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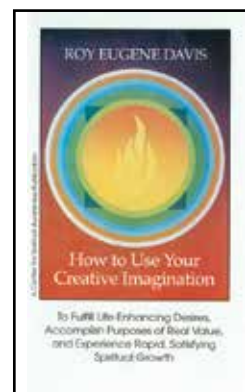
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Our founder, Roy Eugene Davis, a direct disciple of Paramahansa Yogananda, taught spiritual growth methods for sixty-eight years in North and South America, Japan, Africa, Europe, and India. His books are published in eleven countries.



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HORIZONS MAGAZINE

575 Escarole Street SE
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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

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



**You are loved and
guided more than
you can imagine**

The greatest optical illusion is separation

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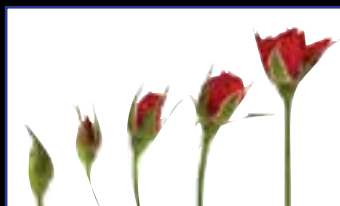
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HORIZONS

| | |
|--|-----------|
| Center for Spiritual Awareness | 2 |
| Our Advertising Rates • Low because we're in it for the outcome, not the income | 4 |
| 12 Steps of Spiritual Freedom by Rev. Tom Sannar | 4 |
| This Month's Thoughts About Things with Andrea de Michaelis | 6 |
| Our Mission Statement | 6 |
| The Teachings of Abraham-Hicks | 7 |
| Breaking The Habit of Being Yourself by Dr. Joe Dispenza | 8 |
| Tipping Sacred Cows by Betsy Chasse | 9 |
| Herb Corner with Cecelia Avitable | 10 |
| How to Recognize Magical Beings with Jim Egan | 11 |
| Soul Songs: Abraham Fun with Karen Williams | 12 |
| Seth through Jane Roberts | 13 |
| Ask Michelle Whitedove | 14 |
| Down to My Last Breath by Mitch Ditkoff | 15 |
| Change Your Money DNA, Change Your Life with Judy Wilkins-Smith | 16 |
| Notes From The Universe with Mike Dooley | 18 |
| Spiritual Graffiti with Jeff Brown | 18 |
| Crystal Corner with Sharron Britton of High Springs Emporium | 19 |
| Solar and Lunar Celebrations of the Ancestors with Debra Strasser | 20 |
| Crone's Council with Aislin Taylor and Nancy Solook..... | 21 |
| Gardening The Medicine Way with Debra Strasser | 22 |
| Our Phone Directory | 24 |
| Monthly Horoscopes | 30 |
| Making Peace with the Jungle, and Jungle Salad recipe by Meadow Linn ... | 34 |

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

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



Horizons thanks everyone willing to take the risk

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

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

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THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis
Publisher

HELLO AND WELCOME TO THE JULY 2021 EDITION OF HORIZONS MAGAZINE.

2020 made us re-prioritize. Lots of business closings, many laid off were given unemployment \$\$ and time to relax and THINK about what they might want to do for the rest of their life. Not everyone qualified for unemployment so they had to find a quick side gig, sometimes being pushed out of their comfort zone.

That new perspective also gave them new awareness, which helped them see opportunities right in front of them. *Life changes when you know you have choices. Your mind clears when you get enough sleep.* When you spend 18 hrs a day hustling to survive to feed and house your family, you don't have the luxury of TIME TO THINK about what you might want to do instead.

Different areas of my work changed in 2020 and as I sussed that out, I began gardening to see just how self sufficient I might be. It was a great experiment and I'll probably always grow kale, collards, tomatoes, herbs and peppers. I started many vegetables from seeds in **October** in peat pots in trays on my back porch. I'm in **Florida**, gardening zone 9b, so we don't always have a winter. Everything grew. I planted my **Roma** tomatoes **Oct 22** so their season is coming to an end. That'll make more room on the trellis for the **Everglades** and **black cherry tomatoes**, which will continue to grow til a frost. They're more flavorful anyway. My first year growing tomatoes, I've learned a lot. My next I'll do diff, plant farther apart in the 5gal grow bags, keep on top of pruning suckers before they all get outa hand.

The end of **March** I had a nice line of several tomato plants in 5gal grow bags, as well as collards and kale in the ground and rosemary, thyme and several types of basil in hanging pots. By **April** and **May** I was harvesting collards, kale, tomatoes and herbs every day, and at mid-**June** I still am. Scallions, celery and romaine grows well on the windowsill in jars of water, I can't get them to grow in the ground. I'll continue to do what's easy, but it's good to know I can do it at all.



Enjoy our offering.
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, now.

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

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

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

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

ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Author of Ask & It Is Given, The Amazing Power of Deliberate Intent, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships and NY Times Best Seller, Money and the Law of Attraction, visit www.abraham-hicks.com.

ON THE SCARCITY OF RESOURCES SHORTAGE IS ALWAYS SELF-INFLICTED

You did not come here to compete for the resources of your planet. You came as creators. If your time-space reality has the wherewithal to inspire a desire within you, it is our absolute promise to you that your time-space reality has the ability to deliver, in full-manifested form, the reality of the desire it has inspired!

You came here knowing that; and until you remember it fully, and apply it deliberately, you will pinch yourself off from your largest of resources; the clarity, knowledge, and energy of your Source. That is truly the only shortage that can exist in your world; and it is wonderful when you realize that that shortage is always, without exception, self-inflicted!

LIVING WITH NEGATIVE PEOPLE WHO WANT DIFFERENT THINGS

GUEST: I was also wondering, if what I want and what you want are in conflict, what's going on? If I want rain and you just cut your alfalfa, how does that work?

ABRAHAM: Well, how it works is if either one of us don't get too involved in the details of how we think we want what we want to play out then both of us can be satisfied.

If you will focus on the essence of what you want, which is a magnificent crop, and the other will focus on the essence of what they want, which is a lovely picnic today or whatever, the Universe can give them both, or all, what they want, but it's when you start bickering over the same prize, or over the same specific moment in time... the Universe has the facility to orchestrate circumstances and events to accommodate everyone: there could be two of you wanting seemingly different things, or five billion of you seemingly wanting different things.... and any of you that are not using what the



Janice Scott-Reeder, AA, BA, Druid

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other one wants that you don't want as your excuse to push against and then disallow yourself from getting what you want, then you could all get what you want.

If you push against the other because you are worried they'll get it and you won't, now your out of sync with what you want and you won't get it no matter what happens to them and usually you blame them, becuz you think it's them wanting what they wanted and getting it that kept you from getting what you want, but it's never that way.

GUEST: It's the same when you live with a person who is really negative, and you're trying to stay positive, but they're like a relative that you have to deal with every day...

ABRAHAM: We know, because it feels like if they would change you would feel better because you remember being around more pleasant people and feeling more pleasant and so it seems logical that if they would be more pleasant... but feel the trap in that, the trap in that says now my happiness depends on your behavior, and I can't control your behavior, you're just one person, I've spent 30 years trying to control your behavior and I'm still not getting there.

...continued on page 38

HOW TO TRANSFORM YOUR LIFE

BREAKING THE HABIT OF BEING YOURSELF



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

This excerpt is from the Foreword By Daniel G. Amen, MD.

THE GREATEST HABIT YOU CAN EVER BREAK IS THE HABIT OF BEING YOURSELF

When your brain works right, you work right, and when your brain is troubled, you are much more likely to have trouble in your life.

Trauma can hurt the brain, but so can negative thinking and bad past programming. **Dispenza** grew up with an older brother who bullied him constantly and that created constant anxiety that followed him through life until he worked through it later in life.

The hardware (physical functioning of the brain) is not separate from the software (constant programming/reshaping that happens through life)

Most of us have had trauma scars. Cleaning out these experiences is healing. People can literally change their brains and lives through regular brain-healthy habits, like correcting negative beliefs.

The author ate fast food, drank too much soda, slept 4-5 hours/night and carried unexamined hurts and 30 lbs. "What I didn't know was hurting me...and not just a little." But after changing his lifestyle, his brain literally looked healthier. That's how changeable your brain is.

INTRODUCTION:

Human nature: we balk at changing until things get too uncomfortable for us to go on. True for individuals and societies. Why wait?

We can learn and change in a state of pain and suffering, or we can evolve in a state of joy and inspiration... To go with the latter, we just have to make up our minds that change will probably entail a bit of discom-

fort, some inconvenience, a break from a predictable routine, and a period of not knowing.

PART I: THE SCIENCE OF YOU

Chapter 1: The Quantum You

Early physicists divided the world into matter and energy. But they're not separate. Can you use your mind to create your reality?

Your thoughts have consequences so great that they create your reality.

Descartes came up with a duality vision of reality: that matter and energy are different. But energy is not just an outside force exerted on material things, it is the fabric of material. Dispenza also claims that it is responsive to mind.

Then **Einstein's** famous equation proved that matter and energy are the same. And the **Newtonian/Cartesian** view of the world is not correct. At the subatomic level, most things are empty space, not solid.

The electron exists as a probability wave, but can appear and "disappear" as a solid particle in various locations.

DISPENZA'S CONCLUSION:

At the subatomic level, energy responds to mindful attention and becomes matter, therefore life can be directed using the observer effect (what is observed, changes), and you can "collapse infinite waves of probability into the reality you choose."

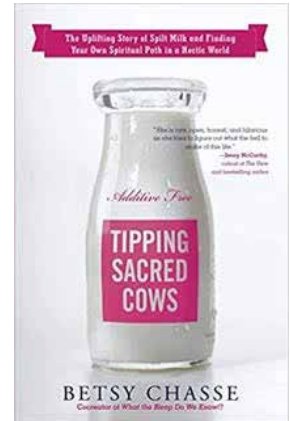
...continued on page 39



TIPPING SACRED COWS

The Uplifting Story of Spilt Milk and Finding Your Own Spiritual Path in a Hectic World

Betsy Chasse. Writer, filmmaker, storyteller, changemaker and most importantly mom. You may have seen my film “What The Bleep Do We Know?!” or possibly one of my other films Song of The New Earth (Producer), Pregnant In America (Producer), Radical Dating (Producer/Director), The Empty Womb (Producer/Director), or read one of my books, Tipping Sacred Cows, Dancing In The Unknown, Stories of Becoming Myself, or my most recent Killing Buddha. **Get a FREE Digital copy of Tipping Sacred Cows by joining Betsy at www.betsychasse.net**



HOW TO GET COLDCOCKED BY AN EPIPHANY (or Waking Up Can Suck or Not Suck Depending on How You Handle Your Shit)

*Think left and think right and think low
and think high. Oh, the things you can
think up if only you try!*

—Dr. Seuss, Oh The Things You Can Think!

There was a time when my life was easy, or so I thought. I was happily living in my shoe-consciousness—where I was all about the shoes I was wearing, the car I was driving, and the boyfriend I was dating (and his car and his shoes) — and avoiding like the plague any existential quest that might lead me into the deep, dark bowels of my soul. Such a quest would involve passing through some shit and, well, hanging out in my soul-bowels seemed less than appealing.

And I suppose that’s the story of most twentysome-things, but as my thirties approached, the clock started ticking, and the search for the meaning of anything and everything kicked into gear. Miraculously, I was handed the golden egg, the holy grail of spiritual understanding on a silver platter, or rather on the silver screen, in the form of **What the Bleep Do We Know!?**, the movie I co-created with Will Arntz and Mark Vicente. Chock-full of spiritual know-how gathered from magical movie making, I knew it all and owned some great shoes. Enlightenment? Check!

I quickly followed up on my spiritual mastery and manifested the perfect husband, beautiful children, and a gorgeous home. Finally, everything clicked. My inner and outer selves were accessorized, matched, and decked out in deep-ish thoughts and somewhat-understandings. It was a perfect balance of beliefs that allowed me to coast along, riding high on my newfound enlightenment.

So there I was. I had my “spirituality” all laid out for me, picked up from the latest and greatest minds I’d conned my way into meeting. My beliefs lazed like cows standing in a pasture of protection, all blinged out, while I worked really hard to keep them all sparkly, running from cow to cow in my awesome new boots.

And let me tell you, I frolicked the hell out of that pasture, leaping through the air, twirling, and all the other stuff you do when you frolic. I frolicked right up until I slipped on some- thing smelly and fell, and really, what was I expecting? I was in a freaking cow pasture, for God’s sake.

Splat, squish, my boots! I actually heard cartoon sounds when I landed. Okay, I didn’t, but I should have, it was that kind of absurd. I lay there, all sprawled out, seeing my pasture and my cows from a hoof-level perspective.

I saw the ground on which was built my understanding of the world and who I was in my little part of time and space. In that moment, I came to one profound realization: my pasture of perfection was full of shit, and it reeked. It was a wake-you-up kind of smell. My life imploded, and it stank.

Cue life-altering epiphany, ready or not (most likely not, because who’s really ready to completely throw out everything you thought you knew and start from scratch?)

MORE next month.

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

LYME DISEASE

Lyme Disease the most common fastest growing tick-borne infection. Its name comes from a town in Connecticut where physicians noticed cases of **Juvenile Arthritis** were increasing. Eventually they found this was being caused by a bacterial infection known as a **spirochete**. And that this spirochete could settle around the joints in the heart and on the skin. This bacteria can also reside in the nervous system where antibiotics can't get to them, because sometimes the nerve cell membranes protect the spirochete shielding it from antibiotics. If antibiotics kill only some of the spirochetes, then some will remain hidden until something triggers their re-emergence.

Because the spirochete can become resistant to antibiotics at different stages of their lifecycle, they may only be effective when the bacteria are in the early spirochete stage. Some of the **Lyme** bacteria also form a protective biofilm covering that shields them from antibiotics. **Bartonella** is a common co-infection that can follow the spirochete; it attacks the gut and skin giving it a feeling as if something were crawling under the skin. Some other co-infections can be **Rickettsia**, **Stari**, **Anaplasmosis** and **Morgellons**.

SYMPTOMS OF LYME DISEASE can be a tell-tale painless bulls-eyed shaped rash, swollen glands, sore throat, fever, or chills. You may also experience unexplained back pain, sore feet, painful stiff joints or neurological issues like MS, headaches, loss of coordination, twitches, or fatigue. You may also have digestive problems, heart problems, arthritic problems, or fibromyalgia. Now you can see why it may be hard to diagnose.

SUPPLEMENTS CAN BE USEFUL FOR LYME DISEASE:

Vitamin D3 helps promote natural immunity and supports neuro-muscular functions. **B-Complex** helps fend off infections and improves neurological health (especially B6) this is important for healing damaged nerves.

...continued on page 23



HOW TO RECOGNIZE MAGICAL BEINGS

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

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

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

ELVES I parv -o i erui núr

In the Ancient tome, The book of the first people, there are tales of elves who lived long before muggles had stopped living in trees and graduated to caves. In fact when the Creator is said to have created a being in Her own image She was referring to the first peoples, the Elves. It was the elves that taught the muggles language and art and helped nurse their primitive minds through millennia of rock-bashing, cave brawling, nonsense.

If the **elves** had not fallen in love with some of the ancient muggles and produced offspring they might still be bashing heads in caves. If you read the news and just can't imagine what motivates people, it may be your **elvish** ancestry talking. In fact many of the wise believe this age is playing out a struggle between primitive muggle fears and the dreams and ideals of the **elves**.

The **Elves** inhabit a dimension closely akin to this one, in fact during certain times of the year a muggle wandering in a wild area could easily stray and find themselves on the other side of the veil. The muggle tendency to live in lifeless cities of concrete far from the wilds might be due to a primordial fear of wandering into the undying lands.

Meanwhile **Elves** born in this plane not only seek out the wild places as a sanctuary, deep inside they yearn for a kinship and a land they have never seen. Classic symptoms of **elves** stranded in this dimension is fascination with singing and musical instruments, desire to dance even in inappropriate places when they hear certain tribal rhythms, a constant desire to find a tribe of their own, deep curiosity about the use of plants and sound to heal and about all things living in general.

Though stranded here in many cases for generations, all elves still show their adaptation to their native land. It is quite frustrating for them when time and time again they are reminded that things are not in harmony on this plane. No matter how messed up the world around them, they still seek balance in the chaos, they still hold on to the good even when buried up to their ears in the bad.

...continued on page 27

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COSMIC CONVEYER BELT

The Universe delights in finding wonderful new ways to meet my desires for more income. Plans are ever being hatched to provide me with all sorts of opportunities and ideas in order to manifest all that I need and much more. I could think of it as a great cosmic conveyer belt. All I need to do is remain receptive.

TO RECEIVE, I cultivate appreciation for all I have now - the tangibles and intangibles.

TO RECEIVE, I relinquish envy of others' prosperity, knowing that the very same level of abundance is available to me.

TO RECEIVE, I relinquish memories of past financial crises or deprivation.

TO RECEIVE, I relinquish any ill will or resentment I hold.


TO RECEIVE, I slow down enough to notice and savor the beauty and goodness all around me.

TO RECEIVE, I relinquish expectations that my income must come via any particular job, person, or investment. With trust and anticipation, I say to the Universe, "Have at it!"

TO RECEIVE, I periodically sit alone in silence, feeling calm, relaxed, and aware that abundance is flowing to me now.

Eureka!

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


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WITCH DOCTORS IN WHITE COATS

With the greatest understanding and compassion, let me mention that Western medicine is in its way one of the most uncivilized hypnotic devices. The most educated Western doctors will look with utter dismay and horror at the thought of a chicken being sacrificed in a primitive witch doctor's hut, and yet will consider it quite scientific and inevitable that a woman sacrifice two breasts to cancer. The doctors will simply see no other way out, and unfortunately neither will the patient.

A modern Western physician--granted with the greatest discomfiture -- will inform his patient that he is about to die, impressing upon him that his situation is hopeless, and yet will react with scorn and loathing when he reads that a voodoo practitioner has put a curse upon some innocent victim.

In your time, medical men, again with great superiority, look at primitive cultures and harshly judge the villagers they think are held in the sway of witch doctors or voodooism; and yet through advertisement and organization, YOUR doctors impress upon each individual in your

culture that you must have a physical examination every six months or you will get cancer; that you must have medical insurance because you WILL become ill.

In many instances, therefore, modern physicians are inadequate witch doctors who have forgotten their craft -- hypnotists who no longer believe in the power of healing, and whose suggestions bring about other diseases which are diagnosed in advance. You are told what to look for; you are as cursed --far more -- as any native in a tiny village, only you lose breasts, appendixes, and other portions of your anatomy.

The doctors follow their own ideas, of course, and in that system they see themselves as completely justified -- as humane. In the medical field, as in no other, you are faced directly with the full impact of your beliefs, for doctors are not the healthiest, but the least healthy. They fall prey to the beliefs to which they so heartily subscribe. Their concentration is upon disease, not health. **NOPR, Session 659**

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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: She Talks with Angels: a Psychic Medium's Guide into the Spirit World • Angels Are Talking: A Psychic Medium Relays Messages from the Heavens • My Invisible Friends www.MichelleWhitedove.com

DEAR WHITEDOVE: Birthmarks, Vitiligo, port wine marks, albinism and other skin pigment conditions, does Spirit have insights to share?

It's always karmic, but each soul is unique - so the markings and spiritual meanings are distinct for each person. Those markings are meant to be there. It's part of their soul contract, part of their spiritual journey. It's a physical condition, but it has real spiritual significance too. **Birthmarks** are fascinating because when the person died in a past life, a lot of times the birthmarks we're born with are the mark of a fatal wound from a previous life. They can serve as reminders of **Past Life issues** that carry over. All of our incarnations make us who we are today. Our soul's evolution, our development, our **karma**, all of our souls' experiences in this life and our **past lives** made us who we are right

now spiritually speaking. It's the journey of the soul, we come here to polish and refine our spirit and these body markings serve as spiritual reminders.

MICHELLE, DO ANIMALS AND PLANTS GO THROUGH A REINCARNATION PROCESS?

Yes, all of the elements and the elementals have their own unique journey of **reincarnation**. When they pass from this world, animals go to the first level of **Heaven** that's called **Paradise or Utopia**. You'll see species of plants and trees that you've never seen on **Earth** and the colors are more vibrant with unexpected glowing shades. All the animals are here too, roaming together in peace and harmony. Animals have their own reincarnation cycle. For example my little Pomeranian **Buffy** that left us. She even told me, "No mommy, I'm sick, this body is no good. When I pass I'm going to go be a wolf, or a husky dog in the snow and help people." Swear to **God**, this is what she told me. True story. We were in tears of course. And this is fascinating, something you must understand: animals don't fear death.

They are keenly aware of their natural life cycle and they know they will pop out of body and be in their

...continued on page 27...

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DOWN TO MY LAST BREATH



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

Halfway to 74 and increasingly realizing, in my bones and my joints, that I am mortal, I would like to take the next few minutes,

if I may, to share, just a little bit, about the preciousness of life -- something I've always sensed, but didn't know, for sure, until the moment I almost died at 21.

Looking back to that time, 52 years ago, beyond the massive trauma of it all, I understand, now, what a great gift I was given, tough love from the universe, shock therapy for the soul.

I will spare you the back story and just cut to the chase. Caught in a rip tide, I was drowning. I was going down for the third time, gulping water as I climbed an invisible ladder to nowhere, gasping. My strength was gone, completely sapped. I had nothing in the tank. Nothing. At that moment -- only one thing was clear. I was just about to die. This was the end.

As that realization entered what was left of my mind, I looked to the shore and read the epitaph a stranger would write: "You will die here and people will remember you as the person who died here." That was it -- my entire life reduced to a single sentence -- me a cautionary tale on the back pages of the local newspaper.

As I looked to the shore, unhinged, I heard a word I had never heard before in a language I did not know, volcanic, pristine, pure, as if the earth, itself, had a voice. "EXISTALZ! EXISTALZ!" it exclaimed, symphonic in its resonance -- my life, or what passed for my life up to this point, nothing more than a cartoon.

Only this moment was real. Only. This. Moment -- the one that would soon be my last, every cell in my body awake. What a joke! What a joke! And it was on me! Never before I had been so alive, so conscious, so completely awake, and it was all about to end.

And then? A moment I will never forget, one I will never be able to explain or honor from the sacred place from which it emerged -- a moment that brings tears to my eyes, here, now, as I write these words to you. Something took me over completely -- something far beyond who I knew myself to be -- something absolutely primal and all powerful. It infused me. It shook me, took me, gave me life, breathed me, pulled the strings that moved my arms and legs. I was not aware of it. I had no mind, no thoughts, no plan, no sense of where I was or where I was going. I had nothing, nothing at all. But something had me.

...continued on page 36...

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CHANGE YOUR MONEY DNA, CHANGE YOUR LIFE

Judy Wilkins-Smith is a highly-regarded, international organizational, individual and family patterns expert, systemic coach, trainer, facilitator, leadership conference and motivational speaker and founder of System Dynamics for Individuals & Organizations. Her next Money DNA event is being held at Walt Disney World in Orlando, Florida October 28-31. How BIG can you be? Let's find out! For more information: <https://judywilkins-smith.com/>

Everybody inherits distinctly unique DNA. We inherit our ancestors' good or bad looks, their blue, brown or hazel eyes, their height, their great or not-so-great teeth, even their diseases. But did you know you can inherit your ancestors' money habits as well?

The science of epigenetics, which studies how gene expression is modified by individual behavior and environmental factors, is revealing that patterns of thought and emotion, attitudes and actions are passed down to later generations. Just as we inherit DNA that dictates our physical attributes, we also inherit what I call emotional DNA. Which means along with grandma's broad shoulders you might also have been bequeathed her quick temper as well. Or her spendthrift attitude about money.

Here's a story about a client of mine that shows exactly what I mean. "Emily" came to work with me specifically about her money issues. Although she was a high-income earner, she chronically spent more than she had. Always in the red, she was feeling anxious and empty and realized that something had to change. When I asked her to sum up her money pattern, she was very clear. "It comes in fast and it goes out even faster," she said. "I can't even tell you what I spend it all on."

"Do you have a philosophy around money?" I asked. "What are your thoughts about it?"

"You can make a whole lot and it could be gone tomorrow," she said, biting her lip nervously. "So, why bother saving it?" She shrugged.

This is exactly the kind of response that makes my ears prick up because it points to an inherited emotional pattern picked up from the family, not a behavior that is innate to the client. "Who in your family saved money and lost it?" I asked.

"My grandfather made a lot of money before the Great Depression. Like so many, he lost it overnight." She laughed, ruefully. "He always said, 'Enjoy it while it's there, Emily. Don't bother holding onto it. You can work hard and save your whole life and still lose everything'."

As we worked together it became clear that she was repeating the same money pattern her grandfather developed—the same money pattern her father had emulated. But instead of enjoying spending all her money all the time, the family pattern was making her anxious. She really wanted that nest egg. She wanted a quality home and the ability to take great vacations and still feel comfortable knowing she was financially taking care of herself.

In systemic work and constellations (a process that swiftly reveals and helps transform hidden issues arising from family, business, and other kinds of close-knit groups or systems), anxiety and other negative emotions are a common sign that a pattern is needing or wanting to change in the system. As we explored Emily's family and her father and grandfather's money habits, she realized that they had been aggressive risk takers. As her own feelings and desires became clear, much to her surprise, she realized that she quite liked having money where she could see it. The idea of being wealthy appealed to her immensely.

When she recognized the old pattern that wanted to stop, she began to get excited about the new pattern that wanted to start: doing money differently. She hired a financial advisor to get help developing a solid plan that would put her on the road to monetary wealth. She found herself enjoying becoming a wise steward of money. As she began to pay attention to its worth and learned to control its flow and direction, money ceased to be a source of anxiety for her and instead became a source of pleasure.

...continued on page 37

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NOTES FROM THE UNIVERSE

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

Visit <http://tut.com>

There can only be a need for forgiveness when first there is blame.

And there can only be blame, when first there is misunderstanding.

**Kung fu,
The Universe**

Nothing heals, helps, cures, mends, builds, clears, stabilizes, fixes, balances, restores, corrects, inspires, enables, empowers, enlightens or tickles, better than the truth.

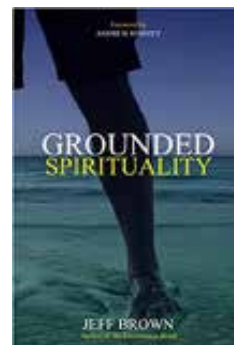
**Ask for it by name,
The Universe**



SPIRITUAL GRAFFITI

Jeff Brown is author of Spiritual Graffiti, Ascending with Both Feet on the Ground, Love It Forward, An Uncommon Bond, Apologies to the Divine Feminine From a Warrior in Transition, Karmageddon, an award winning documentary about spirituality and emotional healing. His newest book is Grounded Spirituality.

Visit www.Soulshaping.com and www.Soulshapinginstitute.com



We often go back for more, even if we have not had our needs met by our parents for decades. It's a deep hunger to finally be nurtured, seen, and loved by those who brought us into being. But it's been my experience that those who cannot meet those needs seldom change. Not because they don't want to, but because they just aren't up to the task. They don't have it in them. They are in too much pain themselves.

If you are someone who keeps going back for more, you have to stop. You are holding yourself hostage. It's no longer them- it's now you. It's the unconscious hope to finally feel seen and loved that is wounding you. The key to your liberation is to finally see them for who they are. Really see them, the way you want to be seen. See them in their context, their woundedness, their limitations.

Once you do, you no longer imagine them as adults capable of meeting your needs. Because they aren't. They're lost children, stumbling over their own patterns and conditioning. They can't meet your needs because nobody ever met theirs.

Of course, reaching this stage of awareness is no easy thing, because you have to achieve this without getting what you needed from them to grow developmentally into adulthood. It's a kind of catch 22, one that requires that you fully see them as the fractured humans that they are with no part of you imagining them as adults with something they can offer you.

It's a huge and difficult step. But it's the only step you can take. And when you take it- I mean, really take it- you become free to get those needs met by those who can actually meet them. You become free to truly live...



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CRYSTAL CORNER PIETERSITE

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 find us on Facebook

As high summer approaches, thunderstorms have Come in every afternoon in waves.

The intense heat of the day becomes stagnant and oppressive as the temperature rises and the humidity permeates the air around us. People become more and more irritable as they seek relief. Then we notice clouds billowing up on the horizon until they cover the sun. The puffy white against the summer sky suddenly shifts to grey that grows deeper and darker as thunder begins to sound in the distance and we anxiously await what is coming. As bolts of lightening crack the sky and the wind whirls through the treetops, drops of water begin to fall. All stagnation is swept away in an instant as the rain pours down and the sound thunder moves through our bones. This is the energy of **Pietersite**.

Pietersite is a variety of chalcedony impregnated with fibers of amphibole with varying degrees of alteration. These fibers produce chatoyancy - a play of light - and beautiful shades of blue, red, yellow and brown. **Pietersite** is also known as **tempest stone** and it is considered to exemplify the energy of Storm. It is a powerful ally in coming to terms with the rapid and all encompassing changes that the chaos of these times bring. When you need a reset in your life the **tempest** will deliver it, ready or not. This stone is not for the faint of heart, but sometimes the storms that encompass our lives grant us the awareness and resilience needed to open our beings to what we have been resisting. That resistance can make our lives feel stagnant and saps our strength. When the storm breaks, we are freed. Then we can ride the storm to places we could not imagine while we were stubbornly stuck in a place we refuse to leave.

Pietersite can help us become aware of power we never knew we had as old life patterns are stripped away. This leaves us ready for new growth and perspectives from which we can manifest a new way of being that serves us in ways that are more joyful and creative. It also leaves us energized so we can act on the new visions revealed to us. Most folks I know could really use an energetic boost right now. I welcome the return of our summer storms here in Florida and have hope that our long drought cycle is now over, replenishing our aquifers and bringing green life to the earth. This is a vital part of the blessing the **Mother of Storms** brings us. **Pietersite** can help us align with this energy and learn respect for the rapid cycles of change that are surrounding us. This helps us move forward in harmony with them.

It is not always easy to find **Pietersite** as it is relatively rare, but any good rock shop should have some. It does not form in crystals like quartz so you are most likely to find tumbles, slabs and spheres. You can also find beautiful **Pietersite** jewelry. On occasion other similar looking minerals are sold as **Pietersite**, so you will want to source it from a trusted vendor. You may need to search for the right **Pietersite** for you, but the search will be well worth it when you become a rider on the storm.



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SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

WELCOME TO JULY 2021

We are only a few weeks past the Summer Solstice now, and the days will begin to grow shorter. As some parts of the U.S. and world are experiencing record setting heat, the shortening length of daylight will be far from our minds. In the calendar of [Ancient Greece](#), this month was called [Hekatombaion](#), and the beginning of their New Year. The first festival of the [Greek New Year](#) was to honor [Athena](#), goddess of wisdom, handicraft, warfare and guardian of the city of [Athens](#). This was the grandest festival of the year with athletic games, music and poetry contest and of course, feasting and celebration. This month, the world's eyes will be on [Japan](#) for athletic game events as [The Games of the XXXII Olympiad](#) begin on [July 23rd](#).

Why do our full moons have a name and why are there so many names in the same month?

The **Farmer's Almanac** will generally list moon names based on **Native American** sources.

Other cultures that are known for naming moons include China, Northern Europe, New Guinea, South Africa and Neo Pagan Traditions.



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Some of the many names for the full moon in July include **The Mead Moon, The Hungry Ghost Moon, The Summer Moon and The Thunder Moon**. The moon names reflect the changing of the seasons.

Happy July and Blessed Be!

July 4: Independence Day, United States

July 9: Baha'i: Martyrdom of the Bab
– commemorates the execution of the co-founder of the Baha'i faith, the Bab

July 10: New Moon in Cancer

July 12: Rath Yatra - Hindu festival associated with Lord Jagannath (avatar of Lord Vishnu)

July 17 to July 22: Islamic: The Hajj – annual pilgrimage that all Muslims must make to the holy city of Mecca in Saudi Arabia at least once

July 17: Tisha B' Av, Judaism - a communal day of fasting and mourning

July 23: Sun enters Leo
Birthday of Haile Selassie, Rastafarian

July 24: Full Buck Moon in Aquarius

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



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A Q & A ON EVERYDAY MAGICK



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QUESTION: Idk what is happening but man I've been feeling exhausted lately. I am just now starting to feel better. WTF is going on?? PTSD from the last 4 years making us all vulnerable to C-19? Mass hysteria fueled by the news and hate mongers? Are we all so susceptible to the same things or are we all tuning into each other? How do we tune in? Is it thru emotion? How can we tune in to someone who is peaceful and successful and happy so we can all be susceptible to THAT mass hysteria for a change?


ANSWER: Whoa deep..okay let's dig into your question. For me personally, in the beginning of Covid-19, I wasn't feeling tired or worn. I wasn't panicked or worried about the virus or the election. Even though I know the news and social media platforms were inundated with doom and gloom, I didn't succumb to the pull of the crowd. I'm guessing there were others like me who just watched it all from the bleachers, not feeling the need to put our opinions out into the fray of extreme statements from all sides of maskers versus anti-mask wearers, police vs de-fund the police, gun rights vs gun control. Each side of all debates would claim the horrors that would arise if their opinions weren't followed by the masses. Hey, I'm not knocking you all - speak your truth! These differences are what make us special.

While I would agree some people truly struggled through these last four years, may I point out many will also struggle through these next four years. So I think that energy has been an ebb and flow for more years than you or I have been alive.

I believe we're always susceptible to the overall energy around us. *Anything you're making a choice to pay attention to at the moment can influence you. Your energy gathers like a windstorm with other people's energy. Then when you throw emotional response into the energy mix that's like adding nitro to your car when hitting the gas pedal.* Yes, I learned about nitro from movies like *The Fast and The Furious*, judge me not. There is nothing wrong with having the extreme differences we have been talking about. We're allowed to disagree and discuss.

We're in a phase of hopefully transitioning into a higher dimension which would include allowing more basic human respect for each other even while disagreeing - (gasp) *what is that craziness I speak? Basic human respect even when someone doesn't agree? What??* One way humans learn is by trial and error.


...continued on page 36...



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GARDENING THE MEDICINE WAY

GARDENING PEST CONTROL



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 Herbs, has completed Fundamentals of Herbalism with Joanna Helms BA, RH (AHG) and regularly volunteers at the Florida Herbal Conference. Debra is also HPS of Church of Iron Oak and can be reached at scribe@ironoak.org *I like encouraging people to grow things suitable to the Florida climate, to learn about things grown in our neighboring Caribbean and other cultures, to expand their palates and not be afraid of weeds!*

During the summer months, rain and humidity can cause pest and disease problems on our plants and in our gardens. Butterflies and moths deposit their eggs in the summer and they survive winters as pupae and emerge as adult moths in spring.

As the few vegetable plants that can produce on into summer in Florida, **tomatoes and peppers** attract the very destructive **tomato horn worm**. This bright green caterpillar will blend in with the plant and its presence may not be noticed until entire leaves have disappeared from your plant.



Neem oil is a safe pest and disease control for your fruits and vegetables

The best remedy is to physically remove the caterpillars and **the most natural deterrent is to spray the plants with soapy water and follow up with cayenne pepper**. These will need to be reapplied after rain storms.

Another destructive caterpillar is the **cutworm**. Cutworms are difficult to spot as they spend their days in the soil. Inspecting plants for droppings is the first clue, as they will damage stems before you notice any leaf damage. Spreading **diatomaceous earth** around the base of the plant in the evening helps a great deal, as well as physically removing the cutworms.

Whiteflies are another rapid producer in the summer. They are attracted to distressed plants and gather on the underside of the leaf, where their presence will again go unnoticed until you find the leaves dropping from your plant.

Controlling anthills is a good first step to whitefly control. Ants are known to 'farm' whiteflies by gathering the newly hatched aphids and bringing them back to the anthills. The ants consume the secretions of the whiteflies, known as honeydew. **Soapy water again, is another great option for removing white flies from your plants.**

My favorite thing for all around pest and disease control is **neem oil**. **Neem oil** is produced from the leaves and seeds of the neem tree, which is native to parts of **India and Africa**. It can be used on fruit and vegetable plants up until the day of harvesting and will not harm bees or butterflies.

Neem oil is safe and can be found in various health and beauty products. Use neem oil once a week and apply in the evening to avoid burning foliage. Avoid plants that are stressed.

Happy Gardening!

THE HERB CORNER

...continued from page 10

Omega-3 Fatty Acids supports neurological functions, helps improve heart, skin, and joint health and reduces inflammation. **Magnesium** an anti- stress supplement; it helps **calcium** bind to bone preventing deterioration. Over-time this can reduce inflammation. **Vitamin C** supports the immune system, soothes inflamed tissue, enhances collagen, maintaining connective tissue. **CoQ10** supports the function of cells by providing the body with enhanced oxygen production. It supports circulation and produces **ATP** the fuel for cells.

When working with herbs the main objectives are to support a weakened immune system, if you naturally boost the immune system there are specific antibacterial herbs like **Garlic, Licorice, Skullcap, Cats' claw, Eleuthero, Echinacea, and Astragalus** that may inhibit the growth of the bacteria that can cause **Lyme Disease**. It is important to keep the immune system strong so it can destroy pathogens before they have a chance to multiply.

Nervines or Apoptogenic herbs like **Ashwagandha, Astragalus, Eleuthero, Holy Basil, Rhodiola or Schizandra** help reduce stress, weakens the immune system, and cause present infections to spread. Anti-inflammatory herbs like **Turmeric, Devil's claw, and Cat's claw** help reduce painful joints, muscles, and other connective tissue. Herbs that detoxify through the liver, kidneys, digestive and lymphatic system like **Dandelion, Sarsaparilla, Astragalus, Cleavers, Cat's claw** and

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Schizandra help remove heavy metals and other toxins from the body which many people with **Lyme Disease** have high levels of.

Using herbs like these with their specific properties can help reduce fatigue, neurological issues, pain, and inflammation associated with **Lyme Disease**. Just remember no one herb or protocol will work on everyone due to the variations of this condition.

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Jim Egan

RECOGNIZE MAGICAL BEINGS

...continued from page 11

Elves are a long-lived people, they think long term, they act for the good of the community as a whole even if the community is not so good itself. Find me an elf who acts carelessly and selfishly and I will show you an elf that has been twisted beyond recognition by the Evil One himself.

In the **Elvish** dimension words are much more powerful, to know the true name of something is to be able to summon that thing by its name. Elves by their nature are fixated on knowing the truth, the deeper the truths the better.

They are obsessed with secret knowledge, seeing truths hidden below the surface. Instinctively they suspect they may be enchanted and that the world they are seeing is not the real world, which of course it isn't, for them the world that is most real lies beyond the veil.

If this description matches you or someone you love, you will find an elf's health and happiness are closely connected to some vital issues.

First you must escape the concrete habitat and get out into the wild as often as possible. Sleeping on the earth itself or in a tree is particularly healing for elves.

Elves are very sensitive to sounds and the clatter of a city can be chalk on their mental blackboards. Harmonious music should be played in the background whenever possible, even better, playing an instrument, particularly out in nature or to a group of people in nature, very strong medicine.

Building a community of like-minded people is ideal. Better a small harmonious group than one filled with discordant drama lovers. Have that group meet regularly in nature and play music, sing and dance and then you get a taste of what home really feels like.



ASK MICHELLE WHITESTONE

...continued from page 14...

spirit form. So please know that if you must put an animal down for humane reasons, they just fall asleep and drift off to a much better place.

Animals love **Paradise** so much they don't reincarnate right away. With our **Buffy**, she was saying telepathically, "**Mommy, let me go. I'm not feeling well. I've served my purpose.**" But she wouldn't go until another family member kissed her and said good byes. And then yes, she started her transition. We buried her in the backyard with a bouquet of flowers across her: said prayers of thanks for all of the joy she gave and the 17 years of companionship.

Just know that it's important to honor your fur babies at the end of their life and even give them permission to leave because many will stay in their body and suffer just because they want to comfort you.

Buffy did not go to go straight into being a wolf or a husky. She stayed with us for a while in her spirit form, then crossed over to stay in the first level of **Heaven** where all the animals reside. It's a magnificent paradise where animals stay until they jump back in to another incarnation.

Do all pets go to Heaven? Yes and your long term companions will be there to greet you when you pass! In many readings I see a beloved pet with loved ones on the other side.

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ARIES – (March 19 – April 18)

Focus on your home and the beautiful love opportunities! During this summer month, the universe requires your investment in your home or your family until the 22nd, contend with these sectors of life. Your exchanges and your movements are encouraged until the 12th then, from the 13th to the 28th, you are still getting closer to your home, it moves or there are a lot of discussions! Mars, your planet, in Leo until the 29th as well as Venus until the 22nd, announce a passionate sentimental climate, conquering and lucky! Your social circle is solid, first decan, it grows even at the end of the month. From the 23rd, the sun in Leo favors your sentimental desires or your children if you are a parent, while Venus in Virgo from the 23rd to the 31st softens your daily life and your job. And if you finally prepare your holidays?

LOVE IN GENERAL:

Venus and Mars in Leo strengthen your fiery heart for at least the first three weeks, enough to make a beautiful emotional encounter or simply experience the joy of loving, if you are already accompanied. You are supported by a joyful, sensitive communication, the sky favors any quest for love or invites you to tighten bonds sometimes abused by the everyday.

IN A RELATIONSHIP:

Your complicity is not in doubt! Your sensuality is powerful almost all month while your feelings are announced strong and warm until the 22nd. It will be hot within your couple! Allow a slight cooling in the last week but your mutual love remains intact.

SINGLE:

This season, particularly loving, favors your sign in a clear way: Venus and Mars in beautiful harmony to the heart and body, as well as to your sun could trigger a love-at-first sight encounter or favor getting closer with someone you secretly love. Take your chance before the 23rd!



TAURUS – (April 19 – May 19)

A nice climate for relationships and family affairs! The sun in Cancer until the 22nd underlines the importance of your neighborhood or your movements. Your morale is good, you express yourself with ease, especially from the 13th to the 28th. Venus, your planet, in Leo until the 22nd, softens your family relationships then, from the 23rd to the 31st, it tumbles into your emotional sector: love gives you a sign! You're bursting with energy in your home until the 29th, Mars square to your sign invites you to be cautious and play calmly. Jupiter serves your social interests and your projects, with a nice ease until the 29th, last decan. Saturn in Aquarius, square to your constellation, seeks to harden you professionally, first decan. From the 23rd, the sun in Leo encourages you to manage your residential affairs with tact.

LOVE IN GENERAL:

Until the 22nd, the planets related to love cure your family life. Mars energizes your sensuality but with a bit of excess, do not let yourself get wrapped up in your ego. From the 23rd, Venus in Virgo, in beautiful aspect to your sign, announces promises of happiness in all simplicity. And if you expressed your genuine and generous tenderness?

IN A RELATIONSHIP:

The sweet energies of the Sun in Cancer favor your conjugal complicity until the 22nd while Mercury from the 13th to the 28th helps you mutually understand each other. The planets in Leo accentuate your carnal needs but you will prefer the period from the 23rd to the 31st, when your feelings will be delicate towards your other half. Romance?



SINGLE:

A conquering and powerful spirit throughout the month! Mars pushes you to give the best of yourself but do not forget love. Venus gives you a crazy charm until the 22nd then there is a change of energy, you are suited to being shy but still tenacious! Go out or invite people over.

GEMINI – (May 20 – June 19)

Monthly energies invite you to manage your assets and enjoy a beneficial relationship! Until the 22nd, the sun in Cancer favors the balance of your financial sector. Mercury, your planet, at home until the 12th endows you with an overpowering mind while, from the 13th to the 28th in Cancer, it returns to highlight your wealth and at the end of the month, to harmonize your meetings. Mars in Leo until the 29th, reinforces your exchanges, your collateral relationships and your movements, it is supported by Venus until the 22nd and announces a superb relationship! Jupiter in Pisces until the 28th requires, in your work and in society, a selfless commitment, be true! At the very end of the month, Jupiter joins Saturn in Aquarius and updates your ideal of life. From the 23rd, your optimism is bright, your home quieted. It is a nice month!

LOVE IN GENERAL:

Venus and Mars in beautiful aspect to your constellation until the 22nd announces promises of loving happiness! Your feelings and your sensuality in full agreement with your intimate nature can announce, either a renewal of passion, or a joyous and luminous meeting! In the last week, a bit of shyness could cool your ardor, you'll know how to turn it around!

IN A RELATIONSHIP:

Your complicity should be important throughout the month. The universe pampers both your physical impulses and your natural sentimental reserve! On the program, a fluid communication, a communicative optimism and a powerful and creative energy that can infuse your couple with many ideas of happiness.

SINGLE:

Emotional opportunities could turn your heart upside down throughout the month thanks to the intense influences of Mars in Leo. A chic and passionate romance is announced through your usual contacts or during an unforeseen but beneficial trip. The last week is particularly promising, get ready mentally!

CANCER – (June 20 – July 21)

The spotlight is on your personality and your financial resources! This month promises to be beneficial for your charisma until the 22nd, thanks to the sun in your sign whereas Mercury, from the 13th to the 28th, favors clarity and accuracy of your spirit. Jupiter in Pisces until the 28th supports your ideal of life or your higher education, last decan, while Uranus maintains a solid circle of friendship, second decan. Pluto soon completes its metamorphosis in your relationship, last decan. From the 23rd, the atmosphere sensitizes your financial sector, movements are expected on your bank account, Venus accompanying the sun in Leo seems to indicate an improvement! In the last week, Mars and Venus in Virgo contribute largely to the flourishing of your exchanges with your loved ones, the neighborhood or your collaterals. Find the balance between you and others!

LOVE IN GENERAL:

Celestial influences do not particularly favor your emotional sector, except in the last week when the planets in Virgo will strengthen your relationship sector. Before the 12th, you hardly communicate but it gets much better from the 13th to the 28th, take advantage of it to take care of your relationships. You could be a little possessive until the 23rd then your sweet nature regains its fundamentals.

IN A RELATIONSHIP:

Busy with your financial business, you will be less available for your other half. You could, however, offer your tenderness until the 22nd and your active listening from the 13th to the 28th. Your sensuality tinged with sensitivity is passionate until the 29th, even possessive, stay zen! From the 23rd, you are very sentimental.

SINGLE:

Until the 22nd, your power of seduction is at its peak, the sky invites you to try your luck! Mars in Leo promotes your tenacity but makes you possessive in your

...continued on page 30

...continued from page 29



emotional approaches, which is less attractive, does what needs to be! From the 23rd, the opportunities are clearer.

LEO – (July 22 – August 21)

Introspection and a wide latitude of action! The planetary energies of Cancer until the 22nd invite you to dive into yourself. Jupiter in Pisces until the 28th increases your business acumen and your libido, last decan, while Saturn offers you a durable construction in your conjugal or associative relationships, first decan. Your socio-professional destiny is active, do not be susceptible, second decan. Until the 29th, Mars in your sign endows you with an inexhaustible energy while Venus until the 22nd reinforces your charm, you are spoiled! From the 23rd, the sun enters your constellation, it is your moment to shine. This summer month coincides with the warmth of your temperament, express your great creativity. At the very end of the month, Venus and Mars in Virgo impose a calmer, less warm climate.

LOVE IN GENERAL:

A powerful and conquering energy encourages you to surpass yourself, whether in your approach to love or in the expression of your many desires. Venus, in your sign until the 22nd, brings to your person a lot of charm and delicacy, which can favor your love life. After a shy start to the month, you are fully warm and demonstrative, let go!

IN A RELATIONSHIP:

Before the 23rd, your emotional nature becomes shy due to a muffled atmosphere, that is badly matched with the fire that bubbles in your heart and in your body. Mars and Venus nevertheless promote your well-being and that of your relationship. Mercury, until the 12th, contributes to your understanding, Jupiter increases your carnal needs. Flexibility and authenticity.

SINGLE:

You want love and the sky helps you with Mars in your sign, the fire does not leave you anymore. You are pampered with great feelings and communication, do not silence your feelings if they are right for you. Act before the 23rd, beyond that the atmosphere is cooler.

VIRGO – (Aug 22 – Sept 21)

Projects, friends and a return to calm! The sun in your social sector until the 22nd induces a summer period loaded with friendly outings and projects! You are at the top of your charm and your intellectual power thanks to Mercury in your sign from the 13th to the 28th. Mars in Leo until the 29th and Venus until the 22nd, invite you, or even impose a dive into your inner life, you weigh your actions and control your feelings. Jupiter facing your sign until the 28th allows an evolution of your conjugal or associative life, last decan. This planet comes back in Aquarius and promotes your professional sphere. From the 23rd, the sun in Leo accentuates a return to calm, Venus in Virgo ensures your serenity, you savor this atmosphere between warmth and delicacy.

LOVE IN GENERAL:

Your intimate nature usually reserved enough should adapt with ease to Venus, sometimes in Leo, sometimes in your sign. You oscillate between secret passion and declared feelings. Mars follows the same process, sometimes conquering but shy and frankly on the offensive! In other words, you find, in this month, the right sentimental attitude, leaving your entourage surprised by your kindly destabilizing behavior!

IN A RELATIONSHIP:

As a long-time couple, the words you say, especially until the 12th, will not affect your complicity, but if you're a new couple, make an effort not to worry your other half. Your feelings follow this same path, it's up to you to be creative and express your love in an unexpected way.

SINGLE:

The sky invites you to wait before taking action! Unless a past love reappears in your life? Mercury, your planet, serves your charisma from the 13th to the 28th, calmly choose your words. Venus, after the 22nd, increases your sex appeal but is seducing really conquering?

...continued from page 30



LIBRA – (Sept 22 – Oct 21)

A focus on your general destiny, as well as your projects! The influences of Cancer, the Sun and Mercury, invite you to look at your career or events important to your future, assume your responsibilities. Until the 12th, Mercury in Gemini opens your mind to an ideal that you want to reach while Mars in Leo until the 29th and Venus until the 22nd, favor your projects, your friendly circle, and your creativity! Until the 28th, Jupiter infuses your daily life with some changes, accompany these energies of evolution. First decan, Saturn stabilizes your love life or your relationship with your children if you are a parent. From the 23rd, the sun in Leo warms your friendly sector more, you have support to carry out a project or live nice, shared moments.

LOVE IN GENERAL:

Venus, your planet is in Leo until the 22nd, supported by Mars also in this sign until the 29th. They clearly favor your emotional life, the expression of your feelings as well as a passionate sensuality. The universe spoils you, you who basically embodies the sign of the couple. After the 23rd, the climate gets colder, so plan a time for passion and another for rest!

IN A RELATIONSHIP:

The planets look after your married life this month! Even if, until the 22nd, your socio-professional destiny gets to you, your feelings and your desires are in phase and will allow you to relax and assure that your life together is fulfilling and comforting. Make the most of your mutual love: after the 23rd, it's quieter.

SINGLE:

A superb energy sent by Mars to your sign announces real opportunities to meet someone likely to lead to a romance, even a more serious love story! You are convincing and convinced, which foreshadows events in your favor. Make yourself look good and accept all the invitations!

SCORPIO – (Oct 22 – Nov 20)

This month promotes your ideal of life and requires your socio-professional investment! Until the 22nd, the sun in Cancer, in beautiful aspect to your sign, reinforces your love of life, you caress the desire to travel! Jupiter in your area of love and children until the 28th allows the evolution of a relationship, or even its legalization or a fulfilling parental relationship if you are a parent. Uranus continues to bring to your intimate, contractual or associative sector its lot of unforeseen so adapt, second decan. Saturn square to your sign seems to want to reorganize your home or your family relationships, listen to his constructive message, first decan. Love is embodied in your work until the 22nd then becomes more friendly. From the 23rd, the sun in Leo illuminates your destiny, put yourself in spotlight without overshadowing the others!

LOVE IN GENERAL:

Your passionate temperament can be expressed throughout the month thanks to Venus, sometimes in Leo, sometimes in Virgo. You will therefore oscillate between a absolute expression of your passionate feelings and a virgin-like delicacy. Mars, also in Leo until the 29th, endows you with a powerful sensual energy that should be distilled with measure. This summer is coming at a high emotional temperature!

IN A RELATIONSHIP:

A nice month ahead for your married life. You communicate with a great inspiration from the 13th to the 28th, your reciprocal feelings are in unison during the whole last week, before you replay your passion with perhaps a little excess! Your libido fills your other half, be happy without possessiveness or unfounded fear.

SINGLE:

The hunt for your loves seems open! Your emotional energy is at its maximum creative power, believe in your good star! Jupiter in Pisces until the 28th could trigger a hypnotic encounter! In this person you will recognize your missing half, open yourself up to the magic of the universe!

...continued on page 32

...continued from page 31



SAGITTARIUS – (Nov 21– Dec 20)

Inner life and powerful breath of freedom! You are encouraged until the 22nd to dive in yourself, dear Sagittarius. The energies of Cancer offer you a focus and a review of recent months, in order to start galloping towards your ideal of life. In Leo, Mars until the 29th and Venus until the 22nd, favor your conquering nature, passionate and thirsty for discoveries, whether human, geographical or spiritual! Faced with your sign, Mercury gives the floor to others, listen until the 12th. Saturn anchors your mind, stabilizes your thoughts and builds your relationship with strength, first decan. Jupiter square to your sign disconcerts you a little at home, or with family, stay zen, last decan. From the 23rd, you are warm and vibrant like this summer!

LOVE IN GENERAL:

An unusual emotion takes hold of your sign until the 22nd. You may feel the notion of relational and affective receptivity more intensely. Mars in beautiful aspect reinforces your dynamism, which is already big, enough to act with all your sensuality in your romantic relationships. Venus until the 22nd serves your exalted feelings. After the 23rd, accept a decline!

IN A RELATIONSHIP:

You destabilize your other half a little under the influence of Cancer, do not become susceptible or suspicious! After the 23rd, your whole nature resumes its usual flame, all is well. Your sensual agreement is supported until the 29th by Mars, there is no breakdown of desire to predict. During the last week, you are demanding!

SINGLE:

A meeting could occur during a trip abroad if you go on vacation and this, throughout the month, both sensual and sentimental. A young and witty person could also make your heart beat before the 12th. Forget the daily routine and embody what you are waiting for!

CAPRICORN – (Dec 21 – Jan 19)

You contend with others then you live an introspection rich in emotions! This summer month always favors the energies of Cancer, facing you, inducing the importance of others until the 22nd. Mercury in Gemini until the 12th, in your sector of the everyday life, is ideal to generate discussions and contacts. From the 13th to the 28th, the planet arrives in front of you, your spirit is powerful, intuitive and cooperative. Saturn, your planet, breathes rigor and well-managed stewardship to your wealth, first decan while Jupiter in beautiful aspect to your sign, promotes your relationship and your morale until the 28th. A cluster in Leo: the sun from the 23rd, Venus up to the 22nd and Mars to the 29th invites you to reflect on your intimate, financial needs: what do you want to live deeply? During the last week: what if you traveled in a delicate company?

LOVE IN GENERAL:

Until the 22nd, your partner takes their place in front of you, your intimate universe is obligatorily and cooperative! Your desires will be important, your feelings voluptuous. The energies of Leo reinforce your desire to love with passion, much more than usual. Second decan, Uranus blows up your resistance, love at first sight? From the 23rd, tenderness and delicacy, you yearn for emotional serenity.

IN A RELATIONSHIP:

The monthly transits encourage you to sweetness and balance, do not force anything, be accepting of the desires and wishes of your other half. Adjust your schedule if necessary, take the time to live together! Mars and Venus strengthen your senses, so make sure you fully enjoy the one you love.

SINGLE:

Your emotional chances are focused on meetings this month, perhaps ones that are predestined. Also, you might recognize in the other your missing half and quickly commit yourself to this relationship between the 13th and the 28th. All that glitters is not gold, take your time, the opportunities could be plentiful.



AQUARIUS – (Jan 20 – Feb 17)

Professional concentration and a spotlight on your intimate relationship! Until the 22nd, the energies of Cancer invite you to take care of yourself, to be focused on your work and in your daily life. Mars and Venus, facing your sign, reinforce what makes you difference, with a little excess but, fortunately, your desire for relationship well-being persists, phew! Saturn in your sign continues his teaching of wisdom and rigor, first decan, while Jupiter in Pisces until the 28th, clearly favors your banking income, last decan. A little tension is possible in your home or family, first decan, the season allows you to escape! From the 23rd, the sun in Leo completes the highlighting of others, while Venus increases your libido. The end of month is animated!

LOVE IN GENERAL:

Love occupies your thoughts until the 12th, while Mars, the planet of desire, camps until the 29th in your sector dedicated to the couple, as well as Venus, the planet of feelings, until the 22nd: the sky favors your monthly emotions. Love will be flamboyant or it will not be, leave aside your activist nature and give life to these energies of fire capable of changing your love life.

IN A RELATIONSHIP:

Complicity, sensuality, your couple is protected by the sky, little or no disharmony in perspective. Carefully avoid family or home discussions and refocus on your love together. Ideally, play sports and go out together, your couple will enjoy these moments just for you!

SINGLE:

With Saturn in your sign, you long for a serious meeting, short of the ephemeral! Mars and Venus could announce an important meeting, which is possible before the 22nd. Unless a love at first sight falls on you during a family event but it could be complicated. Get ready!

PISCES – (Feb 18 – March 18)

Love and the daily routine are in focus this month! The energies of Cancer favor your emotional sector until the 22nd while, from the 13th to the 28th, they increase your creativity, especially what is manual, a moment of inspiration for a hobby? Mercury, until the 12th, tickles your home, avoid discussions if the atmosphere is too electric. Mars and Venus in Leo shoot their arrows, either at work or in your daily life. After the 22nd, contracts are favored, like unions and partnerships. Jupiter in your sign until the 28th gives expansion to your benevolent personality, do not abuse the summer sweets! Pluto continues to modify your projects and to improve your friendly relationships, last decan. From the 23rd, the sun in Leo promotes your practical sense, great it's time to pack the bags. An awakening of your senses!

LOVE IN GENERAL:

Your romantic nature expresses itself fully with creativity, a thrill and a taste for the game! You surprise people with your sensitive and tender affection from the 13th to the 28th. The affective planets serve your daily life, you live love and sensuality without complicating your existence! In the last week, love is serious, a summer fling does not attract you anymore!

IN A RELATIONSHIP:

Your agreement is certain until the 22nd thanks to an atmosphere filled with tenderness that you particularly like. Beyond that the energies offer you a little more passion and intensity in your conjugal exchanges with a touch of shyness making the whole things a little naughty, together you will play the games of love!

SINGLE:

Keep an eye out and keep your heart prompt, your daily life could certainly see a nice, unexpected meeting! Or perhaps, a meeting could be made in the professional sphere. If that is the case, bet on your seduction because the moment for vacation approaches! Anyway, Jupiter strengthens your self-confidence, so get started!



MAKING PEACE WITH THE JUNGLE

Where To Find The Messages Hidden In Your Backyard

Meadow Linn, the co-author of *Quest* and *The Mystic Cookbook* and daughter of the world-renowned healer, lecturer, and writer Denise Linn, Meadow has been cooking for the guests at her mother's retreats for the past 18 years. While cooking professionally, she began to see the powerful connection between the way we feel and not just what we eat, but also how we eat, which propelled her on a path to share this knowledge. Visit www.meadowlinn.com and www.savortheday.com

Making Peace with the Jungle

YESTERDAY I DID SOMETHING WILD AND CRAZY, TOTALLY OUT OF CHARACTER. I PLANTED MY GARDEN WITHOUT A PLAN!

For some of you this might not sound like a big deal, but for me...this was huge. In the winter months, typically I spend hours pouring over seed catalogs highlighting, circling, and marking the varieties of vegetables that get my mouth watering. Then I go through the catalog at least another two or three times to narrow down my choices until I end up with a reasonable amount of seeds.

Then, just before it's time to plant, I draw diagrams of my six raised beds and the flat garden area behind my patio. Although I usually prefer writing with a pen, I use a pencil for this task because I know there will be a great deal of moving and reorganizing, and the eraser will be a useful tool.

WHEN DIAGRAMMING, my goal is to arrange vegetables from similar plant families together, do as much companion planting as possible (ex. basil deters pests and disease from tomato plants), and not plant the same type of vegetable in the same spot as the year before (this helps keep the soil nutrient rich and deter pests).

I draw out not only where each kind of vegetable will go, but also where each variety of that vegetable will go. For instance, I might draw three straight rows, one for red beets, another for golden beets, and the final one for candy stripe.

This year, however, I threw caution to the wind and didn't make a plan. Not only that, but I planted rather willy-nilly. I spread many of the seeds in the same manner that one might scatter bread for wild ducks. With a shake of the wrist, three kinds of beets, two kinds of carrots, two kinds of kale, and a rainbow assortment of chard will grow together in one bed in a heterogeneous hodge-podge.

There's something both freeing and terrifying about stepping out of my comfort zone and at the same time, for all intents and purposes, breaking the "rules" of organic vegetable gardening. I'm not sure what overcame me.

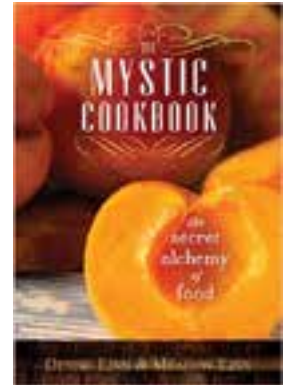
WAS IT BOREDOM? The mid-day sun was rapidly gaining on me and I knew that within an hour it was forecasted to be 100 degrees, and crouching over the soil was getting tedious and hot.

WAS IT BUSYNESS? Did I have too many other things on my plate that planning and carefully planting my garden felt like too much of an imposition?

WAS IT WISDOM? Had I finally realized that I wasted hours diagramming when nature has a mind of her own regardless of my plans? No matter how hard I try to keep things orderly in my garden, every year I end up with an untamed jungle. So, why not give in to the chaos rather than fight it?

ONLY TIME WILL TELL HOW I WILL FEEL ABOUT THIS DECISION once the plants begin to grow. Will each of my garden beds be filled with plants of varying shapes, sizes, and hues that create a harmonious whole, or will I end up with a disorganized mess and a tiny harvest? Sheer genius or a recipe for a garden disaster?

I'M A THINKER. I'M A PLANNER. I'M AN ANALYZER. I'm usually methodical in my approach to my life. This has mostly been a boon; however, there are many times when I could use more action. Perhaps my garden this year has sacrificed itself to allow me an opportunity to practice "jump now, look later."



...continued on page 35



Meadow Linn

CHANGING MY FOCUS FROM WANTING TO HAVING

...continued from page 20

GARDENING CAN TEACH US A LOT ABOUT LIFE. Sometimes we make plans and life takes us on a completely different path, just like how my garden turns into a jungle every year, no matter how much I try to organize and tame it. But, there's always a delicious harvest. In my younger years I imagined that by now I'd have a house full of children and a loving husband, but never in a million years would I have dreamed that I'd have a cookbook published by a major publisher and distributed around the world.

HAS YOUR LIFE GONE ACCORDING TO YOUR PLAN? What is different than you expected? What is infinitely more wondrous? Even if you feel like you've ended up with a disorganized jungle, is the harvest still good?



GARDEN JUNGLE SALAD (Dilled Cucumber, Snap Pea, and Tomato Salad)

ONE OF THE BEST THINGS ABOUT PLANTING A VEGETABLE GARDEN IS IMAGINING ALL THE AMAZING MEALS THAT WILL COME FROM ITS BOUNTY IN THE MONTHS TO COME.

This simple, delicious, and fresh salad is a quintessential garden salad. Most of the ingredients can be picked right out the back door. It's wonderful at picnics.

Serves 4

- 3 hardboiled eggs, peeled and cut
- 8 oz. snap peas, stringed, blanched, and cut into thirds
- 1 English (hothouse) cucumber, thinly sliced
- 8 oz. grape tomatoes, cut in half lengthwise
- 1 bunch of dill, roughly chopped
- 2 Tbsp. capers
- ¼ cup extra virgin olive oil
- 2 Tbsp. lemon juice
- ½ tsp. sea salt

To boil the eggs, place them in a small pan covered with at least an inch of cool water. Bring to a boil. 10-15 minutes of boiling is a good rule of thumb. Immediately plunge the eggs in cool water to stop the cooking.

Meanwhile bring another small pan of water to a boil. String the snap peas. To blanch the snap peas, put them in the boiling water for 1-2 minutes. Immediately drain and rinse with cool water. Slice them into halves or thirds (depending on their size) at an angle.

Slice the cucumber, cut the tomatoes in half, chop the dill. In a large bowl combine the snap peas, cucumber, tomatoes, dill, and capers. Peel the eggs and cut them into dime or nickel-sized pieces and toss with the vegetables.

In a small bowl, whisk the olive oil, lemon juice, and salt together. Drizzle over the salad and toss. Enjoy!

Find this recipe at <http://www.savortheday.com/2013/05/making-peace-with-jungle.html>

Have you tried growing vegetables and herbs at home?



Mitch Ditkoff

DOWN TO MY LAST BREATH

...continued from page 14

When I opened my eyes, I found myself in water only three feet deep. And so I stood, as if for the first time, and when I did, I stumbled to the shore and screamed the only word I knew. "HELP! HELP! HELP!" And why? Because the friend of mine who I'd been swimming with was still out there, alone... or so I thought.

"HELP! HELP! HELP!" I screamed again.

But there was no one on the beach, no one. I was all alone. It was just me... and the sky...and the sand... and the void.

And then... appearing from who knows where, I see a young woman slowly walking towards me. "HELP! HELP!" I scream in her direction and point to the ocean. But no one is there. No one. Just waves and foam and a lone seagull overhead.

In that moment... in that stark, brutal, incomprehensible, irreducible moment, I died a thousand deaths. Yes, I was alive, but my friend was gone. How could this be? And then? We saw her head above water. That's when the young woman standing next to me and her boyfriend dove in and pulled her out, alive.

For the next two hours, we could not speak. All we could do was kiss the ground and sing children's songs: Happy Birthday to You... Jingle Bells... Row Row Row Your Boat and whatever else we could remember. That's it. That's all we did. Sing.

As the sun went down, we made our way back to the car and began slowly driving home. Three minutes later, we saw three hitchhikers by the side of the road and stopped to let them in. As they entered, they were complaining, letting us know they had just walked a mile, on this beautiful summer day, without a ride. Speechless. We were speechless. We had nothing to say. Not a word.

Upon returning home, I made a vow I would never, ever, for the rest of my life, complain about anything -- that I would live the rest of my days in total gratitude, happy for simply breath alone. And that, my friend, is exactly what happened.

For the next three days, I lived in a state of absolute grace and gratitude for everything in my life. The air. The breeze. The birds. The ground. The trees. My arms. My friends. The sky. My breath. And everything in between.

And then? On the fourth day of my God-intoxicated state, right after breakfast, I walked outside and noticed that the front right tire of my car was flat. I kicked it. I punched the air. I cursed. That's when I understood just how much work I still had to do to close the gap between my vows and the realization of just how sacred this life truly is. Every. Single. Breath.



CRONES' COUNCIL

...continued from page 21

Many mistakes have occurred these last few years. Many a friend has been unfriended. Karen jokes, memes and videos have run amok. And hopefully, many lessons have been learned, healthy boundaries established, inappropriate behaviors changed. I watched intelligent debates happen right along with people succumbing to less evolved communication. We've all been there. I noticed many times when a person fell

off the respect train multiple people telling that person in a healthy, respectful way that form of communication isn't welcome here.

Life won't always be flowers, rainbow and unicorns. We need people who keep pointing out where we're lacking as a species so we can evolve. That being said, everything should have a balance. If you're anxious, angry, sad all the time -- that isn't balance. If you feel euphoric, blissful and happy all the time, put the drugs down. LOL, but seriously that isn't balance either. If we can all create our own little world of balance then this will make a difference.



CHANGE YOUR MONEY DNA, CHANGE YOUR LIFE

...continued from page 16

So, what about you? Is money an easy commodity and a fulfilling part of your life? Or, like Emily and so many others in this world, do you have “money issues?”

If your answer is “Yes,” don’t despair. Money is one of the best places to start looking at your unconscious emotional DNA inheritance. When you shift your Money DNA, when you finally uncover your money patterns and learn to give money a place to flow to and a purpose to fulfill—your purpose, not somebody else’s—your life can change completely.

Wealth doesn’t just fall out of the sky and land in the laps of the lucky ones. Wealth does not flow from an unconscious state of mind reflecting a pattern of stuck-ness from a prior generation. It flows from a healthy, integrated state of mind that is cultivated consciously. To help you understand your personal Money DNA and create a healthier money mindset, there is a very simple systemic exercise that will reveal your money bandwidth and current state of mind. Once you know the pattern, then you can change it.

SO, LET’S GET STARTED!

- First off, identify a pattern with money that you wish you could stop.
- Now, take time to write down all the things you tell yourself about money. “Money doesn’t grow on trees. A penny saved is a penny earned.” We all have these automatic sayings about money, and it’s amazing how deeply these sentences affect us.
- Next, notice your feelings around money. Does just thinking about it make you apprehensive? Jot your feelings down.
- What actions do you take around money? Do you spend it freely? Pinch every penny? Wish you had more? Make a list.

Now, you have an understanding of your inner financial world.

NEXT, I want you to write down where you first heard the sentences you use around money. Who did those words come from? Your actions with money, whose money patterns do you follow the most closely? Try to identify originating events surrounding money in your family. Did someone have a windfall and blow it? Was someone killed over money?

If you can identify patterns and events from prior generation, you’ve just identified the origins of your thoughts, feelings and actions around money—your Money DNA.

And if you don’t have any knowledge of your ancestral history, that’s okay. Simply look at your own patterns with money. They came from someone. Being able to pin a name on the source of your money DNA is fun, but it isn’t necessary.

Finally, I want you to imagine something good that you really want to do with your money. Your deepest heart’s desire. Maybe it’s to have a certain amount of money in the bank. Maybe it’s to go on that dream vacation. Your heart’s desire embodies the new pattern of money that is trying to emerge through you.

Allow yourself to feel what it would be like to achieve that heart’s desire. The clearer your heart’s desire, the more you can emotionally invest in it, the stronger the fuel to get you all the way there.

Now you are building new Money DNA—a new pattern that will pull you beyond your excuses, reasons and patterns of staying stuck. Your awareness of the old pattern and its source, your heart’s desire and your new thoughts, feelings and actions are now steering you toward success and a whole new relationship with money.

Yes, you may have inherited a library of thoughts, feelings and actions around money, but your legacy is to reframe money challenges into financial success, one new thought, feeling and action at a time.



ABRAHAM HICKS

...continued from page 7

Esther Hicks

I'm powerless, I guess, I'm powerless to be happy because my happiness depends on your behavior, and you're stubborn, and you won't change, so I have no power.

But when you discover that you have the power to ignore them, you have the power to find the positive aspects in them, you have the power to focus upon the parts of them that you adore, you have the power to focus on other things...

Do you know the majority of people that we hear struggling over something like living with someone who is negative... the majority of their conflict and discord happens when they're not even with that person?

They're just remembering what happened yesterday, and what happened the day before, and they're worried what's going to happen when they get home. They have ample opportunity to focus on other things, but they don't do it because they've trained themselves into their vibrational habits by being sloppy in their thinking and just vibrating in response to what they're observing.

So, the way you train yourself back into alignment - did you hear us when we said that your singular work is to bring you into alignment with You? It's not to bring you into alignment with the ornery bugger you're living with. It's not to bring you into alignment with the Republicans that you disagree with or the Democrats that you disagree with. In other words, if you think that you've got to get alignment like that, can you imagine how long you're going to have to wait? Do you see how unlikely that is, you see?

But when you really get it that your happiness depends only on your alignment, and so you just play with different subjects, and you play with different sentences, and you play with different thoughts and you feel yourself into alignment which means you feel for the soothing relief of releasing resistance... Now you discover that you could live anywhere, with anyone and you could find vibrational alignment with Well Being and in the moment that you do that, the Universe has to give you still better circumstances.

What goes wrong with so many is that they say, I demand better circumstances so I can feel better, and we say the Universe does not hear your demand, the Universe only hears your vibration.

So you say, "what does that mean?" We say it means you've got to achieve a vibration that aligns with better circumstances before they can be received by you. Oh, that's different, isn't it? I have to feel good about what I haven't got, before I get it? Yeah. I have to feel prosperous before prosperity can come to me? I have to feel healthy before health can be mine? I have to feel loved before someone can love me?

You mean, I can't be paranoid and people flock to me and say, "Oh, you poor, paranoid thing. Let me just shower you with my love until you get over your paranoia." (Audience laughter.) You ever had a paranoid friend? They're hard to love, aren't they? They offer a vibration that defies your love. You can't do enough. Their vibration is so far in a different place, you cannot do enough to make them feel it. It's an inside job every single time, you see.

So that's why, as we come back around to your first and very powerful question, some of those people that you long to help, are not help-able from where you stand.

And if you believe that you are the savior that came to help them all, then that means you've got to be able to adjust your vibration right up to the edge of where they are in order to lead them to the next place. And we don't know very many who can effectively adjust their vibration without becoming part of the vibration they have adjusted to.

And yet, if you're up here enjoying happiness and health and well-being and they're down there in despair and poverty and destructive pattern, there's a big vibrational range, and there have been so many who have wanted so much to help them that couldn't figure out how to bridge that gap, and it's because you are asking the impossible: you ask yourself to quantum leap to where they are, which you can't do.

(A) lot of you do it over a period of time though - started out in a very joyful place and through the years, you adjusted yourself to be as miserable with the most miserable of them. And then you join together in groups, and you say, with great piety and great virtue, "We are the chosen ones. We have suffered ourselves into the place God wants us to be."

...continued to page 39



ABRAHAM HICKS

...continued from page 38

Esther Hicks

And we say if that were true, you'd be feeling pretty good right now. When you're in alignment with that which is Source, you feel the radiance of that which is Source flowing through you.

Guest: I think I heard you say one time that one of the ways that Jesus healed was by not joining in the vibration of the illness.

Abraham: Wouldn't have been possible for him to heal if he joined in the vibration of sickness. He maintained his knowledge of Well-Being, you see.

And with practice, you all can, too. With practice, in the time that you're not with the cantankerous one, as you practice the memory of what felt good or as you look for the positive aspects, and you activate within yourself, again and again and again and again, good feeling things about anyone or anything...

Now, that Universe or that person has to show you (It is law.) has to show you more of what you've activated within you. So if somebody is showing you their ornery side on a pretty regular basis, you got their ornery side activated in you. And you say, "Well sure I do, they show me their ornery side all the time. How could it not be activated within me?"

And we say: Oh you poor, powerless being. Are you saying to us that you only have the ability to observe What Is? Are you not a Deliberate Creator?

Can you not adjust your own vibration? When you turn on the radio in a hotel room, do you just leave it on that station, whoever was there last set the station? You say, "It's been chosen. It's just the way that it is." Or do you take your life in your own hands and adjust the vibrational frequency until it pleases you? This is the same thing, you see.



Dr Joe Dispenza

BREAKING THE HABIT OF BEING YOURSELF

...continued from page 8

Subatomic particles are potentially everything and nothing until they are observed. They exist everywhere and nowhere until observed.

Dispenza claims we are potentially connected to a sea of information in a dimension beyond space/time.

JULY 2000 STUDY BY LEONARD LEIBOVICI

FROM ISRAEL: randomized, double-blind controlled trial of 3,393 patients to test the power of prayer. He found that patients with sepsis who were prayed for had statistically significant earlier decrease in fever and shorter hospital stays. Another twist: the patients prayed for were from 1990-1996, 4-10 years before the experiment!

CONCLUSION: OUR INTENTIONS AND THOUGHTS/FEELINGS/PRAYERS AFFECT PAST PRESENT AND FUTURE.

The quantum law says that all potentials exist simultaneously.

Thoughts + Feelings Produce Test-Tube Results

Thoughts are energy (electricity generated by the brain).

Cell biologist **Glen Rein** experiment to test healers affecting biological systems. (**HeartMath** system) Found that DNA samples could be changed when subjects had heightened emotions AND clear objectives, not just clear objectives alone.

An intentional thought needs an energizer, a catalyst – and that energy is an elevated emotion.

...continued from page 40



Dr Joe Dispenza

BREAKING THE HABIT OF BEING YOURSELF

...continued from page 39

THOUGHTS AND FEELINGS: BROADCASTING OUR ELECTROMAGNETIC SIGNAL TO THE QUANTUM FIELD

Every potential in the universe is a wave of probability that has an electromagnetic field and is energetic in nature...including thoughts and feelings, according to Dispenza, who likens thoughts to the electrical charge and feelings the magnetic charge.

TO EXPERIENCE CHANGE, OBSERVE A NEW OUTCOME WITH A NEW MIND

Our routine thoughts and feelings perpetuate the same reality. So we need to think/feel/act in different ways, BE different, in order to change our reality.

Change Requires Coherence: Align Your Thoughts and Feelings. When you think about an end result, but feel in your heart that it isn't true, it won't work. Thoughts and feelings must be aligned.

Clear focused thoughts must be accompanied by passionate emotional engagement to pull you toward a better potential reality.

Thoughts are the language of the brain, and feelings are the language of the body.

Dispenza's definition of faith: letting go of details surrounding how a specific event may come about, once you know the goal.

You and I have been conditioned into believing that we need a reason for joy, a motivation to feel gratitude, grounds to be in a state of love. That's relying on external reality to make us feel different internally...The new model of reality challenges us...to change something within us — in mind and body, in our thoughts and feelings — before we can experience the physical evidence with our senses.

Can you give thanks and feel the elevated emotions associated with a desired event before it occurs? Can you imagine that reality so completely that you begin to be in that future life now?

When you're grateful, you "transmit a signal to the field that an event has already occurred."

How can a consciousness that has created all of life, that expends the energy and will to consistently regulate every function of our bodies to keep us alive, that has expressed such a deep and abiding interest in us, be anything but pure love?

When we feel resonance with this loving intelligence, we become like it... when our will matches its will, when our minds match its mind, when our love for life matches its love for life, we are enacting this universal consciousness.

WE GET BACK WHAT WE SEND OUT

If we have experienced suffering, and keep holding it and sending it out via thoughts and feelings, we perpetuate that.

We are not punished for our sins...but by them.

You take care of the "what" [God] takes care of the "how."

Change your mind to change your life — cause an effect.

CHAPTER 2: OVERCOMING YOUR ENVIRONMENT

Continually thinking about your problems creates more of the same difficulties. In fact, your thinking may have caused your problems in the first place, and they feel so real because you keep revisiting those familiar feelings.

People tend to focus on:
Environment
Bodies
Time

If you want to change, hold an idealized model in your mind to emulate which is different from the you that exists today.

...continued on page 41



Dr Joe Dispenza

BREAKING THE HABIT OF BEING YOURSELF

...continued from page 40

FAMILIAR MEMORIES “RE-MIND” US TO REPRODUCE THE SAME EXPERIENCES

The environment controls your mind, in a manner of speaking. What is mind, anyway? It is “the brain in action” (neurosci definition)

Your past is now becoming your future. So when you think from past memories, you create only past experiences. You can’t expect something different in life when you think the same thoughts, do the same things, experience the same emotions.

HISTORY’S GIANTS: WHY THEIR DREAMS WERE “UNREALISTIC NONSENSE”

The greatest individuals in history were unwaveringly committed to a future destiny without any need for immediate feedback from the environment.

The Secret of Disney’s Success: How to Be Like Walt by Pat Williams

ABOUT HOW TO BE LIKE WALT

These people’s minds were AHEAD of their current environment, they were literally ahead of their time. They were clear in their minds about exactly what they wanted to happen. (Remember to leave the “how” to a Greater Mind)

MENTAL REHEARSAL: HOW OUR THOUGHTS BECOME OUR EXPERIENCE

Neurosci has shown that we can change our brains (attitudes, beliefs, behaviors) by thinking differently (mental rehearsal). We make our thoughts so real, the brain changes to reflect that.

In research by Pascual-Leone, A. (1995 article) “Modulation of muscle responses evoked by transcranial magnetic stimulation during the acquisition of new fine motor skills.” *Journal of Neurophysiology*, vol 74(3)

1037-1045, people who mentally rehearsed piano exercises two hours a day for five days had almost the same brain changes as people who practiced on a real piano.

We could say that their brains “existed in the future” ahead of the physical event of playing the piano.

When we are truly single-mindedly focused, the brain can’t tell the difference between the internal and external worlds.

TO PHYSICALLY/MENTALLY ACQUIRE A SKILL:

Learn knowledge

Receive hands-on instruction

Pay attention

Use repetition

By paying attention and repeating a new skill, our brains change.

CHAPTER 3: OVERCOMING YOUR BODY

Every time you have a thought, there is a biochemical reaction in the brain...the brain then releases specific chemical signals to the body, where they act as messengers of the thought.

Ligands: Cause-and-effect chemicals for the brain and body including neurotransmitters (mostly in brain), neuropeptides (bridge from brain to body), and hormones (mostly body).

As we begin to feel the way we are thinking...we begin to think the way we are feeling. Thoughts are attached to mind, feelings connected to body. When mind and body are in unison, the end product: state of being.

After many years, we memorize a state of being, “I am...[lazy, anxious, uncertain, short-tempered, dumb, etc]

When feelings become the way we think, we can’t think greater than we feel, we can’t change. Because the body (feelings) control the mind (thoughts)

...continued on page 42



Dr Joe Dispenza

BREAKING THE HABIT OF BEING YOURSELF

...continued from page 41

CHANGE = THINKING GREATER THAN HOW WE FEEL.

When you see yourself as a victim, and have too much self-pity for too long, your body is conditioned to remember the feeling of suffering without much conscious thought. It feels normal/natural, it's who you are, and you find it hard to change.

Most people don't know that when they think about a highly-charged emotional experience, the brain refires the exact same patterns, and they are firing/wiring their brains to the past.

We can relive the past over and over, this trains the body to remember that emotional state. When the body is the mind, that's a habit.

It's a struggle to change because "the instant we have a thought, feeling, or reaction, the body runs on automatic pilot. We go unconscious." It's extremely automatic. You have to unlearn/unwire your old thinking and feeling patterns and relearn new, better ones.

GUILTY UNTIL PROVEN INNOCENT

The body-brain even tricks you: If you're used to feeling guilty, you'll self-sabotage to give yourself something to feel guilty about. Because you're so used to being guilty, your body is used to those chemicals, and you keep needing higher doses to feel "alive."

You're addicted to guilt.

The body gets addicted to emotions as it does to drugs. Trying to change that is like going through withdrawal.

If you try to change, the body "conspires" to signal the spinal cord (fast track) to talk to the CNS, and also the hypothalamus which releases hormones (the slow track) to make you return to your old ways.

You start having thoughts like "I'm too tired, I'll try tomorrow." "It's okay to feel bad, it's your dad's fault, remember what he did...?"

On some level, it feels good to feel bad.

When we listen to those thoughts, "mental amnesia sets in and we forget our original aim. The funny thing is that we actually begin to believe what the body is telling the brain to say to us."

If we use familiar feelings as a measurement/feedback on our change efforts, we will always "talk ourselves out of greatness."

HELP IS ONLY A THOUGHT AWAY

True change requires unmemorization of emotions that are part of your personality, reconditioning the body to a new mind.

By Itself, Conscious Positive Thinking Cannot Overcome Subconscious Negative Feelings

Consciously talking about being happy doesn't work because on a visceral level, we can't bring up that true feeling of happiness. The brain and body aren't working together. Your body has been conditioned to be negative, positive thinking alone won't work.

Memorized Feelings Limit Us to Re-creating the Past

Emotions are the end products of past experiences in life. Chemical continuity fools the body into thinking it's still in the past.

CONTROLLING OUR INNER ENVIRONMENT: THE GENETIC MYTH

Scientists used to think genes caused disease. Now they've found it's the environment, which activates/deactivates different genes, that causes disease. The study of this is called epigenetics.

And 95% of illnesses are related to lifestyle choices, stress, pollution.

Organisms adapt through gradual genetic modifications, recording experiences in their brains and emotions in their bodies = change over time.

When we keep thinking/feeling the same way, our internal chemicals keep activating the same genes, we keep making the same proteins, the body gets worn down from repeated demands and starts breaking down, making "cheaper proteins" after 10-20 years. That's what aging is.



Dr Joe Dispenza

BREAKING THE HABIT OF BEING YOURSELF

...continued from page 42

WE CAN CREATE AN EMOTION BY THOUGHT ALONE.

Study cited in Kazuo Murakami's *The Divine Code of Life*, 2006: In a Japanese study, diabetics who watched a humorous video after eating had healthier blood-sugar levels than those who didn't laugh. And 23 of their gene expressions had altered.

Our emotions can turn on some gene sequences and turn off others.

Sometimes a gene expression change can be dramatic, like people whose hair turns white after extreme stress.

1992 *Journal of Neurophysiology* study (Vol 67, Issue 5, 1114-1123) by Yue G and KJ Cole: "Strength increases from the motor program: comparison of training with maximal voluntary and imagined muscle contractions.": People who mentally rehearsed finger exercises had a 22% increase in muscle strength (not far from the 30% of people who physically exercised their fingers) = the mind has a physical effect on the body.

CHAPTER 4: OVERCOMING TIME

Dispenza states: In the present, when we are "in the moment," all [future] potentials exist simultaneously in the quantum field. But when we are stuck in the past, "none of those new potentials exist."

When people try to change, they are like addicts — they're addicted to familiar chemical states of being. Addictions: body has a "mind of its own."

HOW PEOPLE MEMORIZE EMOTIONS:

They have a thought - triggers a memory - triggers an emotion. In time, the thought itself becomes a memory - emotion. In time, the emotion is memorized.

Subconscious: most physical and mental processes that take place below conscious awareness. Aka the Autonomic Nervous System (we don't think consciously about breathing, heart beating, etc)

Why it's hard to change: The mind is in the present, but the subconscious body-mind is in the past, thanks to conditioned responses (automatic responses produced via the ANS)

EMOTIONS TO MOODS TO TEMPERAMENTS TO PERSONALITY TRAITS: CONDITIONING THE BODY TO LIVE IN THE PAST

Unfortunately, the brain works by repetition/association, so "it doesn't take a major trauma to produce the effect of the body becoming the mind."

Mood: Short-term chemical state (few hours or days), expression of prolonged emotional reaction. The chemicals aren't used up right away, they linger = refractory period.

Temperament: tendency toward habitual expression of an emotion through certain behaviors. (weeks-months)

Personality trait: refractory period of emotion lasts months-years.

Personality (how we think/act/feel) is usually anchored in the past.

WE CAN'T CHANGE WHEN LIVING IN THE PREDICTABLE FUTURE

When we train ourselves to live in a predictable future based on known past, we miss the precious "now"

If we focus on an intended future event and then plan how we will prepare or behave, there will be a moment when we are so clear and focused on that possible future that the thoughts we are thinking will begin to become the experience itself.

If you start keeping track of your thoughts and write them down, you'll find that most of the time, you are either thinking ahead or looking back.

Live Your Desired New Future in the Precious Present

Don't obsess about some trauma/stress you fear in the future, based on past experience. Obsess about a new, desired experience you haven't yet embraced emotionally. Have yourself live in the potential future now, until your body begins to believe you're experiencing those emotions now.

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

Louise Hay

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



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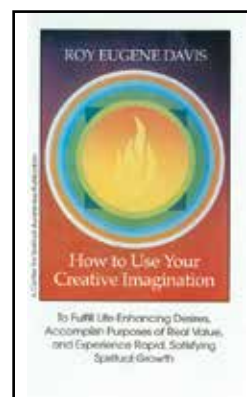
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