Sun on the Summer Solstice by selecting herbs for oils, tinctures and teas. Create blends of your choice using herbs such as lavender, elder flower, mugwort, rose or chamomile. Have a fire circle with friends, or light a candle in a safe place to mark the journey of your year so far.



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June 3: Yoruba New Year

June 4 to June 6: Shavuot - A Jewish holiday that combines a grain harvest and the giving of the Torah on Mount Sinai.

June 5: Pentecost Sunday, also known as Whitsunday. Marks the end of the Easter cycle, which began 90 days ago with **Ash Wednesday** at the start of Lent.

June 14: Full Strawberry Moon in Sagittarius

June 19: Juneteenth, celebrates African American freedom and achievement.

June 19: Father's Day - USA

June 21: Summer Solstice, 5:13 am, est

June 21: Litha: A Pagan and Wiccan festival that begins on the summer solstice and celebrates midsummer.

June 22: Sun enters Cancer

June 22: Inti Raymi Festival of the Incan Sun God, Peru

June 29: New Moon in Cancer

There is magic in the woods on Midsummer Day—so people tell me. Titania conducts her revels. Let others attend her court; for myself I will beg to be excused. I have no heart for reveling on Midsummer Day. On any other festival I will be as jocund as you please, but on the longest day of the year I am overburdened by the thought that from this moment the evenings are beginning to draw in. We are on the way to winter. - "Midsummer Day" by A.A. Milne

Have a Blessed June!

GARDENING THE MEDICINE WAY

LANDSCAPE GARDENING



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

Attitudes are changing towards what a front yard should look like, and more and more green thumbs are taking advantage of that valuable space and planting food. While it is usually not illegal to have a vegetable garden in your front yard, there may be some HOA and zoning laws that you need to follow.

Depending on the city ordinance in your municipality, there could be a limit on how tall your plants can be and how lush they can be. With landscape vegetable gardening, the plants are worked into the design of the landscape, much like perennials and annuals.

Texture, size, form, and color should be taken into consideration when planting both perennial and annual fruits and vegetables. Decorative containers can add style to your landscaping and make the perfect place to grow training vines. Containers can also be placed to fill in empty spots left by the harvesting of a veggie.

Mix pollinator-attracting plants and a beautiful birdbath with your edibles for a colorful garden everyone will love. Marigold and chrysanthemums also provide pest control. Stone landscape borders can allow you to build your soil for the nutrients needed to help your plants thrive, and always can be edged with fruit producing shrubs. Rain gutter downspouts can be directed to provide water for your gardens.

It's important to remember: don't take on too much the first year. You can slowly add to the garden as you gain more experience growing food. Focus on the fruits and veggies you buy the most at the store, and start with them when practical. Create a plan on paper to rotate out plants according to the season.

The hot summer months are a great time to familiarize yourself with food producing plants that will survive in the summer heat and that will still enhance the landscape. Some examples of these are malabar spinach, ginger and katuk.



Front yard gardening can be a great community builder. Neighbors will be curious about what you're doing or might have good tips to share. When it's time to harvest, be sure to share or swap some of your bounty with your neighbors. They will thank you for it.
Happy Gardening and Blessed Be!

Best of luck in your gardening endeavors and Blessed Be.





ABRAHAM HICKS

...continued from page 7

Esther Hicks

ABRAHAM: He did his part. He gave you an avenue into physical. Most parents mess it up far more than that.

WAYNE: Did I choose him to be my father?

ABRAHAM: Yes. Deliberately.

WAYNE: Because the most significant moment in my life was in 1974 when I was 34 years old, and I was at his grave in Biloxi, Mississippi. And before that I was drinking and I was overweight and my life was out of control. I was not taking good care of myself. I'd written some textbooks. But the kind of writing I really wanted to do, I just couldn't get it. It just wouldn't come.

ABRAHAM: You were too angry.

WAYNE: I was filled with rage. I would wake up in dreams, on almost a nightly occurrence, and I'd just be screaming and I'd be fighting him and I'd be sweating. I went to his grave-it was the 30th of August, 1974-and I really went there to do something on his grave. I was there for two hours or so, and I went back to the car to drive back to New Orleans and then back to New York-but something called me back.

ABRAHAM: How far down the road did you get before you were called back?

WAYNE: I only got to the car. I was in the car and something said, "Go back to the grave." And I went back to his grave, and I was sobbing and I forgave my father. I said, "From this moment on, I send you love." Everything in my life changed and turned around. My writing took off. I wrote a book that became an international bestseller. It all came when I released that rage and anger...

ABRAHAM: What do you think happened? Because he was always there with you. He was always loving you. He was always proud of you. He was always appreciating you. Because he's Source Energy. So that's how he was feeling-

WAYNE: Even while he was here on this planet?

ABRAHAM: Oh, no. He was all pinched off then. But once he reemerged into Non-Physical, he was in that place of Pure, Positive Energy. And his influence was therefore strong. And your desire to understand all of this; your desire to teach this; your desire to let go of the resistance that was holding you back was also strong. In other words, when you forgive someone, you let go of the resistance that is keeping you from your alignment. And it really doesn't have anything to do with the actual subject that you are angry about. But it feels like it does because that's what you're focused upon. So we are asking you: What do you think happened? You went there with strong desire. Can you articulate that?

WAYNE: Yes. I can articulate to the point of saying I went there because I wanted to see his death certificate. I wanted to know if he even acknowledged that he had a son named Wayne. I just wanted to know that.

ABRAHAM: So your bitterness was still very strong.

That's me on stage with Esther Hicks during our conversation that became Co-creating at It's Best.

WAYNE: There was something that was driving me.

ABRAHAM: What was driving you was the trajectory of Well-Being. What was driving you was the understanding that you weren't born to be dependent on someone else. And you did not come to use someone else as your excuse for not being in alignment.

And so something happened in that moment that caused you to let go of that. Maybe it just got old. Maybe it just felt futile. Maybe you felt the ridiculousness of it. Maybe it had just gone on too long. Or maybe there was a reset button. Maybe you had found a desire that was stronger than your old beliefs, and for just a moment the desire took precedence. The desire that is coming forth from within.

So something happened to you that caused you to cease the resistant momentum that you had going for so long, and to feel, for a moment, the fullness of who-you-really-are. What you felt was the powerful God Force love that was pouring through your father, your Non-Physical father, focused upon you, wanting you to feel it.

The best way for us to say it is that his love was stronger than your hate. And he caught you at a weak moment when your hatred was less focused. And you felt it. There is no greater message that we wish to convey.

...continued on page 23...



Esther Hicks

ABRAHAM HICKS

...continued from page 22

That is what we are talking about all day, every day.

People ask about healing. They want to find someone who can help them. And we say, you know, Source is flooding this Energy of Well-Being toward you at all times. You don't need any other to do what Source is already doing. But if someone can help you to soften your resistance so that you can somehow be receptive to the love and Well-Being that's being flowed, a little bit of alignment goes a long way. And as you say, it is life-changing. Your life turned on a dime because you returned to the path of least resistance-to the lover that you are. And you took big steps in leaving that hatred behind.

WAYNE: Is there only love on the other side?

ABRAHAM: Yes. There's only love. Yes. Only love. Only love. Only, only, only, only. Pure, Positive Energy, love and clarity and passion and eagerness. Yes.

COMPETITION?

We want you to feel the difference between this and a physical world who is action oriented, who is not paying too much attention to alignment, who feels competitive - now, competition is fine, because in competition, often your desires are launched, and a desire that is launched is a wonderful thing, but you need to be in alignment with the desire that is launched in order to feel satisfaction or movement toward it.

And so, if you are part of that world that is not paying too much attention to alignment, and therefore you are working hard, you are putting in the hours, you are beating the pavement, you are throwing enough mud on the wall believing that if you throw enough mud up that some of it will stick - yes, of course it is easy to differentiate between those who try and those who don't, by those who make an effort and those who don't - we just want you to understand the huge difference in leverage if you are tuned into Broader Resources and you are inspired to your action rather than offering effort in resistance.

QUESTION: Sure, that makes sense, because I mean I love my work, and I could work...I mean I'm working on the cruise, and people are like "What are you working for?" Like, my life is a vacation - I love what I do. So in...

ABRAHAM: Often, especially in physical activity, in sports - it's true of so many things - but often the actual physical movement puts you into a state of alignment or allowing. When people talk about getting that second wind or getting into the zone, that's what they're talking about. And so it would not be accurate for us to say about others or even for them to say it about themselves that it is only through their action that they have achieved the great things that they have achieved.

QUESTION: Yeah, totally. So, another kind of a segue question from that is we help a lot of healers and spiritual teachers and coaches, and two things come up: One is they're so tuned into this full 'it'll come when it's ready', and it's really held them back from taking action because they feel they're kind of pushing against the allowing of stuff to happen. So there's...

ABRAHAM: So it feels to you that they are not being directive enough of their own intentions that they're just sort of 'whatever will be will be'?

QUESTION: Exactly. So just having that distinction of it's OK to have the effort, have the action, as long as it's aligned.

ABRAHAM: This is a good way to have this discussion: So, sometimes people ask, even about the things that they've heard us say over time, "Which is it Abraham, am I to be a deliberate creator and intend and script and tell the story the way I want it to be, or am I to get into a state of allowing and just wait for the inspiration, because it seems like contradictory messages?"

And that's when we remind you of the steps of creation, where **the first step is ask** (and contrast causes you to do that even without you knowing it), and **the second step is that Source lines it up**. But if you didn't have the experience that caused you to ask, there wouldn't be anything to line up.

And the thing that we've noticed about so many people is that they hold themselves in that asking mode, because usually when someone is asking for something, they're asking for something that they believe they do

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HERB CORNER

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In the Respiratory system a syrup made with **Rose hips**, or a honey mixed with ground rose petals and some boiling water contains **astringent, antispasmodic, antibacterial and expectorant properties**, making it good for **coughs, pharyngitis, sore throats, and chest congestion** helping to relieve excessive mucous.

In the Digestive system the astringent, anti-inflammatory and mild laxative properties of **Roses** help to strengthen a weakened or sluggish digestive system reducing **indigestion, bloating, colic, constipation, or diarrhea**. Its **hepatic** properties help strengthen the **liver** and promote digestion.

Roses are also known to be nourishing to the skin; its astringent properties help to tone and tighten the tissue of the skin, its essential oil or **Rose Hip oil** are an excellent choice for aging skin; which can be added to creams, lotions, balms, or salves to heal **dry, inflamed, or damaged skin**. When **Roses** are infused in witch-hazel its astringent properties make a wonderful facial antiseptic spray, cleanser, or toner.

To use Roses medicinally they can be added mint teas, black teas, or other teas. They can be steeped in fruit juices, ground into a fine powder, and added to honey or made into capsules. They can be used in cooking when infused in vanilla extract, as a hydrosol they can be added to cakes, cookies, or other foods, that can also be infused and mixed into sugar.

And you thought they just made a beautiful bouquet.



SETH SPEAKS

...continued from page 13

that one area that you can just as easily pull into your physical experience, and experience this biologically, practically, and intimately in your daily life.

Then, for perhaps five minutes a day and no more, imagine yourself through your beliefs pulling that portion of probable reality into your own. For that amount of time you must, however, change your belief in that area. You must realize that your belief pulls the reality to you: and therefore only, now, for five minutes, change the belief. And if you do this faithfully you will find your reality in that area changing.

Because if you take any longer period of time, you will hassle it. You will begin to compare what you want with what you have. You will begin to think that you are trying to change rock-bed reality into something else. You are hypnotized by a fix. The short time period is enough. You are not even to think of this outside of that time.

I want to make a brief comment because it may help you. Regardless, you see, of what **Albert** thinks makes his eyes water (I am not going to get into your smoking problems!)—say that **Albert** believes that his eyes water when it is 45 degrees temperature exactly. All right.

Now he believes that that is reality. It is not reality—not rock-bed reality. It is experienced reality because he believes that when certain conditions occur this will happen. Now, each of you, in your own way, will react to different episodes, and so it is up to you to see how that operates in your own lives. But that is not rock-bed reality—it is one of many probable reactions, and you, through your beliefs, have settled upon that.

Now as long as you believe that to be far more real than its opposite reaction, you are stuck with it. If you can see it as one probable reaction that you have chosen, and if you can see an opposite reaction as equally valid, then you can free yourself. And the same applies to each of you following that example. And now I return the floor to you.



Jim Egan

STORIES THAT BEND REALITY

...continued from page 11

"I read it on the back of a box of **Rain Forest** cereal," she said. "I'm not sure what it means, but it sounded nice, and now is the first time it ever seemed to fit into any conversation."

"What ever happened to the children's cereals that were soaked in sugar and had cartoons on the back of the box?"

"Adults gave in and started buying them for us and took all the fun out of them."

"Where were we?"

"Creativity."

"Right," **The Man with the Ladder** thought for a moment. "I think the painter wanted his creativity to notice him as much as he wanted to see it," he said. "He felt that if he could force it to meet him face to face, in the flesh, so to speak, it would develop an affection for him and it would be less likely to let him down or betray him. Of course, he also was curious about what it looked like. Aren't you?" he asked the girl.

She shrugged. "I think I would leave well enough alone."

"Being an adult, he wasn't nearly as wise as you. He set about trying to trap it. At first he set simple traps for it in different rooms of his house. He set them in a stuck drawer of his desk, near a burnt out light bulb, at the end of a piece of string, on a half inch remnant of a pencil-- all the places he believed his creativity was partial to."

"They didn't work did they?"

"No. His creativity had no trouble avoiding all of them."

"What creativity lacks in imagination, it makes up." the little girl interjected.

"Same box of cereal," she said in response to **the Man with the Ladder**'s perplexed look.

"Frustration drove the painter nearly crazy." **the Man with the Ladder** continued, "To make matters worse, he had developed artist's block and couldn't visualize anything on the stark white canvases that stood about the studio. He decided that he needed to be more creative in order to catch his creativity, but he couldn't use his creativity because then his creativity would know what he was planning and avoid the trap."

"Catch 22." the little girl commented.

"Worse--Catch 24," **the Man with the Ladder** pointed out, "The painter didn't know which of his other competencies he could trust. He couldn't tell which were allied with his creativity, and which were his creativity's enemies and hence, in this enterprise, his allies. He had doubts about imagination and desire, and was suspicious of intuition. Ultimately, he was reduced to using the most impoverished of human resources, cunning, reason and will, which were servile and untrustworthy, but guaranteed, he thought, to be least likely in cahoots with creativity."

"Did he succeed?" the little girl asked.

"After a few weeks of escalated hunting he was in a frazzle. He had nothing to show for his effort but bilious disappointment and continuous annoyance. He gave up trying to paint altogether and completely devoted his free time to his obsession with trapping his creativity. It turned out that this obsession was the key. Reason wasn't enough. Will wasn't enough. Cunning wasn't enough. But these plus obsession was plenty."

"Why was that?"

"I'm not sure you really want to know," **the Man with the Ladder** cautioned. The little girl looked at him sharply.

"Only obsession is powerful enough to drive common sense completely out the window." he revealed. "One morning, shortly after he had become obsessed with this quixotic pursuit, the painter woke from an empty sleep with a idea for a device that he was certain would trap his creativity. The plans came to him in a dream, as fully formed and as well laid out as the plans that come with kits for building model airplanes."

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Esther Hicks

ABRAHAM HICKS

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not yet possess, and so the absence of what they want is what's dominant in their vibration. And so you can hold yourself in that holding pattern for a long, long time - if you're yearning for it and you really, really want it, and you're so aware that you don't have it, then there is not enough action in the world to compensate for that sort of resistance.

And so, that's why we're wanting to teach a little balance, that of course you want to ask. But you bring us to a discussion that is really worth having, so let's chew on this just little bit for masters of creation like those of you who are gathered here. So let's talk about what much of the traditional world thinks of in business or even in sports - it's all around - of setting goals and defining what you want and telling the Universe what you want. Well, here's our vantage point of all of that: You've already, through the life that you've lived, done much more of that than you recognize - you have incrementally, with broad strokes and not such broad strokes, made your claim to what you want, and it is vibrationally underway. So Step 1 and Step 2 have already happened.

Step 3 is you must find a way of not holding away from you the very thing that you've asked for. And so, if you keep taking score, then you often keep renewing your awareness that it hasn't happened yet, which is not true, because it is in the process of happening. So many people who are setting goals are looking for the manifestation of what they can see and hear and smell and taste and touch, and until they see it, they count it as a goal not yet achieved, when it isn't true - it's a goal underway, it's something in the process of already happening.

We want you to let the way you feel be your measurement. And so, going back to the very first thing that you said to us, we don't want you to be complacent and disinterested and bored, we want you to be eager and alert; we want you to be satisfied and more. And when you are feeling satisfied, you wouldn't at all have the

impulse or offer the critique that there isn't something going on. Boredom usually means that there's not much going on, but if you have interest, then there is something that is going on.

So here's the way that we like to explain this: You've created it and it's in your Vortex. And it's gestating, and the various things that you are asking for are in various stages of becoming. And they are being revealed to you all day every day, and your ability to realize them or recognize them really has to do with how much alignment that you've accomplished. So let's say that you are in a state of alignment pretty steadily - that you are satisfied most of the time, and you're feeling high on life and eager - so you would call yourself someone who has a lot of clarity and, most of all, a lot of interest and eagerness for life. So you're in the state of allowing often - in fact, mostly under those conditions.

Well, if you know yourself to be there, then the natural impulse that comes from you - your Inner Being will literally (we're not kidding at all) seed to you thoughts and impulses that you're ready for that you might not even know that you're ready for. And under those conditions, the more specific you become about the things that you want, then the more fun you have in the unfolding. If there is ever a time to talk about the goals that you have set, it's when you're tuned-in, tapped-in, turned-on, because then you have that feeling of your hands in the clay.

Esther will say it feels like the magic is here, and I only have to point and the Universe responds to my pointing. But you have to get some Energy moving, and you have to be well understanding of what that feels like for you to be tuned-in, tapped-in, turned-on. With people who are demanding it, that are demanding it from a place of fury or displeasure, they're not getting any help from the Universe. And while they may be gathering a lot of momentum around them from others like them that are making things happen, it's not the joyful unfolding that you really signed on for, that you want.

And so, here's the rule of thumb that we encourage: Be as specific as you can be while you are feeling good, and unless you are feeling good, take a very general stance. And so, the more eager you are about life, then the more you are wanting to explain to the Universe the details of what you are wanting, because the Universe has the ability to answer everything that you want to the degree of your ability to recognize it, and your ability to recognize it is absolutely related to how good you feel.

CRYSTALS, ROCKS

Photo by Karin Wolf



Sharron Britton

DOLOMITE, AN ALLY TO MOVE THRU GRIEF

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This means we must open our hearts to our true feelings no matter how painful or frightening they may seem.

The only way we can evolve beyond our trauma is to acknowledge it and let our wild grief flow. This can seem overwhelming, but it is the gateway to soul healing. This grief must be honored.

When supporting someone who is grieving, loving them unconditionally as they are in the moment is extremely important. I have found that **dolomite** is a great ally in helping people move through this powerful emotion without suppressing it. It allows people to feel the glimmer of hope within the darkness and ride out the storm.

This gentle and nonjudgmental support is invaluable as we move through the cycles of wild grief. Eventually the catharsis will cleanse us and we will be able to perceive our blessings and understand the lessons our life experience has to offer.



Dolomite with fluorite, China

Dolomite is a **calcium carbonate mineral** found all over the world and comes in many different forms. It is most often pink or white and fine **dolomite** specimens are quite lovely. I prefer to use the **pink dolomite** as the color resonates with the unconditional love so greatly needed during a time of trauma.

Arkansas has produced wonderful specimens which are fairly easy to find in any good rock shop. My favorite dolomite at the moment comes from **China**, often in combination with **fluorite**.

Whenever you or someone you love needs help during times of trouble, dolomite can remind you that the help you need is on the way. I have given it as a gift to many folks who are in great need and love keeping it by my bedside as a gentle reminder of hope.



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TIPPING SACRED COWS

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I wondered if one day I would experience that as an old lady, giving away the final bits and pieces of my material life, my independence. None of the stuff we acquire throughout our lives should matter, but it does. I'd be lying if I said it didn't.

Finally packed and ready for moving day, I was confronted by movers who eyed me, stunned, and told me they weren't sure if it was all going to fit into the truck—and this was no small truck, mind you. And here I thought I'd done a good job of letting go. The movers, who obviously knew more about the art of nonattachment than I did, clearly saw me as attached to my things. I felt judged.*

As the movers filled the truck with all the things I had deemed in my purging to still be of value, the things I was attached to, I started to explore my understanding of the concepts of non attachment and attachment. I didn't like feeling judged, and I didn't like feeling bad about loving things. What I found tipped the crap right out of those particular cows. Whammo! Now I have some pretty strong thoughts on the whole thing. Shocking, I know.

Once again I was faced with the contradiction of a concept and its practical application in my life. The struggle of trying to live a certain way, which was supposed to bring me more happiness, often made happiness feel farther away.

After ensconcing myself in the **New Age** world, this idea that we mustn't be attached really stung me. As I have said about a million times already in this book, I like shoes, I like things. Moving for me was never an easy undertaking. Most twenty- or thirtysomethings can manage with a nice little truck and a couple of friends—not me. I was in there with the forty-footer and the moving crew, so when I first encountered this whole nonattachment concept, I judged myself harshly on my failure to master the art of nonattachment.

And when the movers stated that I had too much stuff, well, that was the straw that tipped the last cow for me, because who is anyone to decide how much stuff

you can have? It isn't the stuff; it's how you deal with the stuff. It's how the stuff exists in your life that matters.

This is what **Wikipedia** says about detachment: "Detachment, also expressed as nonattachment, is a state in which a person overcomes his or her attachment to desire for things, people or concepts of the world and thus attains a heightened perspective."†

And I thought my three-inch heels were giving me a higher perspective (bad pun score). Well, I guess I was wrong.

Again this is an **Eastern concept, mainly from Buddhism**. For the record, I don't mean to pick on **Buddhism**, but you have to admit that most of our spiritual practices were brought over from there along with those nifty red lacquered armoires. It's not **Buddhism's** fault we **Westerners** take things way too seriously or literally. We're too busy to read the fine print.

In my opinion, most of us need quick-fix answers to everything and often don't take time to really understand the history and nuances of a concept (maybe I'm just talking to myself—but probably not). But, as happens with many **New Age** tenets, being attached was somehow made bad. Ironic how a whole philosophy based on nonjudgment judged a lot of things as bad or good and filled me with a lot of rules about how I should be living in order to be happy. Boy, this happiness thing is a lot of work.

For many of us, nonattachment has become code for ignore it (insert here whatever it is you desire, but don't want to admit to desiring because you might seem attached to it and therefore less spiritual) and pretend it doesn't matter, even though it probably does, because otherwise you wouldn't want it.

In **Buddhism** and many other spiritual ideologies, attachment equals suffering, so nonattachment equals happy life. Um, so if I just walk around not caring about anything, loudly saying that I'm not attached so others will look at me in awe at my very spiritual way of living, letting it all blow in the wind, and just accepting everything as it appears in the moment, I'll be happy? If I detach myself from my Manolos, all I'm going to be is three inches shorter, and we all know I have body issues!

If I hear one more person tell me how they are not attached to the outcome, I'm going to throw my copy of **Zen and the Art of Motorcycle Maintenance** at them. Because really, you're attached.

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Betsy Chasse

TIPPING SACRED COWS

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I seriously read somewhere that when you're nonattached, all you can be is love. How is that possible? If you're not attached to anything, how can you love it? Isn't loving it being attached to it? Oh yeah, I suppose they're talking about that eternal all-being love. I'm not even sure that's possible, let alone something I want to be.

Don't get me wrong, all loving is a great concept, but to me it reeks of manure, cow manure in fact. It reeks of should-do and should-be and pressure to achieve, and I've done enough of the overachieving thing. The idea of being nonattached is a cow I've been really attached to tipping over.

When I tried to live nonattachment, I felt deprived, victimized, and eventually bitter about what it was I wasn't allowing myself to have or desire. People can be downright judgmental, and I have always been concerned about what other people think, especially my peers.

I'm being silly here, but I realized that while writing about being attached to my shoes was mostly just a joke, in fact I was attached because I cared about how I looked. I cared about it because I hated the way I looked, and my shoes helped me feel better about myself. So it wasn't really the shoes, it was the feeling my shoes gave me.

I challenge anyone reading this right now to not be attached to, say, your cell phone in a blizzard. Okay, maybe some people wouldn't be, but honestly ask yourself: what are you so attached to that you can't possibly live without it? Can you love without being attached? Really, think about it. I'll wait.

Come on, it's not hard. Mostly.

Maybe we should start with what attachment is and what the concept of nonattachment really means.

Is attachment greed? Is it need? Is it being in love with someone, or is it craving something so much that you actually feel you can't live without it? Don't be shy—no one is listening.

Hey, I know: let's play **I'm Attached! Now it's time to list all the things you're really attached to.** I'll go first:

Hi, my name is Betsy, and I'm attached to those chocolate chip cookie volcano cakes you get at the store, but not for long because they're impermanent and will soon only be a figment, a memory. Therefore I will suffer because of the loss of the taste of the chocolate and the addition of inches to my hips. Double suffering to go along with my double scoop. Yum!

I am attached to my shoes (already admitted that, and yes, I have a couple pairs that I would truly suffer over).

I'm attached to cigarettes and coffee in the same fanatical way first-graders are attached to their BFFs. I'm attached to that morning cup and puff, and even at midnight, when caffeine is probably going to keep me awake, I'm attached to it.

Let's face it—if you're up at midnight drinking coffee and smoking, you're not going to sleep anyway, so you might as well enjoy being awake. And since no one else is up, you might as well hang out with your BFFs. They don't talk back, and they always agree with you, and I'm attached to being agreed with too, so it's an awesome double (or is that triple?) shot of attachment.

I am attached to my friends (my real live ones, the ones who talk back), some of whom are far away from me. Sometimes I miss them so much I feel like I could die (okay, maybe that's a bit dramatic, but I suffer for sure).

I am attached to my family. They may be dysfunctional and crazy, but gosh I really love those nut jobs and would suffer if they were gone.

I am attached to my owl lamp and my monkey bookends.

I am attached to fulfilling my dreams (ooh, that's a biggie).

So attachment is anything you want so badly that you'd be sad if it was gone. You'd suffer, and no one really likes to suffer. Our desire to avoid suffering is probably why somewhere along the path to enlightenment someone said attachment is bad because suffering is bad. But isn't suffering on some level necessary? Can't suffering be a good thing?

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Mitch Ditkoff

MY TRAY OF HORS D'OEUVRES IS EMPTY

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"It's him, I would think to myself again and again. "Him!" This little scene played itself out many times during the day. But then something curious happened. About the 20th time I saw him, I felt nothing. Zero. Nada. Zilch. An unwelcome sense of normalcy began to take me over. Seeing him was suddenly no big deal. I wasn't awed. I wasn't amazed. Neither was I captivated, astounded, excited, glad, grateful, inspired, delighted, or energized.

I wasn't anything. My concept of **Prem Rawat** was being deconstructed before my eyes. My "mental model" wasn't working. Something I had counted on for years -- that seeing him would always be uplifting -- was no longer operational.

Was it him? Was it me? Was it both of us? Neither? Something else? One conclusion I could have easily drawn was that the man before me was nothing special -- a **Wizard of Oz** made great only by my own neurotic projections.

Yes, if I wanted proof that he was nothing but my own self-invented hype, now I had it. But having received Knowledge from him 12 years earlier and having experienced the many benefits of his guidance in my life, I could not bail out at such a simplistic conclusion. Something else was clearly going on.

Looking back at that time, my buzzless series of waitering moments at his party felt like the unceremonial end of my extended honeymoon with him -- that formerly delightful time of spiritual romance in which I had been protected from (or blinded to) the moments in which one's "significant other" does not appear very extraordinary.

In marriages, this either marks the beginning or the end of the painful acceptance of the apparent mundane -- the time when the husband no longer seems heroic and the wife is no longer recognized as goddess.

It was confronting to admit it, but the part of my relationship to Prem that I had fabricated was becoming undone. Without knowing it, I had become a fan and a groupie in addition to being a student.

Like my previous strategy in my personal life of creating short-term love affairs to keep myself feeling studly, I had been orchestrating my relationship with Prem to provide well-timed payoffs. Did it work? Yes, it did. But it went only so far.

I was not alone.

In my experience, lots of his students have set him up this way. Ruled by the very human need to define and categorize, we turned him into many things: a superstar, a hero, an Avatar, an anthropomorphized version of our own private God -- projecting all kinds of images on him, not unlike small children do with their parents or teachers.

Inevitably, this leads to disappointment. Which leads to doubt. Which leads to anger. And it is this anger, born from the gap between who he is and who we imagine him to be, that is often the reason why some students of **Prem Rawat** eventually reject him.

"He is not who I thought he was," they claim. And of course it is true, because, in many ways, it is impossible to know the very hard-to-categorize **Mr. Rawat** (or anyone else for that matter) through the medium of thought.

More relationships are ruined, I believe, by expectations than by anything else.

Husbands do it to their wives. Wives do it to their husbands. Parents do it to their kids. The **Prem/Student** relationship is no exception. Somehow we get it into our heads that it has to be a certain way.

Casting directors in our own "B" movie, we patch together our favorite stereotypes and create a picture of how he should be and then proceed to compare everything he does to that picture.

Of course, we're going to be disappointed. How could it be any other way?

The alternative? Live and let live. Be who you are and let Prem be who he is. Give up the addiction to having everyone and everything fit the Procrustean bed of your own spiritualized imagination.

Allow the simplicity of love to be the fulcrum around which your life revolves. Appreciate each and every breath. Be grateful. Live and let live. Savor the opportunity to be alive and enjoy all the many blessings in your life. Take off the rose-colored glasses and those rose-colored explanations. You don't need them anymore.



Frank DeMarco

MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

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ing waters that are really all the same stream. It is the learning to see beyond the obstacles to a common understanding that we are about.

DeMARCO: Only, do we really need a “common understanding”? Given that we’re all different, and our higher selves are different, and our environments and purposes - how much common understanding can there be? Seems to me, sooner or later some bright boy says, “In the interest of clarity, we’re going to have to begin enforcing a common understanding.” And right there is your beginnings of an Inquisition, or a Party Line, or a sort of invisible understood official orthodoxy beyond which one learns not to inquire.

TGU: Yes, as if any understanding could ever be enforced! What can be enforced is lip service, and perhaps mental conformity, and certainly social or professional conformance. But understanding? No, enforcement only means - and always means - enforcing the lowest common denominator (on the one hand) and the driving into corners any understanding more advanced or even merely different. You can see it in the history of any religion, any scientific establishment, any political arrangement set up to enact a theory. Trying to enforce understandings is like ordering the tide not to follow its own nature, or ordering fog to disperse, or form.

So now if you look at the obstacles to any sharing of understandings, you see that we must take into account

- Language
- Perception
- Interpretations
- Fields of inquiry

Do you wonder that we progress so slowly, so ploddingly? Do you wonder that any shared understanding that does result is so fragile, in a way? So easily misinterpreted, so easily warped by so many individual and often invisible factors?

DeMARCO: I don’t wonder, but it is a bit daunting. It makes you (or, anyway, makes me) wonder how much good it does to go to so much work to create a soap bubble.

TGU: Yet you are driven to it - or let’s say lured to it - so there must be a reason, right?

DeMARCO: No question. The allure is there. Always has been there, even when there seemed no chance that I would ever find anything. That’s one reason for the unending tide of books in my life, I expect: I was hoping to find the answer in a book.

But we have been at this for nearly an hour - though only six pages in my journal - and it seems to me the only thing we have accomplished is a listing of difficulties.

TGU: If you will look again at the initial question -

DeMARCO: “What does spirit get out of this 3D experiencing?”

TGU: Would you rather we answered the question without context? You have a thousand New Age books to do that, and ten thousand, a hundred thousand, books of religion or philosophy or metaphysical speculation, in all degrees of certainty. What’s the point of adding to the pile?

DeMARCO: But you aren’t exactly saying, “The question can’t be answered.”

TGU: No indeed. We are in the process of answering it. But it can’t be answered in ten words or less, pretending that any three people experience the same phrases and sentences to say the same things. Impressing this fact is the very first necessity, if we are to add context rather than merely make pronouncements.

DeMARCO: Fair enough. And I sometimes get the feeling of you all sighing, saying to yourselves, “Okay, we’re going to have to remind them again, and that will leave us maybe five minutes to add something new while they’re holding the old in active awareness.”

Just as you, on your end, shake your heads and say, “But we know that!” because you recognize what we’re reminding you of, not necessarily realizing that recognition once reminded is not the same thing as having been actively remembered prior to the reminder.

DeMARCO: So I guess we’ll go at it again next time. Our thanks as always for all this effort, so patiently given over so long a time. Of course, you don’t have Netflix over there (presumably), so maybe this is all amusement for you. In any case, thanks.



ARIES – (March 19 – April 18)

ARIES: MOOD FOR JUNE 2022

Dynamic at the beginning of the month, watch your impulses. A moderate attitude works in your favor and makes you appreciated by all. Don't ask for too much. Reinforced by a situation that encourages you to step out of line and out of your habits, you push your limits with an innovative spirit and a lot of reactivity. This boldness allows you to take up the challenges thrown at you this month. Combative and eager to build a project that takes time to materialize, you sometimes oscillate between dreaming and the need to remain realistic. You find this balance by ensuring at work and dreaming at home.

ARIES: LOVE FOR JUNE 2022

Venus exalts your thirst to live your desires! Wait until the end of May to express what is dear to your heart with every chance of being followed by those you love. Remain measured in your demands, for you are torn between a thirst for harmony and a tendency to excess. The conjuncture induces some opportunities to satisfy your desires. The sky lifts you from the ground, but do not fantasize too much so as not to be disappointed. Connect with your inner world, which guides you on the right path.

ARIES: MONEY FOR JUNE 2022

You believe that everything is possible, but you must be careful with those around you who do not necessarily follow you in your delusions. Whether it's an incredible offer or other talents to exploit, the dominant element is the unpredictability of events. Do not hesitate to seize your chance. Until the 13th, you are mobilized to defend your interests and negotiate to your advantage. Exchanges are more productive from the 3rd and lead to happy conclusions around the 10th.

ARIES: WORK FOR JUNE 2022

Mars reinforces your thirst for conquest, and you can count on a resumption of negotiations from the 3rd, debates become productive. To invest, don't go beyond your means and instead engage in exchanges that expose the benefit of following you. Potential comes to light unexpectedly. You are offered a chance to express a new facet of your talents and to benefit from financial advantages you had not anticipated. You can



also discuss the financing of a project if you base your interventions on reassuring bases while avoiding the soft delusions. Use your intuition to guide your initiatives and get your way.

TAURUS – (April 19 – May 19)

TAURUS: MOOD FOR JUNE 2022

If you feel stuck in the middle of events and the economy is slowing down, take advantage of the fact that your projects are on hold to channel your energy instead of getting angry in vain. Be gentle with those around you and your allies. Uranus continues to provoke events that allow you to break with the past and this climate solicits your emotions intensely while you do not like to be pushed around. It is not by playing exclusively with your charms that you will achieve your goals and rely on your sense of responsibility more than on your desire to blossom on all grounds.

TAURUS: LOVE FOR JUNE 2022

Venus accentuates your power of seduction, a significant asset to attract the attention of whoever you like or whoever you want. At the end of the month, the delicious planet boosts your appetite, and you use your magnetism to bewitch the other person and get what you covet. At first sight, you will be surprised by love, a decisive moment, and the situation is favorable to the explosion of feelings. Venus puts you on fire to change your emotional life. This is your opportunity to shine. But do not use your charm to force anyone's hand. Focus on your natural ability to make the other person dream and bring them into your life.

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TAURUS: MONEY FOR JUNE 2022

Financial negotiations are at the heart of the debates, wait until the 13th to restart them and avoid being too greedy. Instead, expose your talents and merits, and you will have the opportunity to get back on track and conclude your business from the 23rd. You will make your superiors want to accede to your requests by favoring a responsible attitude rather than a tendency to feed fantasies.

TAURUS: WORK FOR JUNE 2022

Think before you make a move. From the 13th onwards, you will see things more clearly as financial negotiations are brought up again, with the opportunity to steer the discussions to your advantage. Avoid asking for too much and take the time to adjust your aim, review your copy, don't force things, don't rush things, and negotiate the funds you need. From the 3rd, you can communicate more fluidly. Take advantage of this to assert your ambitions and express your thirst to evolve. Then, reassure your hierarchy by showing prudence and maturity. By doing so, you will be able to get by the best.

GEMINI – (May 20 – June 19)

GEMINI: MOOD FOR JUNE 2022

Jupiter increases your desire to connect with others, especially if you have a project in mind. You arouse the interest of those you love and bring them on board. Your infectious enthusiasm helps you convince them to follow you and launch a new expansion cycle. Whether it is on an emotional, social or professional level, you move forward without hesitation towards the goals you have set for yourself. There remains the emotional terrain where you have things to figure out. You will communicate more fluidly from the beginning of the month, which will be a relief. You have understood that it is better to proceed orderly without speeding up the movement. This disposition to prudence and wisdom will contribute to your success.

GEMINI: LOVE FOR JUNE 2022

Venus invites you to meditate on the state of your emotional relationships until the 23rd. Then, the delightful planet will exalt your radiance and your power of seduction. Count on Jupiter to support the realization of a project that you ardently defend. If a dispute arises between you and someone close to you, listen to your feelings to break past behaviors and change them thanks to your recent experiences. Venus recommends that you take a step back from your emotional

life, take advantage of this to identify what is blocking your impulses, and then give free rein to a quest for the ideal, change your view of the relationship.

GEMINI: MONEY FOR JUNE 2022

From the 21st, you are more concerned with your financial life. You will use your charm to get what you want, but don't ask for too much. If you need money to finance a project, you will not hesitate to ask your entourage (relatives, friends) for the funds you need. Avoid hovering outside the realities of this world. If your dreams increase your level of requirement in love and business, come back to earth to manage or define a budget.

GEMINI: WORK FOR JUNE 2022

Mars urges you to act, and Jupiter puts an important project in your sights. You have the charisma to influence those who can help you, but don't go over budget. You work tirelessly to complete a project, and you impose your methods on teams that follow you. No question of subordinating yourself. You mark your territory. From the 3rd onwards, discussions about an ongoing project resume after a stressful break, an opportunity to finally change things, but don't mistake your dreams for reality. Move slowly toward your goals to make sure you achieve them.

CANCER – (June 20 – July 21)

CANCER: MOOD FOR JUNE 2022

Carried along by events, you are no longer afraid of anything but try to calm your thirst for conquest, for the best is the enemy of the good. You are determined to innovate, project yourself into a different future, and have the necessary will to evolve in this direction. Endowed with unsinkable energy and an unflinching will, count on an irresistible charm to convince, but reflection is strongly advised. If you find that time is taking a long time, tell yourself that it is to base your projects on solid ground, which will allow you to temper your frustration with a touch of wisdom.

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CANCER: LOVE FOR JUNE 2022

Venus connects you favorably with your entourage and increases your popularity. You prove you want to please those around you despite your ambition to succeed professionally. From the 23rd on, get your messages across gently, don't think you are right about everything. If a life change project has been on your mind for a while, you will receive unexpected support from a loved one or a friend who will encourage you in your plans. Venus allows you to evolve in good company: friends, relatives, or newcomers. It also invites you to make plans. You aspire to be surrounded by benevolent people who meet your standards of excellence. To keep their trust, keep your goals grounded in reality, and they will continue to believe and follow you.

CANCER: MONEY FOR JUNE 2022

You want more power and what you think you deserve if money is at stake. You're hungry for something new, and if your goals include financial matters, you'll want to enlist the support of family, friends, or clients who are won over by your plans. Saturn continues to restrict your income and subjects your projects to the passage of time. Avoid borrowing too much or forcing the hand of those who hold power and money.

CANCER: WORK FOR JUNE 2022

Mars urges you to assert your ambitions while Jupiter multiplies opportunities for progress. Whether it's getting a better job or a promotion, you're showing what you can do. You're not afraid to speak up to make your voice heard at work, and Mars helps you impress the crowds. Your superiors are sensitive to your arguments and determination. If you have ideas out of the ordinary, if specific negotiations have been stagnant since last month, everything will start to move forward again from the 3rd. But keep the necessary distance to evaluate the consequences of your initiatives and decisions.

LEO – (July 22 – August 21)

LEO: MOOD FOR JUNE 2022

You lack neither the panache nor the will to make others want to believe in your vision of the future, but nuance your words and initiatives so that no one distrusts you and your good intentions. You want to change your life and free yourself from what is holding you back, so count on a fighting spirit to meet the challenges that color the month's mood. Determined to tackle the sticking points without hiding the inconvenient truths, you will establish links with the reality of each other's expectations rather than with a fantasized vision of the other and of the relationship.

LEO: LOVE FOR JUNE 2022

You will use your charm to rally the support of those close to you and your superiors around ambitions that you ardently defend. Rely on your popularity (from the 23rd) to draw those you love into the adventure. They will follow you if you temper your thirst for power. An unexpected encounter, a new love, at first sight, a long-suppressed desire, expect to experience strong emotions and sensitive events that will orient your perspectives. You will need time to reflect on what you want from the relationship. Try to approach the subject through constructive dialogue, avoiding fantasizing about a future vision that must be redefined on solid rather than idealized foundations.

LEO: MONEY FOR JUNE 2022

Your personal ambitions are accompanied by more material aspirations, but avoid demanding too much. You want to escape the rules or even break some of them that prevent you from being yourself. The nature of your commitments is the focus of your concerns and investments. If financial interests are involved, you will only address them if they interfere with your quest for depth and authenticity.

LEO: WORK FOR JUNE 2022

Count on Mars to convince your superiors that you are the best. You are climbing to the top. Determined and charming, you argue against expanding your horizons but lower your expectations at the end of the month. If someone makes you an offer or if a sudden event changes the course of things, you lack neither energy nor determination to seize any opportunity, you assert yourself, and you move up a gear. From the 3rd onwards, some discussions resume their ordinary course after a period of stagnation. Don't hesitate to argue to change things, but don't try to force your way in, as this will affect your credibility. Assert your positions with the benefit of time.

VIRGO – (Aug 22 – Sept 21)

VIRGO: MOOD FOR JUNE 2022

You find it difficult to channel your compelling desires. Use your conquering energy to impose yourself, but don't think you can do anything. Reinforced by a

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backdrop that opens doors for you, your emotions are intense, now is the time to act or choose. You're feeling gloomy when you're confronted with reality and when you realize that you have little opportunity to escape from the constraints. Fortunately, you can count on your emotional life to put a smile on your face.

VIRGO: LOVE FOR JUNE 2022

If your current relationships do not meet your aspirations, you will transform them. From the 23rd onwards, count on Venus to make you appreciate society, but do not frighten those around you with too audacious projects. Venus exalts your thirst for solid emotions and makes your wishes come true. An encounter can change the game, an event pushes you to evolve, and Venus sharpens your emotional ambitions. Even if your aspirations collide with the harsh reality of everyday life, you open an inspiring dialogue with the possibility of evolving your ties, even your vision of love.

VIRGO: MONEY FOR JUNE 2022

If financial negotiations are underway, you are leading the way. Count on your authority to negotiate to your advantage. If new prospects are opening up and economic issues weigh in the balance, don't let them stop you from taking the adventure. Count on your consistency and your will to do the right thing to reassure colleagues and superiors that it is worthwhile to team up with you. As far as rewards are concerned, you will have to wait.

VIRGO: WORK FOR JUNE 2022

Jupiter brings about events that accelerate change, and Mars reinforces this trend. Focus on communication and negotiation to achieve your goals. Avoid forcing your way through, even if the sky is shaking up your habits and rekindling your desire to break free from limits that are holding you back. When an opportunity arises to renew your life, don't hesitate. Mars increases your determination, and debates concerning your ambitions are relaunched from the 3rd. If you find the burden too heavy, do not expect it to lighten immediately, work with patience and endurance to get through it without flinching.

LIBRA – (Sept 22 – Oct 21)

LIBRA: MOOD FOR JUNE 2022

Determined to impose yourself, endowed with absolute confidence, you attract attention. You will surf on this tendency to seduce, but do not take yourself too seriously. An excess of self-confidence will end up harming

you. Count on your senses to be awake to experience intense moments and emotions that lift you off the ground. Venus, in concert with Uranus, accentuates a tendency to the effervescence. Saturn darkens it and makes you examine your feelings and function in love. Play the game to move forward and understand while waiting for a lighter moment.

LIBRA: LOVE FOR JUNE 2022

Sensual and greedy, count on the influence of a Venus eager for gratification to address with whom you love the aspects of your duo that should be improved so that each one can fully blossom. From the 23rd onwards, the current flows well. Venus reinforces your sensuality and exacerbates a lucidity that generates essential realizations about the need to change the way you function in love. Venus is composed of a relative coldness caused by Saturn, which invites you to take a critical look at your love affairs to make your family relationships evolve and to unblock certain tense situations, bet on a dialogue that goes straight to the point.

LIBRA: MONEY FOR JUNE 2022

In June, if you have financial ambitions, rely on income from investments rather than on a salary increase to strengthen your accounts. If you can get rich, it is through cash flow or unexpected contributions. Unless you take advantage of a surge in your stock market investments or a gambling win. Some ongoing discussions on the subject finally come to fruition by June 13. Then rely on Venus to replenish your accounts through outside contributions. You are tempted to spend lavishly.

LIBRA: WORK FOR JUNE 2022

You continue to defend your positions and win the support of your colleagues. You do not lack the determination to convince your associates and collaborators to believe you and follow you. An unexpected income financing makes your projects advance. Rely on your glibness to get everyone on your side. If negotiations were dragging on, you would relaunch them more productively from the 3rd. If you remain moderate in your ambitions, you will reach them in June. Convince your interlocutors without unnecessary pressure.

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SCORPIO – (Oct 22 – Nov 20) **SCORPIO: MOOD FOR JUNE 2022**

You are currently surfing on currents that make your life easier. Avoid taking advantage of these favorable conditions to take too much for granted. Events, decisions, and connections will meet your expectations, put a smile on your face, and make you want to invest yourself commit yourself since you are being allowed to act more as you please. Rather eager to get your messages across gently, even to seduce, you do not hesitate to take a step towards the other. You will maintain a cordial understanding (in love, in the family), even if you try to manage the useful rather than the pleasant at the end of the month.

SCORPIO: LOVE FOR JUNE 2022

Listening to others and their desires, you work with goodwill to manage your affairs and look after the well-being of your loved ones. Don't hesitate to engage in lively exchanges to transform daily life without being tempted to impose your vision of the world on others. If you are looking to free yourself from a bond, to free yourself from a relationship, take advantage of an intense conjuncture to get closer to the other person or to make an encounter inadequacy with your aspirations. If some exchanges with your partner have been empty since May, you will be able to revive them more productively from the 3rd. Does the atmosphere seem heavy, and your ideals of love are in a state of flux? Rely on time and patience to get over the atmosphere weighing down.

SCORPIO: MONEY FOR JUNE 2022

If you have opportunities to progress in your work, money is not the main driving force behind your actions, but if you are offered the chance to earn more, why would you refuse? If you want to change your relationship with others, your way of associating, you should rely on your commitment so that people will want to reward you, even if the answer does not come right away. If your family's comfort depends on the state of your accounts, you will try to manage your budget as wisely as possible.

SCORPIO: WORK FOR JUNE 2022

You roll up your sleeves to assume your responsibilities and fulfill your duties. Be strategic about jumping on opportunities, don't be too obvious about your ambitions if you don't want people to be suspicious of you. You do not balk at the task. You invest yourself fully



at work to serve the common cause. If you want to be given more freedom of movement within a team, you are pleasantly surprised when granted what you ask for. You invest yourself in priority to make your family life evolve, your links with your close circle, you express your creativity, you make yourself heard and understood outside.

SAGITTARIUS – (Nov 21– Dec 20) **SAGITTARIUS: MOOD FOR JUNE 2022**

Rather than conquering, you want people to give in to your aspirations, but you take into account the interests of others. Count on Venus to connect you favorably to the world around you by lending an attentive ear to those you love and by channeling your own desires. Between your determination to impose your wants and your desire to please everyone, a good idea will arise, or an event will pleasantly surprise you, which will get you out of a routine that weighs you down. You rely on time, and you don't force anything to achieve your goals. This is a lesson in the wisdom that you should integrate to take advantage of a situation that favors your progress if you are willing to slow down the movement.

SAGITTARIUS: LOVE FOR JUNE 2022

A little bossy in love at the beginning of the month, you aspire to act for the good of those you love. Radiant and charismatic, you will seduce people, but you will not be too demanding and rely on dialogue to express your expectations. You show your affection with sudden attention, a gift that surprises those you love. Unless you join a charity organization to indicate your desire to help others. Either way, you're opening your heart. You'll want to be careful and take the long view to achieve your goals.

SAGITTARIUS: MONEY FOR JUNE 2022

Be careful at the end of the month not to want too much. Greedy and thirsty for gratification, you go too far. You show off your talents and seek to impress the

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gallery. Your efforts could be rewarded by a small unexpected gratification. Nothing is impossible. The cosmos urges you to exploit hitherto ignored or insufficiently explored potentials, create while following a strict discipline so that your efforts will be rewarded.

SAGITTARIUS: WORK FOR JUNE 2022

Count on Jupiter to exalt a charisma that leaves no one indifferent. Do you tend to go for it and impose your methods at the beginning of the month? Then, at the end of the month, use dialogue rather than force to convince your collaborators on the extent of your demands. To lighten your schedule and free yourself from burdensome responsibilities, you will receive help: you will be offered a more entertaining option, to your liking, or a rhythm that leaves you freer of your movements, and you will appreciate it. Take advantage of this to exploit your potential and persuade your interlocutors to team up with you.

CAPRICORN – (Dec 21 – Jan 19) **CAPRICORN: MOOD FOR JUNE 2022**

You're working hard to make sure your family and private life meet your expectations, and you're enthusiastic about improving the ordinary. But be sure to take into account the opinions of others, for although your intentions are laudable, they do not exempt you from listening to what you are told. Venus and Uranus suggest that you think outside the box, in love, in business, with your children, or in your personal creations, you are likely to be pleasantly surprised and in a rather jubilant mood. You will be more conscientious and responsible, and this seriousness will earn you the respect of those around you.

CAPRICORN: LOVE FOR JUNE 2022

Jupiter favors your private fulfillment, and Venus exalts your magnetism, an opportunity to live in harmony with the world around you. From the 23rd onwards, the delightful planet invites you to work for the community. Venus favors your sentimental successes, an incandescent return of the flame, love, at first sight, is not to be excluded. This is the time to open your eyes and especially your heart. You will manage your affairs with a master's hand in your family. If your exchanges have been short-lived since last month, you will be able to communicate more easily from the 3rd. Count on Venus to live intense moments with your partner and attract attention.

CAPRICORN: MONEY FOR JUNE 2022

You are talking about real estate investments with the desire to improve your living environment or to move. Use your charm and talents to attract the rewards and benefits you seek. Dare to surprise to attract attention and money, but remain cautious in your spending, managing your budget closely. Saturn demands that you spend on what is necessary rather than what is pleasant.

CAPRICORN: WORK FOR JUNE 2022

You spend a lot of energy managing family matters, and you have negotiations to maintain at work. Count on Venus to encourage initiatives to serve the community. If you run your own company, a family business, or work in private practice, you have to conquer energy to carry out your tasks. You're a team player and put your talents to good use. You're most successful when you work hard and patiently.

AQUARIUS – (Jan 20 – Feb 17) **AQUARIUS: MOOD FOR JUNE 2022**

Jupiter gives you strong morale to wave your flag with confidence but not overdo it. Be content to remain attentive to the interests of others and your own. You are improving your living conditions and the atmosphere at home, and you are benefiting from a situation that favors your fulfillment. You may find it challenging to deal with austere Saturn, which brings you down to earth more often than not. Fortunately, with your undeniable strength of character, you will be able to deal with the shadows without letting them consume you.

AQUARIUS: LOVE FOR JUNE 2022

At the end of the month, you will redouble your benevolence towards your loved ones. You will want to abandon yourself to the dizziness of love rather than watch over your tribe (even if one does not prevent the other). Tender words and a charisma likely to turn hearts upside down will help you redefine your place within your family and regain your independence. You

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have the opportunity to free yourself from ties that are too present through an unexpected encounter, a move: the energy of the moment changes the game. Discussions within your family will start again from the 3rd. Take your emotional life seriously, and do not let yourself get involved in projects that are beyond your means. To spread happiness around you, keep reason as your guide.

AQUARIUS: MONEY FOR JUNE 2022

You have found the funds you needed to evolve, and you are using them to develop your talents in the best possible way, to carry out a life project close to your heart, and that is taking shape. Don't play the cicada. Obey the injunctions of Saturn, who recommends caution. Even if you are not likely to run out of money in June, spend it wisely.

AQUARIUS: WORK FOR JUNE 2022

With Jupiter as your ally, you defend your ideas and values to those who listen to you. You make an impression, and you are supported by people who are curious to discover what you are capable of. You are mobilized on the private ground, which solicits your attention, less than on the professional level where your business temporarily passes to the second plan. However, you can count on your determination to attract the attention of your partners. You will subordinate your creative impulses to the demands of Saturn, which urges you to assume your responsibilities. Act with rigor, do not build castles in Spain.

PISCES – (Feb 18 – March 18)

PISCES: MOOD FOR JUNE 2022

Venus is on your side. From the 21st, the Sun reinforces your power of seduction by boosting your talents and potential. But don't take advantage of this to commit excesses. Venus favors your exchanges with your close circle and the outside world. You have the opportunity to express your desire to love beyond the beaten path, your need to be surprised, even disturbed, in your habits, and your thirst to evolve beyond any conventional approach. You want to move faster towards a future for which you are currently laying the groundwork, and you are feeling a particular frustration. You will have to be patient and accept that you are slowly but surely moving towards your goals.

PISCES: LOVE FOR JUNE 2022

Attentive to your own, you exchange with those you love to define the foundations on which you wish to build your destiny. Count on Venus (from the 23rd) to lay the groundwork together for projects that are close to your heart. But do not believe that everything is due to you. Your popularity is on the rise, people recognize your uniqueness and appreciate your originality, difference, and requests are granted. Take advantage of a favorable conjuncture for communication to express what is important to you. If your exchanges with your close circle of friends and family have stagnated, a constructive resumption occurs from the 3rd. To launch a new life cycle, do not rush anything and do not take your dreams for reality. Rely on Venus to gather around you.

PISCES: MONEY FOR JUNE 2022

Rely on your determination to get what you want and on Jupiter to swell your coffers, but channel your growing appetites. You demand what you are owed or what you feel you deserve. Count on the energy of Mars to defend your rights and motivate those who have the money to give you more. On this front, take it easy and don't hover too high above reality. You'd instead settle for less than you're used to.

PISCES: WORK FOR JUNE 2022

You will defend your interests and plead your cause with vigor. Jupiter favors your access to prosperity but encourages big spending, so don't exaggerate your powers too much. You will benefit from openings that allow you to envisage the future differently. Your creativity will be solicited, or you will break off a process to engage in a more gratifying one. You can count on great combative energy to negotiate your emoluments upwards. Do you have a new life project in mind and in the pipeline? Saturn and Neptune invite you to mature your plans and build on solid foundations. If you seek financial support, plead your case with determination but without forcing anyone's hand.



Dr Joe Dispenza

4 STEPS TO CHANGE

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You will also pay attention to the actor and whether they seem to be doing a good job of portraying the role. How are they speaking and moving? Do they seem to embody the character? How do they express themselves, and do their expressions seem sincere?

Observe yourself the same way. If you can stay out of judgment, remain in the moment, and watch yourself in real time, you can collect all the data you need to recalibrate your new state of being—which you will do later.

STEP TWO

Once you've regained your awareness and have decided which aspects of yourself no longer serve you, you've got to stop being that person that you no longer want to embody. You have to unplug from the old subconscious programs that have been running your life and pause long enough to slow yourself down back into the present moment.

As you slow down and move out of survival, you send a signal to your autonomic nervous system that says it is safe to create, safe to take in and process new information, and safe to be in a state of relaxation. As you relax your body, stay awake and aware.

The act of pausing and stopping is essential for moving out of the familiar past and the programmed, predictable future (which are the known) and moving into the present moment (which is the unknown).

Getting to the present moment takes an enormous amount of energy and awareness. It is executing a level of mind that's greater than the body—which has been conditioned to be the mind—as well as demonstrating a will that is greater than the automated and habituated program of the future.

Moving out of the known and into the unknown will create discomfort. For some, this discomfort can occasionally manifest as physical pain, psychological distress,

anxiety, nausea, or full-blown panic. I want to assure you that if you are facing discomfort, you are having a natural response, and you are also applying the work the right way. If you weren't, you would still be in a familiar, known chemical state of being. There would be no discomfort. The key is to ultimately change from that state of discomfort into a new state of liberation and wholeness.

STEP THREE

The third step is to change your energy and your state of being. Once you start taking active steps that align with your intention, you should see change, both in your body and in your life.

As you move closer toward your future, which will always appear in the form of the present moment, allow the energy you have tapped into to generate more of the emotions associated with the "you" you are becoming. That elevated energy, coupled with your full intention, is exactly what you need to change your state of being.

STEP FOUR

Now that you've hit the reset button—and recalibrated your energy and your state of being—it's time to return to your life with your full consciousness on board. Let me remind you that there is no end of the line here—these four steps are circular, not linear. With luck, you will repeat them many times and eventually return to a conscious state more and more quickly.

The goal of this process is for your body to eventually break through and liberate itself. For those waiting patiently to break through, take heart—that breakthrough can't happen without the body first resisting and trying to cling to everything it knows.

When you are getting close to changing yourself, your body will inevitably make one last desperate effort to prevent change from happening. You're trying to take the body into unfamiliar territory and coax it into a new mind, and the body is averse to change.

In other words, if you're not struggling with the body's resistance to change, you are probably not changing. For those of you in the struggle, congratulations, and welcome to the party. You're doing everything right. Keep going. Every time you fall, get back up. Eventually, you won't remember how many times you have fallen because, in the end, you reached the destination.



Mokshapriya Shakti

ESSENTIAL LIFE HACKS

...from page 15

Dr. Joe Dispenza inspires us all through his explanation of how our energy has influence on the material world.

"If you are going to perform something that's unlimited, you'd better feel unlimited. If you want to create freedom, you'd better feel free. And if you want to truly heal yourself, you'd better raise your energy to wholeness.

The more elevated the emotion you feel, the greater the energy you broadcast and the more influence you will have on the material world of matter. And the greater your energy, the shorter the amount of time it takes for your manifestation to appear in your life. In this process, you relax and allow a greater mind - the consciousness of the unified field - to organize an event that's right for you. You essentially get out of the way. When your surprised by an unknown experience that seems like it came out of nowhere, that's because you created it in no thing. and it can happen in no time if you create it in the realm beyond linear time - that's the quantum field, where there is no time." **Dispenza** (p.73) Kindle Edition.

Gratitude creates an elevated emotion that carries us through the whole day. We will begin to see more things in our daily lives that we can be grateful for. Also, we will have a positive effect on our surroundings and the people we are in contact with.

For example, if you only see the positive qualities of a person and not the discordant energies, you will find that in time they will manifest the positive energies more and more.

Such a simple practice, yet difficult to maintain, must be developed by those that want a happier and more fulfilling life. Bring gratitude into every daily experience; not just writing into the journal. Tell people "thank you" when they do something for you no matter how small it is.

"The roots of all goodness lie in the soil of appreciation for goodness." -Dalai Lama



Jim Egan

STORIES THAT BEND REALITY

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

"It was a diabolical trap and he immediately set about constructing it. After he had finished putting it together he was certain that it would catch his creativity. It is true that he had been certain that the traps he had set earlier would catch his creativity. But this certainty was different. It had the color and taste of foreknowledge as clear and cold and certain as hindsight, as indubitable and undeniable as... as...as the fact that we are sitting here talking."

"We are not talking," the little girl reminded him. "You are telling a story and I'm listening."

"You're a stickler for details." **the Man with the Ladder** commented.

"Anyway, he set the trap in his studio where he had constructed it and went upstairs to his bedroom where he secluded himself to wait for his moment of victory. As he sat on the bed, he tried to imagine what his creativity would look like. He visualized himself pursuing a very amorphous figure that he took to be his creativity. For a long time it out-paced him, but suddenly he saw the gap between them close rapidly."

"Underneath the image, his thoughts ran in bold letters like subtitles in a foreign movie: HOW WILL CREATIVITY REACT TO BEING TRAPPED?. IF CREATIVITY TAKES UMBRAGE, FEELS THE SLIGHTEST BIT OFFENDED, WILL IT RESPOND BY LEAVING IT'S MASTER UP A PAINTED CREEK WITHOUT A PAINTED PADDLE?"

"He began to sweat, and the ambiguous figure of creativity that he was pursuing suddenly grew in size instead of fleeing, turned snarling and began plummeting him with vicious blows of foreboding and fear."

"An aroused and agitated creativity is one of God's fiercer creatures." **Tatanya** said definitively.

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Jim Egan

STORIES THAT BEND REALITY

...continued from page 44

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

"I know," **the Man with the Ladder** responded, "the same box of **Rain Forest cereal?**"

"No, I think that one came from **Ozone Krispiers.**" The little girl corrected.

"He decided on the spot to abandon the attempt to trap it. He finally realized that hunting creativity was a senseless and self destructive enterprise. But the moment he resolved this in his mind, he heard the trap go off and a horrendous caterwauling, keening and banging begin from the general direction of the trap. He fled his bedroom and rushed down to his studio, taking the stairs recklessly, two at a time, with an abandon he had not exhibited for years, and then only in amorous misadventures."

"Just as he reached the door the racket seemed to reach a pitiful climax. Then it ceased instantly and absolutely."

"He stood there frozen for a moment before he dared to open the door. He knew he was in deep, terminal trouble and started to cry. A new image crept into his mind: PAINTER MURDERS HIS OWN CREATIVITY--IS IMMEDIATELY INDUCTED INTO THE BLUE VELVET HALL OF FAME. Distraught, he forced himself to open the door and step over to the trap from which was coming only an eerie, unnatural silence."

"What did he see?" the little girl asked curiously.

"He released the catches and jumped back hoping something, anything would spring from it but nothing happened. He examined the trap closely but it was empty, at least as far as he could tell. He realized that without his creativity he might not even have enough imagination to recognize creativity staring him in the face so just to be sure he turned the trap over to dump out anything that might be inside and then out of desperation he smashed the trap, stamping on it with his foot until it was completely demolished."

"When there were still no signs of anything stirring about, the artist, resigning himself to a life of painting by number, turned to go up to his bedroom. As he shut off the light and opened the door to leave, he felt something rush past him into the hall. He heard a giggle, which grew into a cackle, which rushed invisibly up the walls and over the ceiling and cascaded into an explosion of joyous laughter which seemed to be joined by laughter from inside of him as from everywhere else in the house."

"He realized that his creativity had used the trap he had constructed to trap him, and that he had been made into the butt of an enormous impractical joke with a sharply pointed moral which he was beginning to grasp. He wasn't quite sure if he had had it and released it or never really had it at all, but either way he was sure he'd been had."

"Then he didn't kill it." the girl said relieved.

"No. Not at all. He had barely the wit left to realize that his creativity enjoyed the hunting and trapping game immensely, and that it's pleasure in frightening him and teaching him a lesson, more than made up for any minor inconvenience he may have caused it."

"Out of sheer relief, the painter affirmed the decision he had made in his moment of clarity to abandon any attempt to force himself on his creativity; he swore he would be satisfied with his current relationship with that anonymous part of himself however fickle it sometimes seemed."

"His creativity mag... mag... magna-- completely forgave him then?" the little girl said.

"Magnanimously." said **the Man with the Ladder** .

"I'm glad that there were no concussions."

"Repercussions," corrected the storyteller. "Not big ones at least, only..."

"Only what?" the little girl inquired, anxious about a hole in the ending of the story through which heaven knows what would climb.

"Only, every once in a while, not often, but too often for him, the painter would start painting a portrait and it would come out a still life with a monkey and bananas."

"His creativity never let him forget."

"Yes, you might see it that way." **The Man with the Ladder** admitted.



Andrea de Michaelis
Publisher

THOUGHTS ABOUT THINGS

...continued from page 6

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

MY EXPERIENCE IS THAT when "disaster" times come, if I stay focused on my little world, keeping that in order, if we're having shortages or whatever, by the time I need something, it will be available again. It happens every time and since I've NEVER had evidence to the contrary, I have full faith, expectation and belief that it will happen in future times as well.

I'VE LEARNED THAT IF I'M HAVING WACKY UNFOCUSED THOUGHTS, THAT'S WHERE I'M HEADED. *If in the midst of having wacky unfocused thoughts I can remind myself this is just a thought, this moment will pass, things can get better, doing that raises me into ANOTHER point of attraction, with the goal being ever better, ever happier. It's never NOT worked.*

EXAMPLE: If I feel I've been having a run of bad luck or a lot of challenging times, that puts me at a certain vibrational resonance and accordingly I'll attract people and circumstances who match THAT vibrational resonance.

Those are not always people and circumstances I WANT to attract, but I attract them because of my continued, unrelenting focus and talk about my challenging times.

WHEN I FIND MYSELF THINKING PESSIMISTIC THOUGHTS IN A DOWNWARD SPIRAL, I USE WHATEVER MEANS NECESSARY TO BRING MYSELF INTO A BETTER PLACE. That usually consists of listening to music and doing some helpful self talk: *I remind myself that other opportunities can appear, things can turn out better than I expect.*

An optimistic attitude and reminding myself of things that are possible for me (and you) places me (and you) at that better vibrational resonance which is a better point of attraction. *That means when I stay focused on the good stuff - in any form -- more good stuff comes to me - in one way or another.*

I'm blessed to have my life, that's for sure. Meaning: I'm blessed to know that how I think affects what comes to me, and that I can chose to exercise my free will to discipline myself to stay focused on things I like so that more things I like may come to me.

I HAD MY FIRST SENIOR MOMENT LAST MONTH

I hafta laugh, one day last month I felt OLD for the first time! Giving tree saplings to a new pal, we were stomping around my east woods, which is shin deep in ferns, palmettoes, fallen branches, with potato vines growing over everything since I'd not been out there for a year. I wear garden boots and I've learned to step gingerly if I can't see what's underneath.

So I was doing that, having her follow me so she could step where I stepped. Then at my first foot slip, she kindly took my arm to help me navigate. **Wait, whut??** I'm always kinda stumbling over the branches and vines in areas I've not cleared for a while, so I'm used to it and never fall, but it was nice she was looking out for me!

I HAD A DERMATOLOGIST CHECK MY SUNSPOTS

Many friends call them age spots, but you'll notice you don't have them on your butt or where the sun doesn't see your skin.

I went to the dermatologist last month to have him check out 20 moles and sunspots. ALL OF MINE WERE NOTHING to be concerned about: Dry skin and seborrheic keratoses. I told him I have ZERO skin care routine. He smiled and said "I can see."

HE TOLD ME TO STOP USING A BODY BRUSH AND SOAP ON ARMS AND LEGS, HE WAS RIGHT

He gave me a couple of tips. In the shower I use a body brush with liquid soap for arms and legs, he says STOP DOING THAT immediately. He said no brush or soap on arms and legs, just let the soapy shower water rinse down from washing my upper body and it'll be fine.

MOISTURIZE AFTER SHOWER WITH CERAMIDES

Then he suggested a **moisturizing lotion** as soon as I get out of the shower, one containing **ceramides**. He said in 10 days I'll see the diff in my skin being not so dry. I saw **Dr. Robert Weltman** at **Water's Edge Dermatology**. He was right. Even just 2 days of showering withOUT scrubbing soap into arms and legs. They already look and feel much better, not nearly as dry. I had no idea it was such an easy fix, or that I needed it.

I can be clueless. I'm using **CeraVe Daily Moisturizing Lotion for Dry Skin with Hyaluronic Acid and Ceramides**. I'm legit stoked!



Enjoy our offering this month. Hari Om.

Andrea

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.



Betsy Chasse

TIPPING SACRED COWS

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By this point, you're probably used to me being a bit absurd in my analogies. The goal here is to have fun, maybe even laugh a little, even when we're talking about suffering. One of my biggest cows I've tipped over was the idea that I had to be a certain way about everything, because if I wasn't, somehow I wasn't spiritual, in which case I'd never be happy, and if I wasn't happy, I was going to suffer.

Since when did suffering get such a bad rap? How about, suffering is a feeling, and feeling is living. When we can allow ourselves to feel the depths of each experience, the permission to feel the loss, to suffer, to grieve, we are living. That is an important piece of our happiness puzzle, because if you can't grieve, you can't move on, and if you can't move on, you won't be happy.

The trick is not to get stuck grieving—that's attachment. Every step is part of the process, and if you skip a step, or get stuck on one, you're attached to that experience, even addicted to it, because it's obviously giving you something; otherwise you wouldn't be attached to it.

In **Buddhism**, the **four noble truths** say that life equals suffering because basically we forget that everything is transient. We forget that nothing is permanent, even suffering. Joy is fleeting like the emotional experience of the bliss of your first kiss. Once we have that experience, we spend the rest of our lives chasing it.

We love things like that red race car and how cool we feel while we're driving it, so when it's repossessed, we're definitely going to suffer. We're attached to that feeling we get when that guy calls because it tells us we're loved, and we can't get that feeling unless he calls.

We are even attached to our "self." I mean, if there weren't a "you," how could you be attached to that shiny red car? We forget the "self" is a delusion, because basically there is no self. There is just your perception of you, an imagined entity that is forever wandering on the wheel of becoming . . . okay, what?!

A moment ago I listed a whole bunch of things I'm attached to, but the truth is I'm really not attached to those things; I just think I am because I believe I am. Really, it all boils down to what you believe. It's super easy to create a belief that the things we think we're attached to are important because we are attached to the feelings these outside things give us, mostly because we believe those feelings aren't within us. You see these things as separate from you, as objects that bring you joy, when in fact, anything can bring you joy if you let it.

It's not the owl lamp that is making me happy, it's that every time I turn that baby on and its little beady eyes light, it reminds me of that feeling of pure joy I had. It also reminds me that even though that feeling is from my past, I can experience it again and again and again, even if I'm suffering over something else.

Okay, that's easy. We can all understand that things are just things, and we can let go of our attachment to them pretty easily. Even though I swear to God there are some shoes that I am convinced were brought here by angels to remind us that we are loved. Anyway, I digress. I will work on letting go of my attachment to certain things.

But what about our dreams and things that are seemingly intangible? Attachments have two components: emotional need and soul's desire. Emotional needs should be dealt with. You should really dig down to the bottom of why you have that emotional need, because usually that's where the suffering will really wreak havoc. An emotional need left hanging about will never be fulfilled, and then you're stuck in attachment. But if you clean up the emotional need that's mucking up the window, you will be able to clearly see the path to your soul's desire.

Your soul's desire is also insatiable but, at least to me, having something to be attached to is what drives you. You'll be able to find joy in exploring ways to reach it, and there will be no "suffering," although there might be some cold dark nights when you're curled up alone with your teddy bear.

I have a dream. I have a desire to create something, and I'm attached to seeing it through. I dreamed of writing this book. I wanted a book deal badly. Why? Because it validated that I had something to say and that someone agreed with me; it meant that I was worthy

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(emotional need). But also because I felt so strongly that what I had to say would mean something to someone and to me. I felt that writing this book would help me find a piece of me I knew was there but couldn't see, and I hoped that it would be of service to someone else going through the same things I had. My soul's desire is to help people see their own way to being happy and fulfilled.

Take a moment to think about what your true dream is. You will probably find that some of it is attached to emotional needs based on old beliefs, but underneath all the stinky tennis shoes and broken stilettos, your soul's desire is there.

When I examined myself, I saw a lot of emotional need for validation, but underneath that need was a true desire to figure out how to live in this world, and once I did, to share that information. Writing books and making movies about what I've learned brings me the greatest joy, so that's my soul desire.

Does that mean I am going to suffer if it doesn't happen? Probably. But there is a nuance here that I often think is missed.

There is SUFFERING, as in feeling sadness or pain because of an experience that you truly lived and allowed yourself to feel, as in when you suffer the loss of a loved one, or like in my case, a divorce.

I suffered for a while, I grieved, and it sucked, but then I allowed myself to move on. Your soul's desire has a way of always rising to the top, so when my soul's desire called to me in the midst of my suffering, I listened and followed.

And then there is suffering, as in everything in my life sucks because that guy didn't call and I'm ugly and no one will ever love me and my beautiful car just got repossessed and I stepped in dog poop. These are the kinds of suffering we get caught up in that really aren't worth our time.

They may feel insurmountable at the time, but being attached to them only causes suffering and keeps you from reaching your soul's desire.

I think sometimes we confuse nonattachment with complacency, with this need to feel blissful all the time and to just be okay with everything. But that's not what nonattachment actually means. Because one cannot just be okay with everything, and if you say you are, well, you're lying to yourself. You're hiding behind the words I'm not attached.

For me, allowing myself to feel was like releasing myself from handcuffs worn all my life. I was so afraid to let anyone see me cry. I am strong and tough and very spiritual, God dammit, and I know that feelings and emotions tied to things in my life are just more of the illusion. It's all a lie, and I can simply laugh it off and move on to the next thing. Nothing penetrates me. (Bullshit.)

A few months after my divorce, I sent my kids off for a weekend with their dad. For some reason, that weekend proved tough for me. The weight of the situation, the realization that I would be doing this for the next fifteen years, hit me hard, and as they drove away, I crumbled to the ground right there in the middle of the sidewalk, sobbing for everyone to see.

My neighbor came running over (for the record, he is super hot, and I am an ugly crier). He asked me what had happened, and in between the sobs and pointing in the direction my children had been driven off in, I did my best impersonation of a three-yearold who's just lost her favorite stuffy. I tried to explain the hole in my heart.

After about five minutes of sobbing in the arms of almost a complete stranger, I composed myself and felt better. I felt the pain, sat with it (in the arms of a hot guy, which I think helped a lot), and released it.

Finally, I went back into my house and had a really awesome weekend. I was actually able to enjoy that for forty-eight hours, I could do what I wanted, sleep in, eat when I wanted, and generally have some peace and quiet.

Finding the balance between need and the soul's desire is key to nonattachment. I had an emotional need to know my kids loved me, but my soul's desire was for them to be happy, which meant spending time with their dad. When you have a passion, go for it, but

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remember that the external things that go along with that passion are not what fulfills you—they are not what brings you joy. It's the act of doing and being in the moment with it that brings those feelings, so enjoy them! And know that nothing is forever. Even you, even your passion, will change and grow and possibly expand—grow with it.

Starting with your “self,” are you the same person you were five years ago? Really? In truth, you may have a lot of the same qualities and habits, and you have probably carried around a lot of the same beliefs for a long time, but with each moment, you're changing, so in reality you're not the same. Hell, even your cells are not the same ones you had seven years ago, so in truth you are not permanent, and nothing is.

Five years ago I was married, living in a different state, and had a whole set of plans and dreams equal to that life. Now we all know what happened to those plans, and for a while I believed all was lost. No house in the country, no perfect husband and family. How could I possibly live the life I thought I wanted?

But after a lot of internal exploration into my attachments to that life, I realized that I could still have my soul's desire; I just needed to change some of the furniture (tip some cows and deal with my emotional needs). So out went a bunch of things that were attached to that emotional need.

Bye-bye big wall-hanging behind my bed, bye-bye big man speakers, hello flowering, billowing duvet and curtains. And even those new things are just things, helping me paint my picture as I make my way to living my soul's desire, which never changed. They are just decorations I use to remind me of moments when I felt a certain way, to help me build my dream, but I am still the dreamer, monkey bookends or not.

Nonattachment does not equal nonfeeling, nonliving, nonexperiencing. When you have a strong feeling of attachment to something, it's probably because in your own mind, you don't feel connected with it, or rather, the emotion it brings. You haven't done the emotional work needed to understand why you have that need.

Maybe it's tied to your soul's desire, in which case, good. Clean it up and keep it. But if not, then it's emotional drama, and you should just get rid of it. I couldn't let go of that wall-hanging until I worked through the pain of my divorce, which, to be honest, I'm still working on, but I've done enough to finally let that thing go. And I did it my way, without anger—I didn't rip it into a million pieces with a butcher knife, frothing at the mouth and filled with rage and hurt.

I simply took it down and gave it away, with a smile and a twinkle in my eye and a thanks for the memories in my heart. That is the art of living nonattachment: being attached, but not attached. It's in the understanding that you can find the love of it, the joy of it in the moment, but that you also accept that it does not make you and it does not bring you the happiness you seek.

When you can say good-bye to that person, place, thing, time, or event with the gratitude for what it gave you in the moment—that's nonattachment.

I think you can agree with me that most things in life aren't forever. It took me a long time to get to that understanding. I can remember the days when I thought the pain would never go away or when I wanted that night to last forever, but they eventually both ended.

It took a long time to find my own way to accept that, to find joy in riding the wave of life, to watch it come in and go out and to see what things it carried with it, and to let them in and let them go.

If you can live your life with the wisdom that nothing is forever, you can enjoy it while it lasts and say good-bye when it's time and look forward to the next thing.

That's a lot easier said than done, especially when it comes to people. For me it's my kids. We become very attached to the outcome of that story.

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I can remember being pregnant and dreaming of my celestial child, my beautifully spiritual being born out of my body who would arrive speaking in **Deepak Chopra** quotes filled with the sagacity of her old-soul years. For three and a half years I played classical music (I even did this while she was in the womb).

I filled her life with the divine, magical, mythical elements of water, fire, earth (and a couple of unicorns to boot). I bathed her little cherubic body in earthly organic substances. I grew her food and pureed it myself. I clothed her heavenly bum in the finest of biodegradable diapers. I let **Mother Nature** be her guide.

Then, after a long day of merry play together with her blocks made from sustainable wood and painted with nontoxic paint, we were about to head upstairs for a cup of hand-churned frozen yogurt and I began to sing our song, "*Clean up, clean up, everybody do their share,*" to which my little goddess of light turned to me and said promptly, "*I wish I was older, and I could pay someone to do this.*"

Suddenly, I had to let go of every dream I had about my light goddess daughter. I had to let go of the attachment to my story about who she was and realize that she was her own self, and that I could hold on to my attachment of what I wanted her to be and suffer, or I could love her for who she was and live in bliss watching her become her.

Just like that red race car, people often fulfill an emotional need within us, even as we love them with every ounce of our being. They change or we change, and suddenly they no longer fit into our lives.

Getting divorced and falling out of love is a surefire way to realize that nothing is forever. Remember when you thought it would be forever? You lay in his arms imagining yourself as an old couple, holding hands and walking through the park in Paris. Then one day that

image blew up like a firecracker on the **Fourth of July**. You did a quick check to make sure all your fingers were still there, and sure enough, it felt like one was missing.

The breakdown of love is probably the hardest thing we deal with. For a while, I spent a lot of time being mad at myself for falling in love with him. But thankfully, each morning, as I woke with eyes swollen from crying myself to sleep, I looked into the eyes of my son who climbed into bed with me every night. His eyes are just like my ex-husband's—surrounded by long gorgeous lashes, they're big and hazel brown and filled with love.

I couldn't stay mad at my ex-husband or myself for falling in love, because for a while we were, and it was great, and I am so glad I had the opportunity to experience that. And look what came from it: two amazing kids who I cherish.

It was in my son's eyes that I learned nothing is forever, nothing is permanent, but this doesn't have to be a doomsday prophecy. Enjoy the moments you have with loved ones. Learn about yourself from them, laugh with them, and cry with them. Live with them and let them go when it's time and in gratitude.

Because they, it, the people, places, and times in your life, they aren't really separate from you anyway. They are forever ingrained in your being; they are a part of you, so there's no need to yearn for them.

I promise, owl lamp or not, you're going to be okay.

So, to answer the question, to attach or not to attach—attach with a quick-release button.

Note

* George Carlin did an awesome bit about stuff and how we deal with it. It's worth checking out and gives a perspective on stuff, which I seem to have a lot of and have a hard time detaching from. <http://www.youtube.com/watch?v=MvgN5gCuLac>.

† Okay, okay. I know what you're thinking: "Wikipedia? Seriously, Betsy!" I do check around at other definitions and sources, and Wikipedia got it right this time. So, don't judge me!

MORE next month. [Can't wait? Get a FREE Digital copy NOW of Tipping Sacred Cows by joining Betsy at www.betsychasse.net](http://www.betsychasse.net)

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

Louise Hay

*When we think that the
world has unlimited
resources, our world
becomes unlimited.*

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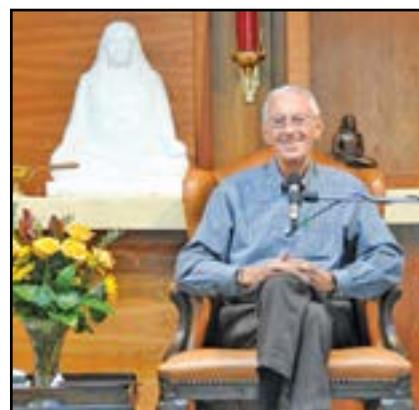
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