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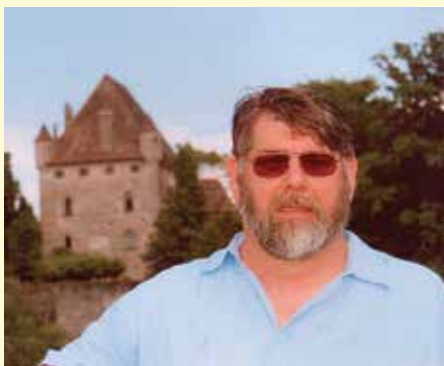
JULY 2016
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Rev. Albert J. Bowes

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

**Was invited to
Russia where
he took part in
research with
psychics and
scientists.**



**Friend him
on Facebook**

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

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

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

Nellie 386-228-0168

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

TESTIMONIAL: Hi Nellie: You told me that my gr mo Gaetano S came from the Bari area I found a young relative named Roberta S from the Salerno area and she will contact me about the family. There are many relatives from Bari area and the Salerno province. In Bari are the names of my family members: Grimaldi, Amodeo, and guess what the Fama family into whom my son Charlie, married! Eileen

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

TESTIMONIAL: Nellie, I loved your message, and got lots of info from it, now the hard part. put it into practice. thank you so much very much for sharing your wisdom with me and others.

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

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



See Albert and Nellie at Body Mind Spirit Expos see www.bmse.net

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HORIZONS

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

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



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

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

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

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher in 2016

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Welcome to the July 2016 issue of Horizons Magazine. I've lost many family members and never thought of it as unfair or untimely. It's just a part of life and I've learned that death of the physical body is not the end.

As hard as it is, we have to get used to death. God would not stop an acorn from growing into an oak, nor a tadpole from becoming a frog. Would we keep a toddler in kindergarden or a 6th grader in elementary school? No, we let them graduate to the next phase in the process, so they can continue to learn and grow and become more of what they are meant to be.

Remember that "we" survive after death of the physical body. "We" survive in consciousness after the change called death. Loved ones are never gone, they've just stepped into a nearby room. There is now a thin wall between you and them. In quiet times, you will be able to hear and speak through this wall and

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you will come to know there is no "death." There is simply moving on to the next dimension. You were meant to know each other in the flesh for only so many years. Move forward with those around you here, now, in this lifetime.

Your loved one is moving on. You'll hear from them soon, in a dream, in a thought, you'll have undeniable evidence of their presence. You will experience many "deaths" in your lifetime. What matters is how you live your life afterward, how you move on. Don't let it get you down. I figure whatever happens is God's will and, if it's God's will, then I must rejoice in it all.

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PSYCHIC FAIR

\$12 for a 10 minute mini-reading:

Astrology with Leslie Marlar

Daena Croghan: Runes, Psychic readings

Kathryn Flanagan: Psychic Readings, Reiki Master

Ellen Doreen: Palm Readings for past, present, future

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2 CASE STUDIES OF THE NEAR DEATH EXPERIENCE

P. M. H. Atwater, L.H.D., one of the original researchers of the near-death phenomenon. Her work covers 4,000 experiencers. Her website is: <http://pmhatwater.hypermart.net/> She will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL. Go to <http://neardeathconference.com>

This article is excerpted from *Beyond the Light*

JAZMYNE CIDAVIA-DEREPENTIGNY, HULL, GA

An example of the out-of-body component of the near-death experience is the case of Jazmyne Cidavia-DeRepentigny of Hull Georgia. She died on the operating table during surgery in late 1979 "I must say that this experience was quite unsettling to say the least. I was floating over my body. I could see and hear everything that was being said and done. I left the room for a short while and then returned to where my body lay. I knew why I died. It was because I couldn't breathe. There was a tube down my throat and the medical staff did not have an oxygen mask on my nose. I had also been given too much anesthetic.

"In my out-of-body state, I'm using my mind to try and make my right arm and hand move - my arms are extended parallel to my physical body. I want my right hand to move, any thing to move. I was trying to pull the tube out of my mouth. I looked down at my face and tears were streaming. One of the nurses blotted the tears from my face but she didn't notice my breathing had stopped, nor did she see me next to her. At this point, I'm trying really hard to make my physical arm move, but it's like my whole body is made of lead."

Jazmyne's determination in her out-of-body state to make an arm move finally paid off; and, with great clamor and commotion, the tube was pulled out, an oxygen mask attached, and her breathing restored. She had a similar near-death episode when she was hospitalized at thirteen, and again in 1991 when she faced death a third time. The more recent occurrence resulted from a nearly fatal bout with pneumonia, only this time she witnessed her own soul as a spirit residing outside of her body:

"I could see my spirit standing before me. My spirit was so beautifully perfect, dressed in a white gown that was loose, free-flowing, and below the knee. From my spirit there

emanated a bright, soft-white halo. My spirit was standing six to eight feet from my body. It was so strange, for I could see my spirit and my spirit could see my pathetic body. I had not an ounce of color and I looked all withered and cold and lifeless. My spirit felt warm and so, so celestial. As my spirit slowly moved away, my spirit told my body goodbye, for my spirit saw the light and wanted to go into it. The light was like a circular opening that was warm and bright."

...continued on page 29

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Wednesday July 27 IANDS (Int'l Asoc. For Near-Death Studies) presenta su primer taller "Experiencias Cercana a la Muerte (ECM) 101, completamente GRATIS, dirigido a la audiencia hispana.. El mismo se llevará a cabo este próximo 27 de Julio, 2017 de 4:45 a 6:45 PM en el Embassy Suites by Hilton, Orlando—Lake Buena Vista South. Registro es Gratis a través de <http://neardeathconference.com> ó puede registrarse en la puerta.

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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.

Abraham's words after the Sept 11, 2001 World Trade Center incident also apply to the Orlando, FL mass shooting June 12, 2016. They are hopeful and uplifting words.

Esther: Abraham, today our office has been flooded with requests that we post a message from you on our web site regarding the vengeful events. Would you give us those words?

Abraham: We are happy to offer our words. We hold no greater intent than to soothe our dear physical friends back into their connection with Source Energy. There has never been a greater opportunity or a greater reason for those who have been studying the Art of Allowing than in this powerfully focused time. Most will feel the impact of today's events because the events themselves will control their thoughts. Remember, the terrible feeling in the pit of your stomach is the result of your disconnection from your Energy Source, and while you cannot control the actions of those who (shoot people) -- you do have control over the valve which allows or disallows the Source of Energy into your being. Whenever you experience powerful negative emotion, your awareness of the relief from it is equally evident. And so, to really understand what true Allowing of Source Energy is, try to turn your thoughts, for a few minutes, to the details of your own life's activities -- and experience the relief that will occur. And then stop and say to yourself, "This is good. I have allowed my Connection, for a moment, here."

"We do not say that the evils of the world do not exist; we say that they do not serve you when you focus upon them."

It is our desire that you find relief from your discomfort. You will not be able to watch the events replayed on your television, and experience your connection with your Source. You will not be able to search for the reason for the attack or seek revenge against those responsible, and experience your connection with your Source. Some may misunderstand our message of "Allowing," believing that it means to accept the actions of those responsible, seeking no revenge, and trying to make their actions right or understandable. "Allowing" means there are no circumstances -- even as extraordinary as the events of this day -- to use as your excuse to disallow your Connection.

...continued on page 20...



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from the ear, poor response to sound or hearing loss. In a small
child it may show up as tugging on the ear, extreme fussiness,
difficulty sleeping or blood on the crib sheets.

Ear infections can develop when bacteria or viruses build-
up fluid and infectious material behind the eardrum resulting
from a cold, sinus or respiratory infections, or a virus. They
can also be caused by food or environmental allergies, nutri-
tional deficiencies, internal injuries or teething. Or they can
be caused when the Eustachian tubes are not able to drain
excess fluid from behind the eardrum, sometimes this is due
to the improper connections of the muscles that support the
Eustachian tubes. Before you begin treating the ear naturally,
consult a physician, it is important for a proper diagnosis to
prevent complications or ruptured ear drum.

**If you or your child suffers from regular bouts of ear infections
you may want to consider boosting the immune system.**
**This can be done with herbs such as Rose hips, Echinacea,
Elderberry, Goldenseal, Garlic or Oregon Grape Root.** Studies
on **Echinacea** have shown it to contain polysaccharides with
antiviral properties that help stimulate the production of white
blood cells, helping to fight infections. For inflammation or
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Garlic also has these actions as well as antifungal, antimicrobial
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in 2 tablespoons of sesame oil until it gets dark. After it cools,
strain the oil. Using 2-4 drops of the oil in each ear 2-3 times
daily until the problem goes away.

**For the pain associated with an ear infection herbs such as
Mullein, Lavender, Garlic or Basil may help.** A cotton ball soaked
in 2-3 drops of the essential oil of basil added to some **jojoba**,
sesame or olive oil can be applied inside, around and behind the
ear; just be careful not to get it into the ear canal. **Mullein oil**
helps ease pain and fight respiratory conditions that can lead
to ear infections. The essential oil of **Lavender** when rubbed
behind the ear and down the neck can help reduce pain and
fight infections. And a warm compress made with **Chamomile**,
Lavender, and **Mullein** tea helps loosen fluid, reduces pain and
pressure and to draws out the infection.

These are just a few ideas. Hopefully one of them will help.



5 Tips for Navigating “Why Me” Moments

Afi Harrington offers life empowerment coaching to examine your goals and the underlying beliefs that keep you from achieving them. You can find her at www.akeaconsult.com.

Have you ever been cruising down the highway of life only to unexpectedly hit a major pothole that completely threw you off?

Maybe you lost a job, ended a relationship, or were betrayed by a friend. It's easy to wonder “why did this happen to me?” and stay buried in the pothole. It's up to us to break free and regain our cruising speed on our life journey. Easier said than done, right?

I hit a major pothole in my professional life that blindsided me and left me feeling alone and unsure of what to do. Pulling it together after this blow was definitely a challenge professionally and personally, and I learned some 5 valuable lessons about getting through the “why me” moments in life.

1. Don't get caught up in your story.

When bad things happen, it's very easy to get caught up in the drama. We can get a lot of things from repeating our story to others such as sympathy, support, and encouragement. But wallowing in that story keeps you living in the past and not focused on being present to what's in front of you right now.

2. Don't consume yourself in placing blame.

It's easy to focus on placing blame on yourself and/or others when difficulties arise. What could I have done differently? Why did they do this to me? Why didn't I try harder? Focusing on all these “what ifs” won't change the situation or ease your pain and sorrow. Focus your energy on what you can do right here, right now to move forward.

3. Accept where you are.

As hard as it may be, you have to accept what happened. You can try not to, but it will only bring you more pain. Accepting your present circumstance is the first step to moving forward. We have a natural tendency to judge and analyze the things that occur in our lives and label them as right or wrong, good or bad. Once we decide something is wrong or bad, we often spend a lot of time and energy complaining about it, feeling sorry for ourselves, pondering on how it could have gone differently, and/or trying to ‘fix’ it.

Shifting from that place of judgment and ‘fixing’ to a state of acceptance frees up that energy to explore new possibilities available from our current reality. That doesn't mean you have to like your current situation, but you do need to accept that you are where you are. It will clear your mind to take action to move to a better place.

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4. Find the lesson.

This can be really hard because most potholes appear to be nothing but trouble when you hit them. But over time, you'll likely realize that the pothole was actually there to teach or show you something.

Perhaps a job loss is setting you up to pursue something you'll enjoy more. Maybe ending your relationship with your significant other frees you to meet the true love of your life. It may not be apparent immediately, but there is a lesson to be learned and an opportunity to grow.

For me, the end of my partnership freed me to advise other small business owners. During my time in the partnership, I learned how to run a small business and picked up several skills directly from my partners. I'm grateful because all of this prepared me to do what I do now which is extremely gratifying.

5. Focus on your vision.

Instead of holding a pity party, take the time to think about what you really want. Developing a vision of what you do want in your life (instead of focusing on your current situation and what you don't want) is very powerful.

If you pile all of your energy into thinking about what happened and how it could have gone differently, you'll stay stuck. Create a new vision for yourself so you can move forward. Focus on the positive things you want to see in your life and set the intention to pursue them.

This may require some rework of your previous plans, but that's okay. Change can be good and may lead to things better than you could have imagined.

ASSERTIVENESS FOR EARTH ANGELS



Doreen Virtue is a doctor of psychology and 4th-generation metaphysician who works with angelic, elemental, and ascended-master realms, author of 50+ books about angels and mind-body-spirit issues. The following is excerpted from "Assertiveness for Earth Angels."

As a peace-loving, gentle person, you may have learned to avoid conflict at all costs.

You just go along with someone's bad idea rather than stand up to him or her and risk an argument. This style of living gives you a sense of control over your life, because deep down you know you're not really agreeing with the person. It's as if you're living two lives: one on the surface, with your behavior; and the other beneath, with your true feelings and opinions.

In some cases, Earth Angels have numbed themselves so much in order to cooperate with others that they've completely disconnected from their own opinions. They don't know how they feel or what they think about anything, because they're so accustomed to being told what to do, feel, and think. Sometimes this is, tragically, because of an abusive situation where they fear for their physical safety, so they comply with their abusers' wishes in order to survive.

Still other Earth Angels are conflict-phobic because they're shy and don't want to call attention to themselves. They'd rather remain invisible, so they almost never speak up for themselves. And when they do, people don't hear or notice them.

The trouble with these coping styles is that if you don't let people know how you feel, they'll incorrectly assume that everything's okay. People won't know how you really feel or think unless you tell them.

In addition, assertiveness means that you're clear, honest, and direct with others. Hinting at how you feel and hoping the other person gets the hint never works. This is a guarantee that you'll always feel ignored and misunderstood. Instead of hinting, you have to clearly communicate your feelings.

You may worry that if you're truthful, people will leave you. But the truth is that you'll be the one to leave, if you don't muster up the courage to be honest. If you don't tell the other person how you really feel, the relationship will be unbalanced and unhealthy, and you—as a highly sensitive person—won't want to stay.

...continued on page 13



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ASSERTIVENESS FOR EARTH ANGELS

...continued from page 12

Being conflict-phobic can also block you from fulfilling the very important mission you were born to do! In order to fulfill your lightwork, you need to reawaken and own your power!

If this sounds frightening or dangerous, please stay with me anyway. The fear is coming from your ego and past experiences. Fortunately, it isn't based upon reality as it relates to your future or your Divine mission.

Remember that if the earth were perfect, you and I wouldn't be needed here in physical form. We could have just stayed in heaven and sent prayers to everyone. But humans rarely hear their angels, or if they do, they wrestle with self-doubts. So we were sent to Earth to speak up and take other actions to enact God's will of peace. Being passive isn't in our job description.

Peace is our mission. And being peaceful is very different from being passive.

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FROM THE HEART



Alan Cohen is the author of the new bestseller **A Course in Miracles Made Easy: Mastering the Journey from Fear to Love**. Become a certified professional life coach through Alan's transformational Life Coach Training beginning September 1. For more info about this program, his free daily inspirational quotes, online courses, and weekly radio show, visit www.AlanCohen.com.

The Grace Factor

A woman phoned my radio show and reported that years ago when she became pregnant, her doctors told her that the baby would not survive. She and her husband prayed fervently for the child's well-being, and the baby was born healthy and went on to live a happy life. Since that time she had a few miscarriages, and now the couple very much wants another child. "Do you think we each get a certain allotment of miracles, and when we use it up, we get no more?" she asked.

"That's not how it works," I told her firmly. "Miracles and well-being are our natural state, given freely without limit forever. Only the human mind lays bounds over the good available to us. It is not **God's Grace** we need to beg for. It is our own. And we don't need to beg. We just need to claim it."

In celebration of the release of my new book **The Grace Factor**, I would like to cite three acts of grace that ultimately affected many people:

When **Julio Diaz** stepped off the No. 6 subway train in the Bronx, he was faced with a teenager pointing a knife at him. The mugger demanded Julio's wallet, which he gave willingly. As the robber began to flee into the night, Julio called to him, "Hey, wait a minute. You forgot something. If you're going to be robbing people for the rest of the night, you might as well take my coat to keep you warm."

Stunned, the boy asked **Diaz**, "Why are you doing this?" "If you're willing to risk your freedom for a few dollars, then I guess you must really need the money. I mean, all I wanted to do was get dinner. If you really want to join me . . . Hey, you're more than welcome."

In a real-life scene that would strain credibility as fiction, the two made their way to a diner where they sat in a booth, shared a meal, and talked about their lives. When **Diaz** asked the teen what he wanted out of life, he couldn't answer. He just displayed a sad face.

When the time came to pay the bill, **Diaz** told the fellow, "I guess that since you have my wallet, you have to treat."

The young man gave **Diaz** back his wallet, **Diaz** paid for dinner, and gave the fellow \$20. **Diaz** asked for something in return—the kid's knife—and he gave it to him. "If you treat people right, you can only hope they treat you right," **Diaz** later concluded. "It's as simple as it gets in this complicated world." (To watch a touching dramatization of this encounter, go to **YouTube**, "**Hey, You Forgot Something**.")

Fifty-year-old **Wesley Autrey** stood on a **Bronx** subway platform and watched a young man succumb to an epileptic seizure, and then fall off the platform into the path of an oncoming train. To onlookers' astonishment, **Autrey** jumped onto the tracks, covered the man's body, and pressed him into the gutter between the tracks while the train hurtled above both of them. Miraculously, when the train had passed, neither man was injured. The train's undercarriage passed so close to **Autrey's** head that he emerged with grease marks on his knit cap. *People who believe they are bodies only do not jump onto subway tracks to save a stranger's life. Only someone imbued with an awareness of his nature as an immortal spirit would effect such altruism.*

When **Captain Chesley B. Sullenberger III** piloted his **U.S. Airways** airplane to take off from **New York's LaGuardia** airport on a cold **January** morning, he had no idea where that flight would take him. Shortly after takeoff, the **Airbus 320** encountered a flock of birds that were sucked into its jets, instantly disabling flight. With no landing strip in range, **Sullenberger's** only option was to set the plane down on the **Hudson River**. As the pilot executed a skilled landing on the icy waters, the crews of nearby ferry boats saw the crash and motored to the plane to rescue the passengers. **Sullenberger's** true bravery came forth when he made his way through the aisle of the sinking aircraft to be sure no one was left aboard. When he was certain that all of the 150 passengers and 5 crew members had exited safely, he stepped across a wing to helping hands. The movie **Starman** tells of an extraterrestrial who visits **Earth** by cloning the body of a man who has recently died. The cosmic visitor meets the man's widow, who, although initially petrified, proceeds to help him. **Starman** spends the larger part of his earthly visit fleeing from authorities attempting to capture him. Smarter than his pursuers, he eventually engineers a rendezvous with a rescue starship. Moments before he departs, he confides in a human companion, "Shall I tell you what I find beautiful about you? . . . You are at your very best when things are worst."



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Visit www.MichelleWhitedove.com

Dear Whitedove,

I've been trying to work on my own mediumship abilities. Sometimes I think I can see and feel Spirits near by, but I'd like to know is there a way that I can bring Spirits to me? How can I communicate with them? Thank you for your insight. Wanting to see, Miami FL

Dear Wanting, First, please know that every soul born into this world comes in with several guardian Angels and Spirit guides. The number in your unseen support team is based on your life mission. They are there with you at your side, so prayer and meditation are the only tools that you need in order to call upon them. With practice you will start to see them, feel them, know them and with dedication of time your communication with them will improve.

However if you are looking to attract wayward spirits or ghosts to yourself I'm afraid I cannot help you. Wayward spirits are lost and confused souls that need help crossing over into the Heavens. I don't advise anyone to do this for mere curiosity or for amusement. As a spiritual medium it is my job to help these souls resolve their issues that keep them Earth bound.

In my ***Ghost Stalker*** books I give educational information not only on different types of hauntings but also about the ghosts' Earthly life. Remember ghosts were once living humans with mothers, siblings, friends and children of their own, and they deserve to be treated with respect and understanding. Please if you are interested in the phenomena of ghosts then read about them. The only spirits that you should call upon are your helpers, ones that reside in the heavens.

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Dear Whitedove,

In your book you wrote about our soul contract and our death date. I was wondering, can a tragedy really be an accidental death or is our destiny always written? I'm amazed that the accident rate is ever increasing and does this play a part our soul's contract? Statistically Challenged in Maine

Dear Challenged,

It's hard to fathom how much preparation goes into planning our journey to Earth. We create a road map of the intended trip. And we make agreements to fulfill certain obligations along life's journey. We choose a birth date as a starting point, and we also create several possible exit dates. So in most cases, the timing for death has been selected based on the soul's evolution. God calls us home at the right time.

Dear Whitedove,

In difficult times it's hard to stay on the right path without getting all freaked out! The world seems so out of balance with war, economic challenges, crimes, and crazy weather too. Any advice for the light workers? Bright Light in S.C.

Dear Bright,

It's all too easy to become distracted with the negativity but freaking out with stress and worry won't help. This is a time of great change and upheaval. Change makes us uncomfortable, but getting out of our comfort zone is just what we need to do. The negative aspects of our world need to be wiped away to make room for the rebirth of higher spirituality in process. In times of turmoil, focus your time and attention on helping those in need. Offer your prayers, give your love freely, be of service, and stay connected to the Divine Intelligence for guidance. Just think about how many people that you come in contact with during the course of a lifetime. All of your interactions affect the people that you touch and the domino effect continues. The smallest gesture can change the world. This is why each soul is so much more powerful than you realize. Material goods will come and go, but your actions, thoughts, and deeds stay with you for eternity.



Reverend Robyn Stevens

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DOREEN VIRTUE'S ANGEL ORACLE CARDS



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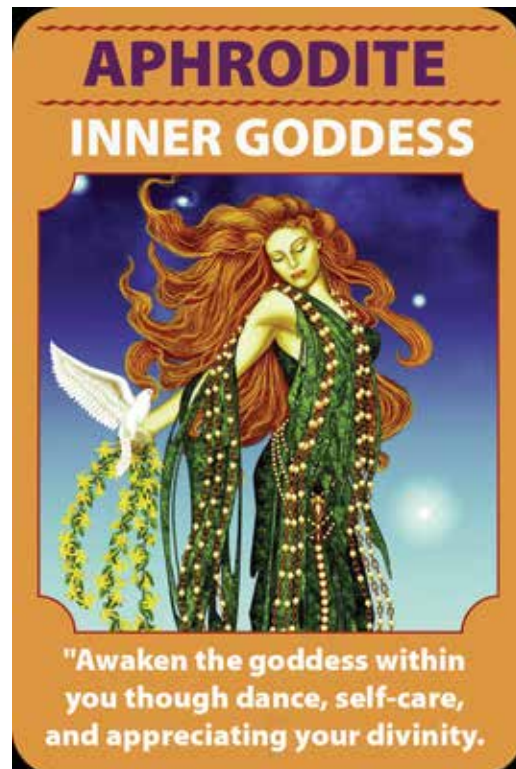
Doreen Virtue is a doctor of psychology and 4th-generation metaphysician who works with angelic, elemental, and ascended-master realms, author of 50+ books about angels and mind-body-spirit issues. www.angeltherapy.com

Inner Goddess: Awaken the goddess within you through dance, self care, and appreciating your divinity."

Here the Greek Goddess, **Aphrodite** is encouraging us to pay attention to our feminine or intuitive side, which both men and women have. This inner goddess or our natural intuitive energy can be nurtured with physical movement such as dance or yoga, eating and drinking healthy foods, and embracing our own personal and unique connection to spirit.

We can connect with powerful **Aphrodite** who can assist us in balancing our feminine (receiving) and male (giving) energies. By honoring and appreciating our divinity we can experience self love and compassion which leads to owning our true personal power. Aphrodite asks us to to celebrate our magificence!

You may want to write down a list of the things you like about yourself and also a list of things you may want support in changing. In allowing support and receiving we bring focus to our feminine side where vulnerability, intuition and creativity lie. Find new and empowering ways to honor your beautiful self!




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ABRAHAM FUN



Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. You can join Karen's "Abraham Fun" group on FB and like her FB page, "SoulSongs." karen@karenmoneywilliams.com.

Soulsong #135 - Physical Education

My body has miraculous regenerative powers. It is designed to naturally correct itself when any organ or function swings out-of-balance. Each cell is equipped with the ability to renew and recharge itself. There is an easy, natural rhythm to all my body's processes, and they can effortlessly hum along for many decades without stalling or breaking down.

If, however, I am not living in an easy, natural rhythm, my body cannot serve me as it otherwise would. If I am lunging and lurching through life, driven by stress, time-pressure, aggravation, and anxiety, my body will manifest problems. My degree of health is a reflection of the degree to which I'm living in a calm, peaceful way.

Today I choose acceptance, gratitude, forgiveness, and optimism. I thus give my body exactly what it needs to be healthy, to be robust, to be whole.



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Wednesday July 27 ORLANDO IANDS (Int'l Asoc. For Near-Death Studies) presenta su primer taller "Experiencias Cercana a la Muerte (ECM) 101, completamente GRATIS, dirigido a la audiencia hispana.. El mismo se llevará a cabo este próximo 27 de Julio, 2017 de 4:45 a 6:45 PM en el Embassy Suites by Hilton, Orlando—Lake Buena Vista South, Florida. Registro es Gratis a través de neardeathconference.com ó puede registrarse en la puerta.

July 28 - 31 ORLANDO International Association of Near Death Studies Conference featuring Anita Moorjani, Suzanne Giesemann, Maggie Callanan, Laurin Bellg, Jeff Olsen, PMH Atwater, Bill Guggenheim, Bob Coppes Go to <http://neardeathconference.com>

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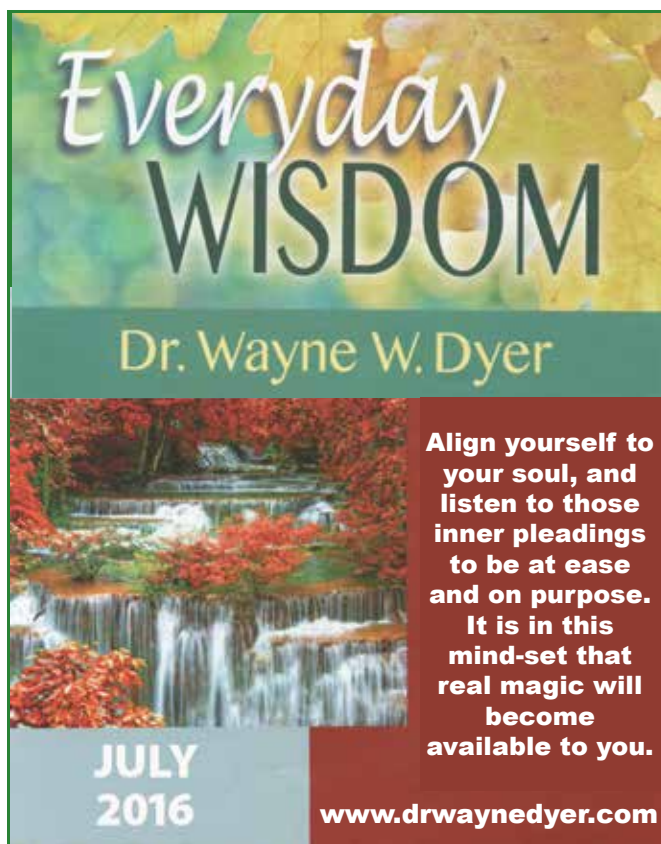
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An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for The Secret, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on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

Is it my imagination, or are you receiving guidance from within?

You know, by the kind of feelings that either tell you to "have back at it" with the zeal of a lion, or perhaps to finally turn the page, the entire page, not just dog-ear it, and move on.

I thought so.

Well then, may I suggest you act on it, as if nothing else mattered?

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ABRAHAM-HICKS

... from page 8 ...

While the mind of human consciousness is spinning in the confusion of these events, the Energy of Well-being, from which all has come forth, dominates. Even if every human consciousness were disconnected as a result of their awareness of this event, your balance of Well-being still remains staggeringly dominant.

We can offer no explanations that will satisfy. But we do know that your fantastic lives will continue and that the balance of your planet is dramatic Well-being. And that the statistics of those personally affected compared to those not personally affected is so great that it almost cannot be measured.

Even under these conditions, YOUR Well-being is still in place. Do your best to find your personal Connection, and do not fret when it appears that most of the world is making no effort to find their Connection. Know that as far as YOUR life is concerned, it is enough that YOU find your Connection. And trust that the Well-being of your planet does still -- and always will -- survive.

"We do not say that the evils of the world do not exist; we say that they do not serve you when you focus upon them."

PEOPLE ARE STILL KILLING WHALES AND KILLING EACH OTHER

GUEST: People are still killing whales and killing each other, and in that balance of not putting my attention to it, then I think that, somehow, I'm saying that that's okay. I'm very idealistic, and there's this discord, and I don't know how to manage it.

ABRAHAM: As you see things you don't want, and you feel that uncomfortable feeling as you see it, and within that, you feel a rocket of desire within you that things be differently -- now your work is to find harmony with your own desire. Every time you turn back and look at things that are not as you want them to be, you are in discord with your own rocket.

There are those that would say to you, "Well, we need you to keep looking at the problem, because we've discovered that we can motivate you to the action that serves us more by keeping you looking at the problem, by keeping you aggravated about all of this."

What you want to say is, "I felt the aggravation; I felt the rocket of desire; I asked the Universe, on your behalf, for a resolution. I know that when anyone asks, the Universe always answers. So help's on the way. And I'm going to do my best about helping us all to receive the help that is on the way, by holding myself in vibrational harmony with the desire that I have identified."

There are so many well meaning people who see the contrast, give birth to the rocket of desire, feel it powerfully, shout it to the Universe -- and the Universe is answering. And then, they're campaigning against what's wrong and holding themselves apart from the solution. Even tho solutions are happening all over the world they never have access to them because they are vibrationally so different from the solutions, that even tho solutions are happening, they never get to see them.

We wouldn't try to convince you that there are not things that are happening in your world that you don't want to happen. But, looking at the things that you don't want, will never make your world more as you want it to be. It will only drag you down into the discord of that.


As a creator, you are better off with those things you don't want in your world, than if your world was, by your standards, perfect in every way, because those things cause you to reach beyond what-is. And if you do not find reason to reach beyond what-is, then you stand still, and none of us can do that. There is only motion forward. Contrast assures that.

... continued on page 21 ...

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ABRAHAM-HICKS

... from page 20 ...

We are all free, or none of us are free. And so, if you like being able to choose the things that you like to choose -- then it must be alright with you that others choose the things that they want to choose.

"Oh, that's so hard! It's so hard. I want them to choose, within reason, only things that I would choose." And we say, then somebody gets to choose what you would choose. And you say, "Well, can't we just all agree on what's alright for us to choose?" And we say, how's that working out for you, now?

Today there are bombs being dropped on nations that choose other than you would have them choose -- for no reason other than that they are choosing other than you would have them choose.

You say, "Our way of government is the only way that is acceptable. And we will snuff out all others who are choosing otherwise." And we say, well, where does that one end? It turns out that it is all being orchestrated from that Broader Perspective. Let's say that some of you get very influential. And you manage to offer your brand of beliefs in such a way that everybody on the planet today, just for a moment, at about 4:30 this afternoon, believes as you believe. Just for that moment, you finally got it done -- but, then, tomorrow a whole avalanche of new spirits, renegade spirits, come forth into new bodies with whole different sets of ideas and intentions of everything that you have orchestrated.

The balance of intent is coming forth from that broader Non-Physical Perspective, and the variety is supreme, because out of that variety, each genius consciousness gets to choose something more.

The discord and the squalor and suffering and the poverty and the negative emotion, and the illness, all the bad stuff that you see or hear about in your physical environment -- is not because blessed spirits are coming forth and choosing bad things. In every single case, every bit of that suffering or sickness, or sadness, is because somebody's locked off their signal momentarily.

You don't need to worry about the choices. It's not because the choices are there, that people are making horrible choices. In fact, the more that they feel that they don't have choices, the more locked off they are, and the more choices that feel awful they make. Those that are acting out in violence, aren't acting out from their place of feeling free and secure. They're feeling bound and insecure. They're frightened. They're fighting for their very life, on vibrational levels.

... continued on page 27 ...

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Margaret Ann Lembo is author of *Chakra Awakening*; *The Essential Guide to Crystals, Minerals and Stones*; *The Angels & Gemstone Guardians Cards*; *Color Your Life with Crystals*; *Chakra Balancing Crystal Alignment CD*; *The Essential Guide to Aromatherapy and Vibrational Healing* and *The Archangels & Gemstone Guardians Cards*. She is the creator of a line of Aroma-Energetic Sprays including *Smudge in Spray* and the seven *Chakra Sprays* — she is an aromatherapist and the owner of The Crystal Garden — a book store, gift store, and spiritual center in southeast Florida. www.MargaretAnnLembo.com | www.TheCrystalGarden.com

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ABRAHAM-HICKS

...continued from page 21

It doesn't take many like you to lie in your bed, acknowledge some violence that you worry about, and feel the discomfort of it, and then feel the rocket of desire burst forth, that your children, and children like them, have lovely environments to grow up in. And then, as you reach for thoughts, in the next 30 days, that cause you to lock onto that feeling of Well-being -- you would be amazed at the power of influence that the effort of one individual provides.

You didn't come to this world because it is broken and needs fixing. You came to this world because it is fantastic and you wanted to be here. But then, when you get here, when you start finding fault with parts of it that don't please you, you sort of negate the balance that you knew would be here that you chose, to begin with. That's why we want you to begin

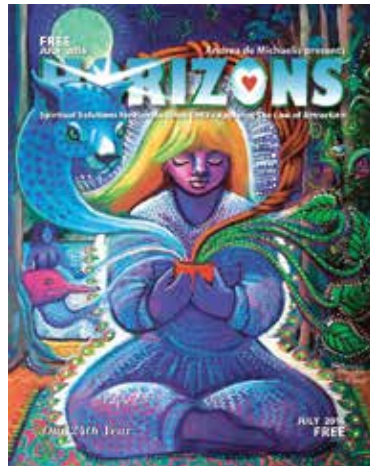
relaxing and allowing everything to be okay for a while. Your work is to joyously choose thoughts, words and actions that feel good while you choose them. And you say, "Well, that doesn't sound like enough justification for this life experience. How will I separate myself from the others? How will I stand out? How will I become the leader of the pack? How will I get the most stars on my chart? How will I excel?"

The other day we asked a group, "Does it bother you that Source Energy adores 100% of your population? How do you feel about that? Source Energy adores, not just tolerates, not just allows, Source Energy adores 100% of the population." Some are irritated at the idea, because they've been working very hard to be virtuous and praiseworthy. And it's irritating that those not working nearly as hard are still adored.

When you reach this place that it is alright with you, that everything is alright, then you have no reason, ever again, to lock off your signal. That doesn't mean you don't have preferences. But when you no longer are condemning, pushing against, negating, or trying to remove something, then you're no longer a vibrational match to any of that, and then, only Well-being can be your experience.

Full Moon Jungle Redemption was painted deep in the jungles of Peru by the Amazon river July 2015

when Katherine Skaggs was on a shamanic retreat with a visionary shamanic sister artist. Redemption in the Jungle bestows the energies and medicines of innocence, protection and trust, a reflection of the sacred transformational experience of Katherine's shamanic journey work within the jungle environment.



The female in the painting represents the blending of the innocence of the inner golden child with the young women entering into her power, who is focused on the cup of sacred tea she is about to drink, an inner reflective, prayerful state. As this painting came into form, the word Redemption came into my mind, telling me the power and medicine this painting brings.

The other medicines that came forth in this painting are that of the **Amazon** river, again with pink dolphin and mermaid. The Amazon river is the river of life, the pink dolphin this time brings humor and love, a lightening of the situation that has been intense, and the mermaid is bringing protection with honesty to the situation. Again, jaguar is present, arising from the energy of the brew. A visionary sense of jaguar, again reminding this one that there is great protection and guidance always. To the right arising out the the cup are vibrant, chakruna leaves, promising great vision. Also arising on the right and overhead is the Ayahuasca vine, or vine of the soul. The vine and the leaves create the magical brew (in the cup) of grandmother ayahuasca, a sacred visionary plant medicine used by the indigenous peoples to bring healing, vision and alignment with the highest soul's expression.

COVER ART

Katherine Skaggs

Full Moon Jungle Redemption

The full moon shines the reflective light of the inner self, the subconscious, upon the beautiful maiden, bringing illumination beyond the darkness. Within the energy sparks and forms on the right above the chakruna leaves you can see the owl eyes, peering through the dimensions, again bringing protection and cleaning for this one, and for all who partake of this imagery.

Katherine Skaggs is an internationally known visionary artist, intuitive, author, spiritual teacher, shamanic practitioner and soul portrait artist.

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

Katherine's shamanic and spiritual adventures inspire and direct her art to awaken and illuminate the soul's path of love and wisdom.

Katherine lives in the foothills of the **Rocky Mountains** in **North-ern Colorado**, offering classes, workshops, soul portraits and original art, shamanic healing and spiritual counseling from her studio, as well as virtually and throughout the United States. To view more of her art go to www.katherineskaggs.com Contact her directly at support@katherineskaggs.com

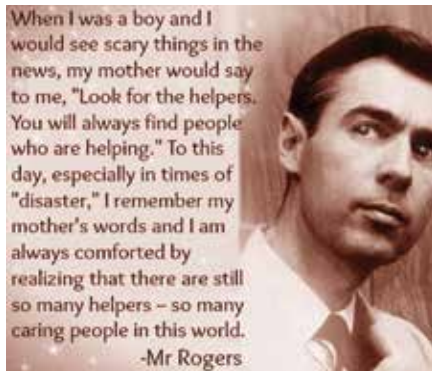


This month's thoughts about things...

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

... from page 7 ...

There will always be tragic and sad things happening. There is always so much more good happening than bad. There will



always be troubled people who harm. There are always so many more good people than bad. We just have to look for them. We always find what we look for. I look for the good. I look for the silver lining. I look for the helpers.

We freak out about death because we think it's the end. We don't know what comes after, so our thought is stuck on *oh, no, death! They're gone!* It's like any other goal. If we're to demystify it, **we have to imagine ourselves on the other side of it.**

This is what we do in meditation, it is a daily separation of consciousness from the body. We transcend our awareness of the physical body and brain and find ourselves, maybe just for a split second, in a place of clear consciousness, abundantly free and completely aware of our surroundings as an observer. As you continue to experience that during daily meditation, you lose your fear of "death" since you've discovered how to move between the worlds, so to speak, between being the one who is in the body and the one who exists beyond the body.

When this happens, you no longer weep for the death of the caterpillar — you're excited for what comes next, for the butterfly on its way. In the overall scheme of things, this one life is just a moment in time. Every loved one who disappears from it during your lifetime, you'll see again, I assure you.

Despite being married five times — three of them passed — I've tended to be a solitary person, learning to not let my happiness depend on another person. The first deaths crushed me, so I asked **Spirit** to let me see it in a way that was free of pain. Asking within attracts answers. I was always focused upon my own happiness, so I always had interests and activities outside the relationship. The first time, one person had been everything to me for years. I was devastated and lost without him. I never let that happen again. I never let one person be my world again.

Instead, via meditation, a new world opened up and revealed itself to me. I began to find supreme satisfaction and joy in a lot of small, subtle things. Relationship with any one person was less and less on the agenda as I began to feel "in relationship" with every thing and every one around me. Deaths of loved

ones affected me less and less as I came to understand that "death" is not the end.

I read books on "life after death" and before meditation would ask to be guided to other people and books who could answer my questions. I read books by **Elizabeth Kubler-Ross, Raymond Moody, Dannon Brinkley, Bill Guggenheim**, now you can read **Eben Alexander, Stephen Levine, and Annie Kagan's The Afterlife of Billy Fingers.** Knowledge is power.

Once I heard first person accounts of what came after "death," I realized "life" did not stop when the physical body dropped. When I was able to envision what life "after" death was like, it stopped being this giant scary wall and I stopped freaking out when friends died. I would later come to realize **all that happened was that they dropped temporarily out of my range, like a radio signal** that would get clearer as I turned the dial via meditation. In meditation, I'd learn how to tune in to connect with them again.

In meditation, I step into that easy flow of pure awareness that everything around me — despite appearances — is in perfect order and as it should be. In meditation, I step into the awareness of the big picture, where although this life is a just a moment in time in the overall scheme of existence, it can be an immensely fulfilling and meaningful life. **All I have to do is — via daily meditation — begin to step into it that stream** by quieting my mind, breathing consciously, and asking for the experience of separating my consciousness from my body. If you've had even a glimpse of the experience before, bring that experience to mind. If you've read of someone's experience, bring that experience to mind. Imagine how it would feel to be awake and aware in the moment, free of the body.

Making yourself think these thoughts and bring these things to mind is a visualization exercise that will make you begin to resonate in harmony with having the experience of separation of your consciousness from your body. The moment you relax enough to release any conscious or unconscious resistance, you'll have the experience. Keep breathing through it, slowly and steadily. Keep your main focus on your breath, no matter what other images or experiences flash around you. **Maintaining your breath is what keeps you dialed into the frequency** of that channel, so to speak. Lose focus of your breath and you'll lose the signal, but bring it back and you'll drift back into it.

Here's a process.

1. Sit upright in a position that allows you to relax.
2. Recall in detail any prior experience you or someone else had of existing outside the body.
3. Breathe naturally, slowly and steadily, keeping your focus on your breath.
4. As thoughts and images rise and fall, stay focused on your breath while you observe them peripherally.
5. When you begin having the experience, the longer you can stay focused on your breath, the longer it will last.



Enjoy our offering this month. Hari Om.

Andrea



2 Case Studies of the Near Death Experience

...from page 8...

Jazmyne spoke of feeling torn between two worlds - wanting to remain on earth while at the same time feeling a strong pull to unite with her spirit self and pass into the light. After another round of hospitalization, she was left confused and disoriented, ready to change her life yet hesitant to begin. She lamented about the lack of people she could discuss her situation with, although her church bishop did express some degree of understanding. Her lament is commonly shared by most experiencers.

BRYCE BOND AND HIS BLACK POODLE PEPE


I found that both adults and children occasionally report being greeted on The Other Side by animals, especially if favored pets have previously died. But it is the children who describe an animal heaven, some even insisting that they must go through it before they can reach the heaven where people are. Adult cases can be equally compelling.

Several years before his death, **Bryce Bond**, a famous **New York City** media personality turned parapsychologist, shared with me the story of what happened to him when he once collapsed after a violent allergic reaction to pine nuts and was rushed to a hospital. He remembered suddenly passing through a long tunnel toward a brilliant light, and then, "I hear a bark, and racing toward me is a dog I once had, a black poodle named **Pepe**. When I see him, I feel an emotional floodgate open. Tears fill my eyes. He jumps into my arms, licking my face. As I hold him, he is real, more real than I had ever experienced him. I can smell him, feel him, hear his breathing, and sense his great joy at being with me again.

"I put my dog on the ground, and step forward to embrace my stepfather, when a very strong voice is heard in my consciousness. Not yet, it says. I scream out, Why? Then this inner voice says, What have you learned, and whom have you helped? I am dumb-founded. The voice seems to be from without as well as within. Everything stops for a moment. I have to think of what was asked of me. I cannot answer what I have learned, but I can answer whom I have helped.

"I feel the presence of my dog around me as I ponder those two questions. Then I hear barking, and other dogs appear, dogs I once had. As I stand there for what seems to be an eternity. I want to embrace and be absorbed and merge. I want to stay. The sensation of not wanting to come back is overwhelming."

Bryce was also greeted by all of his relatives who had passed on before him. He experienced these loved ones as somewhat younger in form and face than when he had last seen them, healthier and happier. He remembered racing backward through the same tunnel he had entered when it was time to leave and reviving in time to witness a hypodermic needle being plunged into his arm. "I heard a voice say, 'Welcome back.' I never asked who said that nor did I care. I was told by the doctor that I had been dead for over ten minutes."



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HOROSCOPES

JULY 2016

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

Aries - (March 19 - April 18) It's time to get cozy, Aries. I know your fast paced sign usually lives hot and fast; but the Cancer New Moon of July 4th activates your inner, private sector. So, how many activities can you initiate from home? Hmm. Vegan (or not) barbecues; sleepovers; pool parties; Netflix binge watching; the possibilities are endless. It's time that you find some peace and quiet, and home gives motion to your emotion - for now.

Taurus - (April 19 - May 19) Stand your ground, Taurus. The epic struggle between your long term goals and hidden fears has you on edge. Release comes when you step back and get clear on your priorities. What do you really want? This is your time to work smarter, not harder to leverage time, money, and satisfaction. Freedom comes through conscious integration of all aspects of your beautiful self; body, mind, and soul.

Gemini - (May 20 - June 19) Go deep, Gemini. This month invites you to work harder, play longer, and live your life to the limit. Mercury, your ruling planet is moving like quicksilver, so take a deep breath and fill your sails with a divine exhale. Everything is amplified for you now. One part of life is quick and fast, but something else is also being developed now; something certain and long lasting. Tune into this truth, and watch it grow.

Cancer - (June 20 - July 21) The New Moon of July 4th delivers a stellar line up in your sign, Cancer. Almost every planet is activated by the potential that is held within the cup of this lunation. Declare this a season of gratitude, because the stars have conspired to deliver you a bounty. This good fortune blossoms for both love, and money. Your social foundation changes for the better as blessings come from all sources now.

Leo - (July 22 - August 21) With both Venus and Mercury in your sign by mid-month, this is your turn to really and truly get your needs met. Be aware of a yin/yang energy trace; there will be times when you want to go with the flow, and other days when you need to step up and make things happen. Your power increases day by day throughout the month, Leo. Think like a tai-chi master; steadfast yet able to shift at a moment's notice.



Virgo - (August 22 - September 21) Mars, Saturn, and Pluto are lighting up your responsibility sector like fireworks on the 4th of July. No doubt you are feeling it. Take heart, because Mercury moderates the show! This month, your ruling planet

is content to 'be' in the moment, not obsessed with the future or the past. Your avatar talks sweetly to every other planet this month. Mercury is a happy camper now, and you can be one too.

Libra - (September 22 - October 21) Just when you thought things were all settled, the Universe proposes taking a second look, and giving a second chance. Yes, there is an adjustment to be made, but there is great value in communication. A new idea with an innovative approach solves old problems. The New Moon of July 4th activates your most public 10th house. It's time to place your bet and then lay your cards out on the table.

Scorpio - (October 22 - November 20) Slow down, pay attention, and then respond to the whispers of your intuition, Scorpio. You are being called to an act of courage, but first you must fill your cup with extreme self-care. Do you dare to not work so hard? Plan carefully, and you'll accomplish more than ever before. Wide open space can feel intimidating, but that is exactly what nurtures your brilliance.

Sagittarius - (November 21- December 20) This is your time for a strategic move, Sagittarius. You've been waiting; or even feeling that you've been held back. July is a critical month for you to take action! The New Moon of July 4th activates your powerful 8th house - the place where rules are broken. If you make the right move, you get to decide what the new rules are, and how the game is to be played. Take it on.

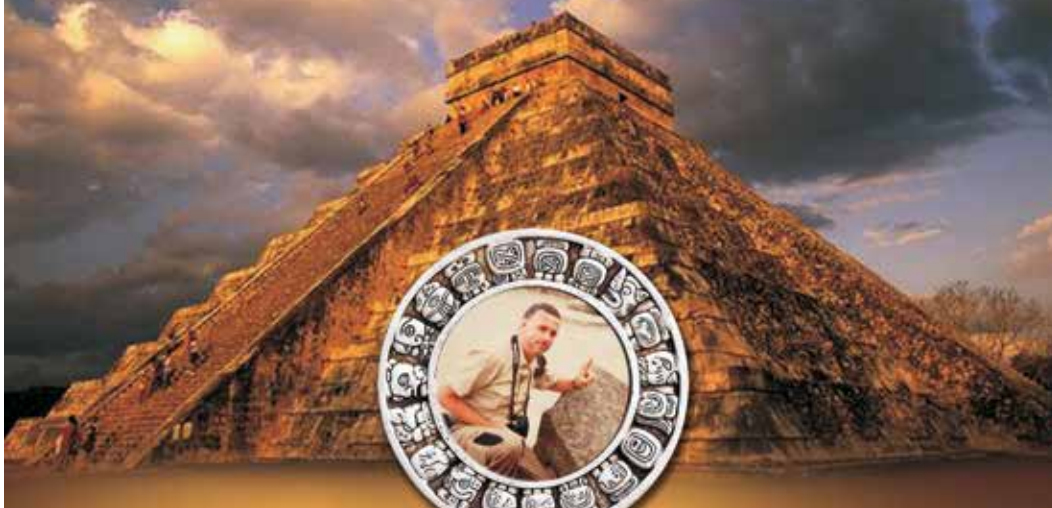
Capricorn - (December 21 - January 19) There are many famous vocalists born under the sign of Capricorn, and this month gives you many reasons to sing. Connect with your joy, passion, and love. Reach out far and wide because, truly, this is a moment in time when what (or who) you are looking for is also calling your name, waiting for a chance. Try new things, meet new people; go and discover your perfect complement.

Aquarius - (January 20 - February 17) Can you take a chance, Aquarius? Consider, just for a moment that you can let your guard down. Move beyond understanding and into pure connection. Be kind with your words; arguments are a complete distraction at this time and chronic disagreements only serve to separate you from your true essence. This is your season of Mastery - a chance to shine your Light of excellence. Shine on!

Pisces - (February 18 - March 18) The planets are hyper engaged and they keep looking your way, filling up a giant 'to do' list. You want some free time, but things just keep popping up that require your attention. With Jupiter still gracing your 7th house, any uncertainty around finances can be alleviated through strategic relationships. Rather than spinning and reeling this month - find a partner, and make time to dance.

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Louise Hay

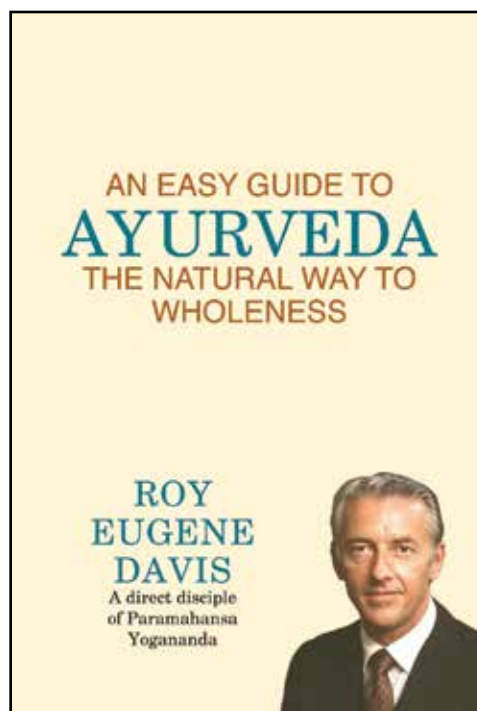
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Rejuvenation, Enlightened Living, and Conscious Immortality

Appendix

**The Inner World of Colors, Gemstones, Metals, and Mantras:
Their Special Qualities and Beneficial Applications According
to Ancient Traditions and Modern Discoveries**

Roy Eugene Davis has been teaching spiritual growth processes for sixty years in North and South America, Europe, West Africa, and India. He was ordained by Paramahansa Yogananda in 1951. FREE: read Truth Journal, listen to Mr. Davis' talks, and see meditation seminar and retreat schedules at www.csa-davis.org