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**AUGUST 2017**

Andrea de Michaelis presents

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*See Herb Corner article on page 10*

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**SUNDAY Services**  
**9:30 and 11:00am**  
Sunday school at 11:00am  
Child care both services



**Sunday, August 6th 9:30 and 11:00am**  
**Speaker: Rev. Ytonna Dyess Finnegan**

**Sunday, August 6th 12:30 pm – 2:30pm**

**Overview of The Hebrew Scriptures**

**Facilitator: Paul Esche** Find your heritage and explore the God of your Understanding. This required CEP class will be first Sunday for the next 5 months. Suggested love offering \$20.

**Sunday, August 6th 6:00pm**  
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**Thursday August 10 and August 24 7:00pm**  
**The 5 Love Languages: Singles Edition**  
**with Jenny Battig** Join us as we dive into how learning more about how we express and need love can help us understand ourselves and others better, improving our relationships. Suggested love offering \$20

**Sunday, August 13th 9:30 and 11:00am**  
**Speaker: Valarie Parson**

**Sunday, August 13th 12:30 pm – 1:30pm**

**Cause and Effect: The law that never lies with Valarie Parson.** Got "QUESTions?" Join us each Sunday for one power-packed hour as we journey through the book and workbook of "The Quest." We'll take the topics as they come and have great discussions as we find meaning on the journey and help others along the way. Books and Workbooks available in the bookstore at Unity of Melbourne. Suggested love offering \$20.



**Tuesday, August 15th 6:30 pm Concert: Kim Belew with WEEP** Kim Belew is a world traveling and award winning

conscious rapper, singer, songwriter, spoken word artist, inspirational speaker, workshop leader musician who uses her own life experiences and journey and transformations to bring hope. Suggested love offering \$20.

**Sunday, August 27th 12:30 pm – 1:30pm**

**Heaven and Hell: Where are they and how do I get there? with Valarie Parson** Got "QUESTions?" Join us each Sunday for one power-packed hour as we journey through the book and workbook of "The Quest." We'll take the topics as they come and have great discussions as we find meaning on the journey and help others along the way. Books and Workbooks available in the bookstore at Unity of Melbourne. Suggested love offering \$20.

### ONGOING EVENTS

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

*Join us in a Journey of Spiritual Discovery*



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Island  
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10:00 am**



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Rev. Rose M.  
Whitham

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optical illusion is  
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Andrea de Michaelis

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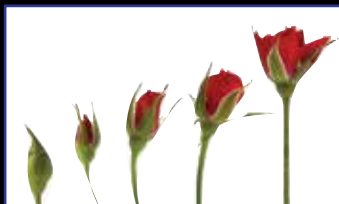
John Gray

# HORIZONS

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

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



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

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

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

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Calendar \$.50 per word. page 18  
Phone Directory \$5 per line pages 22-25

## DISPLAY ADVERTISING RATES

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Full page	\$485	\$1275	\$2250	
Back page	\$625	\$565	\$475	Unavailable
Inside back	\$525	\$1395	\$2400	
Inside front	\$550	\$1455	\$2550	
Page 3	\$550	\$1455	\$2550	
Page 4	\$450	\$1200	\$2100	
Front cover	\$900 (Restrictions apply)			

As of Feb 2016 all pages are color, so above prices have been adjusted to reflect color prices. Ad rates posted before Feb 2016 said "Add 25% for color" so no more math.

### \*You must prepay to get discount

Example: Small strip ad for 6 months is \$180 prepaid

Full page ad for 6 months is \$1,800 prepaid

Broken contracts receive full advertising credit

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# 12 Steps of Spiritual Freedom

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

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

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

**3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.

**4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.

**5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.

**6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.

**7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.

**8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.

**9. Persistence.** I persist through faith. I maintain focus and discipline.

**10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.

**11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.

**12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



You are loved and guided more than you can imagine





**Andrea de Michaelis**  
Publisher in 2016

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

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

**Hello and welcome to the August 2017 edition of Horizons Magazine.** I've got a new cat and have been detailing his antics on Facebook. Both cats have been staying in at night. **Sam** runs in and out a few times while Gentle **Ben** snoozes on his perch in the glider rocker. They got into it a few times when **Ben** caught **Sam** ottering up to sniff him as he slept. I didn't shout or intervene. I forgot that's how cats get to know each other, stalking and play hunting each other. They have to learn to sort it out themselves, discover each others' boundaries. Just like us. *And just the same as with humans, as soon as I BUTTED OUT, they worked it out and began getting along.*

You know when I could tell the cats and I were all vibing in a good place? I was working at the computer with **Sam** in the In Box next to me when **Benny** comes in and jumps up behind me. He sees **Sam**, MROWWWWW!!!! and jumps down. **Sam**, agile slinky dancer that he is, pirouetted across my desk, somehow bypassing a full cup of hot tea, a full glass of cold tea and a glass jar full of pens. NOTHING SPILLED!

*We can dance thru life that way if we keep our thoughts in a happy and hopeful place.* We're going to be walking this road until the day we die. We can walk it happy and hopeful or we can dread every step and spoil the trip for those around us with our pouty pessimistic attitude.

Here is an excerpt from an email reading. *I've learned that anytime one person asks me a question, there are a dozen asking the same. Maybe there's a tidbit in here for you.*

A friend writes, "I met a nice guy, we've been out 6 times in the last month. He never checks his phone when we're together, so I know he compartmentalizes his time. He went on a scheduled trip for a family reunion last week and I've not heard from him since. I sent a text saying let me know when you get there. What is up with his silences? How do I draw him closer - and how do I work with my own stressors to not project that onto him."

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



## Many PSYCHICS and HEALERS and VENDORS to choose from!

**Saturday      Sunday**  
**Sept 30 and October 1, 2017**  
**11am-6:30pm    11am-5:00pm**

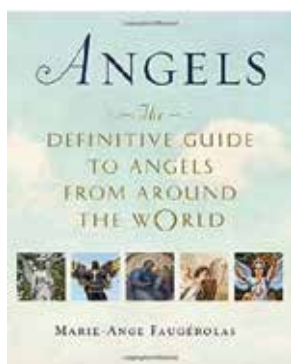
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# ANGELS

## WE ARE NEVER ALONE

Excerpted from Angels by Marie-Ange Faugerolas © 2015 by Marie-Ange Faugerolas.

**Contrary to popular belief, we aren't born alone and we don't die alone. The birth angels accompany us throughout the entirety of our existence.** They are assisted by the guardian angels who lean over our cradles just after our birth.

These guardian angels don't intervene directly in our lives but rather content themselves by watching over our actions and gestures with a protective gaze. When we solicit them, they come running to our rescue.

We can also invoke particular angels in situations that call for a specialized angel. God entrusted guardian angels with a mission of accompaniment. They honor it with conscientiousness and promptness. The people who don't think about angels, who never solicit them, or quite simply don't believe in them, are even so accompanied by celestial messengers.

Guardian angels don't interfere in the existence of a protected person. But when we solicit their assistance directly, the angels prove themselves more efficient. They can even accomplish miracles.

On numerous occasions, I have called on the angels in dramatic personal situations. The angels quickly intervened and transformed my life. Angelic experiences are truly mind-blowing. Don't be afraid to call on celestial messengers. They are at your service. They are the divine voice and light, the divine love. Make use of their competence. Use their powers and

offer yourself a happy fate. Let them guide you. And, most importantly: ask, solicit, pray. The angels will answer every one of your calls.

### HOW DO WE FEEL AN ANGEL IS NEARBY?

The coming of an angel brings about a feeling of lightness, of joy, and of a spirit teeming with projects. Oftentimes, the angels begin to manifest through pleasant physical and emotional sensations.

Once someone is accustomed to these sensations, they can appear in dreams, in visions, and then in physical encounters.

Whatever their ways of communicating may be, they will bring the happiness and certitude of not being alone.

Angels accompany humans throughout their existence. They don't judge their actions and are compassionate for their past mistakes.



They are guides toward the future and infallible protectors. We can invoke them to obtain comfort in times of personal crisis or when confronted with sentimental or professional problems.

The coming of an angel is an event that can happen at any moment when we invoke them regularly. Celestial creatures make apparitions, but they are often reserved for people accustomed to receiving the angelic touch. The most common manifestations are signs, surprising circumstances, unexpected encounters, or happy coincidences.

*...continued on page 26*

### Spiritual Services with Laura Beers

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# 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](http://www.abraham-hicks.com).

## FIXING A CURRENT RELATIONSHIP

**QUESTION** "I want to manifest a better relationship with my husband, and my problem is I can't imagine him the way that I would like him to be. I can imagine what I want, but the thing is, I can't imagine him being that, so I think I get to this place where I'm afraid to go to the vortex and imagine that relationship, and then he won't be there anymore."

**ABRAHAM-HICKS** Well, we understand that, but you don't want that version of him there anyway. What you just said to us is, 'I've created a dream version of a relationship, and when I look back at the reality that I've got, they don't match up, but I'm afraid that if I stay focused upon my dream reality, that that will go away.' And we say, 'It will. And you want it to.'

"Well, but I don't want him to go away."  
We're not talking about that.  
"Okay."

But, you see how hung up on the manifestation you are? That's exactly what we're talking about. The current manifestation is more active in your vibration than what's in your vortex of creation.

"I'm really afraid that he's gonna go away, if I stay in the vortex with what I really want."  
Listen to the conflict that's going on within you.  
"Yea."

'I want this. I don't want this. But I'm afraid that- There are parts of that I do want.' And we say, There is much that he offers that's in your vortex. So, if you focus upon what you desire, then the universe will yield to you what you desire.

**Let us show you. Let us demonstrate something. You'll really like this.** So, let's say that your husband has ten dominant characteristics. Personality traits. Behavior traits. And let's say that one of them... Let's say that two of them... Let's say that one of them... is delightful.

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



**Janice Scott-Reeder, AA, BA, Druid**

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See Herb Corner events on inside front cover



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# Herb Corner

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

## TOOTHPASTE

**All toothpastes are not created equal. When I first heard that fluoride was not good for your teeth I was a bit confused, it goes against all that I have been taught.** Recently I have been reading scientific reports that fluoride may not be as safe as we believed it to be; they reported that **fluoride** is not only an unwise choice for your teeth but it also not wise for the rest of your body.

Over time fluoride from toothpaste as well as from water can lead to fluorosis, a condition that leads to the loss of enamel, discoloration and pitting of the teeth. If left untreated there can be **fluorosis** of the bones causing skeletal weakness, arthritis, bone fractures and other bone problems.

Fluoride also compromises your health in other ways. It increases the absorption of **aluminum** in the **brain** which is linked to **Alzheimer's**. It is linked to an under active thyroid and some forms of bone cancer. It blocks and destroy the enzyme that holds the teeth firmly in the gums. When this happens bacteria can set in around the teeth, for some these bacterias can eventually lead to problems in the heart.

It's not just the fluoride in your toothpaste there are a few other chemicals some good some not so good. For instance, some toothpastes have chemicals that block the absorption of calcium, strong abrasives that wear away at enamel causing them to yellow and become sensitive and detergents that can lead to mouth ulcers and canker sores. There are also enzymes, colorants, flavorings, thickeners, sweeteners and preservatives.

So why would you want to use commercial toothpastes when you only need a few common ingredients to make your own? **The simplest recipe is to mix baking soda with peroxide.** These ingredients have mild abrasive factors to help remove plaque and cleansing agents to help whiten the teeth. **For sensitive teeth you can mix ¼ cup Kaolin, ¼ cup pure vegetable glycerin, ½ teaspoon Myrrh powder and 4 drops each of the essential oils of Orange and Clove.** The Kaolin acts as a gentle polishing agent helping to remove plaque plus it contains minerals that help to strengthen the enamel helping to prevent tooth decay. The Myrrh in this formula acts as an astringent providing the strength to the gums to hold onto the teeth; it is also antiseptic so it helps **prevent gingivitis, pyorrhea and bleeding gums.**

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# MINDFULNESS WITH EVERY STEP

Writer Sophia Quzi practices Raj Yoga and teaches mindful meditation. She is an Ayurveda massage therapist and training to be an Ayurvedic Nutrition Consultant and Practitioner. "I have always had a heart full of grace and compassion toward all that is. Find her on Facebook

**We experience the joy of being whilst in the body, but our process of thoughts will try to connect with doing one thing after another until swept away by tiredness.** Time will also try to make us feel restricted. "I must be there not here. I must do this quickly to get to that. Don't forget your to do list." People lose jobs, positions, possessions and relationships because of losing the appreciation of them. The very worst position a person can be in is when they believe they know about something clearly. The ego makes them blind and openness finishes. Being an authority of anything means the end of humility. The soul then has to go back to the first lesson of learning *I am a*


*peaceful being of light where peaceless feelings cannot exist.* See it, feel it, touch it and become as one with it. Then and only then move onto being a Child of God.

**Someone once said to Socrates, "I never learned anything from what you spoke but from your company. Even if you were not in the same room I knew if you were in the building or not."** In the world today there are various forms of peacefulness and various ways of spreading it. Someone who is worried doesn't think he is spreading what is opposite of peacefulness. Perhaps he thinks it just stays in his body's cells and does not spread outwards but it stretches further than the earth. A person who has opinions that involve dislike or mistrust of anyone is hurting everyone. A person can only become peaceful when they start the work of undoing what they have done. When we are soul conscious and connect our intellects in yoga with the higher self, we will continue to receive this current. The damage will be undone and the 5 elements -- air, water, fire, earth and space -- as well as every soul will become cooperative with our task. Today, leave your own problem and worries aside be peaceful and allow others to be in peace.

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# RELATIONSHIPS -- DID HIS RUBBER BAND BREAK?

John Gray is the author of the most well-known relationship book of all time, *Men Are from Mars, Women Are from Venus*. USA Today listed his book as one of the top 10 most influential books of the last quarter century. For more info, see [www.marsvenus.com](http://www.marsvenus.com)

**EDITOR'S NOTE:** I have found it is not a male only trait. Females have testosterone also. As an Aries times 6, I am a very male/yang energy and display dominant testosterone personality traits. I recognize this as my relationship pattern. Please read this entire article as relating to men and women.

**QUESTION: My boyfriend and I have been together for 4 years and things have been good. In March he proposed to me. We were engaged for 3 months, when he suddenly decided to call it off.** I thought things were going great and now the only thing he says to me is, *"I don't know what I want right now, but I know I don't want this."* I don't understand how you can propose to someone and then just end it. I feel lost and so defeated. We haven't talked in a month and we don't see each other. I feel like his rubber band pulled so far...it broke. Thank you, Elizabeth

**Men Are from Mars, Women Are from Venus** -- one of the most powerful concepts in that book is that men are like rubber bands. A man tends to get very close to a woman until, at a certain point, he pulls away. This pulling away is like a rubber band. Once he pulls away to the length of his rubber band, he'll spring back.

This is all based on a hormonal rhythm. When a man is feeling confident and knows what he wants, his testosterone builds up. The same thing happens when he begins chasing you, wanting you and dating you. As he grows more confident with you, his testosterone increases. As he grows closer to you, another hormone gets produced called **oxytocin**. Oxytocin is the bonding hormone. Think of that 30 seconds after an orgasm when he is closest to you.

Unfortunately oxytocin naturally lowers testosterone. This drop in testosterone can cause a man to lose confidence, doubt everything in his life and say things like *"I don't know what I want right now, but I don't want this."*

So half of the natural rhythm in a relationship is a man acting like a rubber band. He will get close and then he'll start to pull away until he feels good about himself and then he will

get close again. If he pulls away and she pursues him, then he never gets the space he needs to miss her. After pulling away for some time, a man will often begin to miss her and desire her again. In healthy relationships, men do not pull away out of anger or frustration about their relationship. If your partner is pulling away out of anger, or is simply avoiding you, there is likely something else going on.

Unfortunately, this cycle can be quite upsetting to a woman. She wonders, "Is it me? Did I do something wrong? Does he still love me?" These painful thoughts often cause women to chase their partner with demands for an explanation. "Why haven't you called me?" or "What's wrong?"

When a woman reacts to the rubber band by chasing, it can cause a man to pull away even more -- perhaps stretching until the rubber band breaks. He may feel pressured because his partner doesn't trust him, or he may even feel that he is incapable of making her happy.

At other times, women convince themselves that it is "wrong" to contact their partner, that they must refrain from even talking -- and that whoever talks first loses. Of course, while they are determined not to fold, they are also waiting by the phone, checking their voice mail, checking their e-mail, or checking that lump in bed lying beside them for signs of life.

In your situation, I think his fears of intimacy caused him to leave for so long. I'm not 100% convinced you had a good relationship. Both of you could be right for each other. But if you want to get him back, look at things from his perspective. What ways did you unknowingly turn him off?

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# RELATIONSHIPS -- DID HIS RUBBER BAND BREAK?




...continued from page 12...

Then write him a letter or an email. Don't call him or try to approach him in person at first. He won't have time to think and he won't give you the answers you are searching for.

*Tell him you still love him and you want to understand what happened in your relationship. If you wanted to be with me again and I was not with someone else, I am ready to renew this relationship. You are the greatest guy I have ever met. If we aren't going to pursue a future together, I don't want to hold this against you or have you hold this against me. I want you to be happy in your life and I know you want me to be happy in my life. I made a list of the mistakes I thought I made in our relationship and I want your help so I won't make them again. Would you look them over for me and give me feedback? That would really help me understand myself and move on so I can find love, hopefully with you if you were open to that. I love you so much...*

And that's it. Give him some time to reply and see if he will get together to talk about the last 4 years and any ways you may have crowded him or been too needy. I really think what happened is he tried so hard to please you in the beginning that he began to get nervous (cold feet) about being able to please you forever. It could have been a subtle thing that you didn't even knowingly do, like he skipped a night out with the guys because he felt guilty about leaving you alone.



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**EDITOR'S REMINDER:** I have found it is not a male only trait. Females have testosterone also. As an Aries times 6, I am a very male/yang energy and display dominant testosterone personality traits. I recognize this as my relationship pattern. Please read this article as both men and women, not just men.

## If you're feeling ignored, Here are a few things to remember:

1. This cycle is a normal pattern for men -- he is not playing with you. Every woman knows how wonderful it is to see your sweetie after some time apart. His heart feels that for you whenever he pulls away and it's a positive experience. Let him go... and trust that he will come back.
2. While he's regaining his sense of self, maybe this would be a good time for you to regain yours as well. Instead of waiting and worrying, why not visit with some girlfriends? Catch up on your reading. Garden. Meditate. Get a pedicure. Enjoy your life.
3. You are allowed to make contact, but try to speak his language when you do. One idea is to ask him for information. You can ask him something like, "Remember that movie you were telling me about? What was the name of that again? I was thinking of renting it." Appeal to his sense of being the expert by asking for his help or advice.

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# FROM THE HEART



Alan Cohen is the author of *The Grace Factor: Opening the Door to Infinite Love*. Become a certified professional life coach through Alan's transformational Life Coach Training beginning September 1. For more information about this program, his books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).

## When Weird becomes Wonderful

**I remember the first time I could no longer tolerate what used to be acceptable.** After watching a movie that showed a character being shot and throwing up, I felt nauseous. This was not long after I started on my spiritual path, meditating, doing yoga, and lightening my diet. Until that time I could watch any film with violence, war, or creepy monsters. I grew up in a **New Jersey** housing project, which effectively desensitized me to anything that would bother most people. In college I was in a party fraternity; nothing you could do could gross me out.

How I felt after that movie was at turning point. From then on, things that used to be fun or entertaining seemed heavy or pointless. My friends changed and I quit hanging out in conversations of complaint. The kinds of entertainment that appealed to me changed. I lightened my diet. All that letting go made space for new friends and more rewarding activities. I was going through a spiritual evolution. If you are reading this article, you know exactly what I am talking about.

Over the years that process has not stopped. It has accelerated. Now a lot of what used to seem like fun brings me down. I don't engage in joke telling sessions. Mall seem like another planet. Television and the news are surreal. **Dee** and I peruse streaming movie service menus, and we are hard-pressed to find movies we value. We can sometimes ferret out something of interest, but only after extensive digging. We look at the offerings, scratch our heads, and wonder, "Who would pay to watch a movie like that?"

Part of my mind questions if I am being too picky or a snob. But I can't make believe I can do stuff that leaves me feeling awful. I have to trust that my inner being is guiding me toward

what serves me, and away from what is not in my best interest. Evolution makes certain activities obnoxious for a good reason, while it makes other endeavors very tasty.

Perhaps you, too, have questioned or judged yourself for being too sensitive or not feeling at home in the mainstream. When I ask my seminar audiences, "How many of you believe or have been told that you're weird?" Almost everyone raises their hand.

I want to offer you a radical way of looking at your sensitivity and dissatisfaction with the mainstream: It's not you that it weird. It is the world. **A Course in Miracles** tells us that the world we have invented is the inverse of the way we are supposed to live. What is wrong seems right and what is right seems wrong.

The world is like a photographic negative where black appears white and white appears black, and what you look at makes no sense. So accept your oddity as confirmation from Spirit that you are on the right track. As **British** playwright **Tom Stoppard** wrote, "It's the best possible time to be alive, when almost everything you thought you knew is wrong!"

So now what? Do you just hide in a cave and wait for the world to change so you can fit into it? That will probably not happen anytime soon. In the meantime, here are some things you can know and do until the world catches up with sanity.

**1. Be extremely honest about what empowers you and what debilitates you.** Tell the truth about what is "It" for you and what is "Not It." Let your preferences about where you find yourself propel you to where you want to be.

**2. Trust that you are being guided.** You don't need to apologize for your perfect evolution. If you believe in your intuition, you will be nurtured, sheltered, and directed. Don't overthink your promptings. Be open to clear knowing.

**3. Act on your guidance.** Say yes to what works and no to what doesn't work. Most people can benefit from setting healthier boundaries. Remember that a "no" to what is Not It is a "yes" to what is It.

**4. Don't be afraid to let go of what you have outgrown.** Many of my coaching clients report that they have old friends they don't enjoy being with anymore. These friends want to continue a pattern of gossip and negativity, and my clients feel guilty about saying no to invitations to which they have traditionally said yes. If you can upgrade the relationship with loving communication, do so. If not, follow the river around the next bend.

**5. Cultivate new connections, activities, and habits that match your evolution.** When Dee and I can't find a movie, we watch a spiritual seminar video, listen to music, play with the dogs, look at the stars, walk in nature, or talk about things important. I miss none of what I have left behind.

While I honor my own evolution, I also honor everyone's choices. We are all on our perfect learning curve. If that curve takes you around a new bend, let it.

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# ASK WHITEDOVE



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

**Dear Michelle,**

**I've recently felt uneasy in my home. I'm writing you because last night I saw a dark shadow in my bedroom. What can I do to get rid of this negative energy that is coming around me? I'd be most appreciative of any advice you can give.**

**Dearest,**

You have the power to vanquish this negative energy from your personal space. It's time to do some spiritual housecleaning. Now get a white sage bundle for smudging and a big box or two of Sea Salt or Kosher Salt. This is a simple yet prayerful ceremony, so do it with reverence.

First light the sage on fire, and then blow it out to create a sacred smoke that is used to help clear negative energy. This is called smudging. Say a prayer to **God** and ask **Archangel Michael** for assistance also. Give thanks to **Great Spirit** for protection and the cleansing of your aura and your home. (**Archangel Michael** is the warrior angel that **God** put in charge of protecting our physical body and our soul)

Pray that any negative energy will be repelled from your house and only love and light energy is allowed to enter. As you are praying, give thanks and walk through each room of your home while fanning the cleansing smoke. Be sure to keep a fireproof bowl handy such as a terracotta pot to set it in once you are done with the smoke.

Next you'll do a second walkthrough, only this time while praying you'll be pouring a small pile of salt in all four corners of your bedrooms, living room and kitchen. I suggest that you do this to all four corners of every room. Natural sea salt absorbs and transmutes negative energy; It also has cleansing and healing properties. Be sure to leave it on the floor; do not vacuum up, it will naturally dissipate.

Lastly, also draw a line of salt across your doorway threshold, front door and back entrances. This will stop negative energy from entering. If you live in a freestanding home you can draw a complete ring of salt around the perimeter outside of your home. Once complete, you'll feel a difference in the energy, a lightness and a positive vibration!

**Dear Michelle,**

**For a few years now, I have been stalked on social media sites by several muscle head guys. I have been made fun of about my looks and smarts. I'm an adult who has some learning disabilities. I get really depressed because these people have threatened me and say really mean things. I don't understand because I am a nice guy. My Dad says I should get off of Facebook because they always hurt my feelings. But I have good and nice friends from all over that I would never be able to talk to again. Why are people so mean?**

**Dearest,**

In God's eyes we are all created equal. You my friend came here to be an example to others because you know how to show love and kindness to everyone. Your heart is full of love and your mind is filled with fun and creative thoughts. I see that you intuitively live by the Golden Rule, "Do unto others as you would have them do unto you."

How sad life must be for these guys to lash out at people they don't know. Man's cruelty to one another only serves as karmic lessons: meaning these guys will only understand when they are experiencing what they have done to you. Be assured that mean people will experience their negative Karma from someone else and then hopefully they will learn the importance of kindness and good deeds.

Please give your father this message from me. I'd ask that he report any and all messages from bullies and cyber-stalkers because they should be banned from social media. You just keep being the bright ball of love and light: always know that you are an asset to this world! Keep doing the right thing!

**Dear Michelle.**

**I've been involved in a paranormal group for years and now I am starting a new group to do some local investigating. Do you have any spiritual advice for the amateurs who have interest in ghost hunting?**

**Dearest,**

I say this with all seriousness, anyone who cannot see a wayward soul and sense the intention of a spirit is an amateur and is inviting danger. Having an authentic Psychic-Medium join your paranormal investigative group would be beneficial, this way you'll know if you are walking into a **Beetlejuice** scenario or an **Amityville** horror. Yes, really!

For your protection, always wear a cross or another spiritual symbol of **God**. Before entering a haunted location, shield up in prayer and group prayer would be even more potent to come from a spiritual place of power. Do this because you don't want to leave with an attachment; this is serious business, possessions can happen just as often as working with a **Ouija** board.

Ghost hunting is a popular fad but the reality is that Ghosts are confused or fearful of going into the light of Heaven. Watching a meter for cold spots or catching an orb on film is of little value, if your goal was to help the soul to cross over - now that would be meaningful work.



# HEARING YOUR ANGELS' MESSAGES

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

**Not everyone "hears" angelic voices as an audible sound. Many people receive divine messages through nonverbal means such as visions, feelings, or a knowingness.**

Hearing the voice of God and the angels is called "clairaudience," which means "clear hearing."

The voice may sound like your own or it may sound different. The voice can emanate from within your body, within your mind, or sound as if it's outside your head. When an angel warned me that my car was about to be stolen, his voice sounded as if he were talking through a paper towel tube, just outside my right ear.

An hour later, when I found myself in the middle of a carjacking, the same angel guided my life-saving actions by speaking to me through an inner voice. While receiving the angel messages in my book, *Angel Therapy*, I heard the words both inside and outside my mind.

You might hear a faint voice and wonder what it said. In such cases, go ahead and ask your angels to repeat their message. Say to them, "A little louder, please." The angels appreciate your feedback, as they want to deliver clear and understandable guidance.

At first, you may believe that the voice is your imagination and wishful thinking. This is especially true when you begin consciously interacting with angels. You think, "This is a fantasy. I wish it were true that angels would help me, but I'm probably doing something wrong and the angels won't notice me."

We heal this type of thinking through faith, trust, and practice. If your faith in angels is uncertain, ask God to help you. Pray, "Please help me to have more faith. I am willing to release all of my fears which keep me from having full faith." The Divine universe always fulfills requests for more faith.

Angelic voices are consistently loving and supportive, even when they warn us of impending dangers or wrong turns. As a psychotherapist, I was trained to believe that hearing voices was a sign of insanity. Yet, the voice of the ego is the only source of "insanity."

Ego voice messages are always destructive, abusive, and impulsive. For example, the ego may try to convince you that you'll fail. The ego also changes its mind constantly, so it will tell you to do one thing **Monday**, another thing **Tuesday**, and a completely different thing **Wednesday**. If you listen to the voice of the ego, your life will be chaotic and fear-filled.

Angelic voices, in contrast, patiently repeat the guidance to us day after day, until we finally follow it. You may hear your angels tell you for years that you would be a great healer or author, for example. Or your angels may repeatedly ask you to take better care of your body.

You know that guidance comes from angels when it is loving, focused, not hurtful to you or your family, and consistent.

Clairaudience is just one-fourth of the ways we receive angelic assistance, however. Your angels may speak to you in pictures and visual mental images. We call this "clairvoyance" or "clear seeing."

Angelic messages may come to you as single snapshot images, either in your mind or outside your mind. Or, you may see miniature scenes, as if from a movie. The images may be black-and-white or full color. Angelic visual messages can be symbolic, such as seeing a stop sign as a signal that you should take a rest, slow down, or stop what you are doing.

Intuitively, you might readily understand what the visual images mean. For instance, you might see an image of a trophy and instinctively, you know this means that success is ahead for you. If you have trouble understanding your angelic visual

*...continued on page 28...*

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# ABRAHAM FUN



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

## SOULSONG #187 WORKING IN THE FIELD

**If I've been beating my head against the wall, trying without success to make a particular thing happen in my life, I consider re-directing my efforts.** I begin to ease off trying to force the issue, whether it regards a relationship, work, health, leisure, or finances. Instead, I shift my energies to cleaning up the environment.

Well, not the literal environment, although that's not a bad idea. But my most immediate and important environment is the one created by my thoughts. And therein lies my most immediate and important work.

The overall positive/negative quality of my thoughts creates an electromagnetic field of sorts around me. Nothing comes in unless the field allows it, and the field recognizes only that which has a vibration similar to its own. The very thing I desire is waiting, this moment, to be allowed entrance. But heretofore, my field has not vibrated on the same happiness level as my happy desire.

My work is before me: a little more contentment here, a little appreciation there, some shrugging-off/laughing off irritations, a bit of seeing the proverbial glass as half-full. This is how my heartfelt wishes arrive.

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

Monday thru Thursday PALM BAY Yoga classes 7:00-8:00pm at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907  
321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)

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

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

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

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

2nd Sat. every month JACKSONVILLE Psychic Fair 1 to 4 pm Spiritual Lighthouse Church 1049 Crestwood St Jax Church Sun 3 pm 904-764-7639

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

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169

Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast at 602 Brevard Ave 321.474.2030 [www.cslspacecoast.org](http://www.cslspacecoast.org)

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 1108 N. Dixie Highway (US 1) [dbcuuc.org](http://dbcuuc.org)

Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at 1924 Melody Lane behind Melb Auditorium

August 1 SEBASTIAN 7pm Certified master Hypnotherapist, Robin Graves will be addressing the public regarding a revolutionary and very successful way to release your extra weight with the Virtual Gastric Band program. It has been proven effective in the UK and is now available in the United States. Come out to a presentation explaining the program at the Living Healthy Studio, 900 Village Square, Suite 2, Sebastian

November 25, 2017 MELBOURNE/INDIALANTIC, FL "The Best of Kryon with Lee Carroll Lecture and Channelling Special appearance by Dr. Amber Wolf 10 AM to 5:00 PM Hilton Hotel on the Beach - 3003 N Highway A1A, Indialantic, FL 32903 321-777-5000 Lunch is included at the Hilton For info visit [http://kryon.com/2017/k\\_24\(N\).html](http://kryon.com/2017/k_24(N).html) (scroll to November) \$124 including lunch and \$99 excluding lunch. Email [gary@kryon.com](mailto:gary@kryon.com)

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CASSADAGA





# SPIRITUAL GRAFFITI

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

**I rebelled because they couldn't see me. I rebelled because I wanted to distinguish myself from the flock.** I rebelled because I needed some place to channel my aggression. I rebelled because I thought it made me cool to be an outsider. I rebelled because it felt safer to be feared.

I rebelled because the mainstream world didn't honor my authentic self. I rebelled because Jimmy Dean rebelled and I liked his leather jacket.

But then I realized that I wasn't actually getting anywhere by rebelling. In fact, I was actually perpetuating my powerlessness by defining myself through the eyes of the world.

I was allowing the eyes of other to establish my value.

Better to define ourselves from the authentic self outward, than from the external world inward.

Better to rebel against image as a defining principle. Our worth is a function of our authenticity. Little else matters.

The journey to shape a healthy self-concept in a shaming world is a rough ride. One thing that helps us is to celebrate every step forward with great abandon.

All too often, we have this idea that we have to wait until we reach our goal before celebrating, but this often sidetracks the process altogether. Both because there is no truly final destination, and because there is a real need to pat ourselves on the back as we unfold.

Every step towards self-love is hugely significant in developmental terms. Every step forward is a radical shift for the collective consciousness. Every step forward echoes for all eternity.

We need to acknowledge this often. Don't wait until later to honor your progress. Give yourself some love right now.



# NOTES from the Universe

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

**These are the times when hopes are dashed and chaos abounds - that golden opportunities, prized ideas, and new friends emerge into the view of all, but at first are seen only by the few who look.**

**It's almost impossible to forget when someone suddenly, unexpectedly, in a big way, gives you a gift wanting nothing in return. Huh?**

**And knowing this could come in handy should you ever want to irrevocably rock someone's world.**

**Let's go crazy,**

**The Universe**



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# THE CRYSTAL GARDEN

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

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**Chalcopyrite, also known as copper pyrite, is a grounding stone which helps you be present in the moment to pay attention to those around them even when the spotlight is shining on them.** Because chalcopyrite helps you connect with your courage and strength. This stone is a vibrational match for the Leo personality and the energy of August. Leos like to be in the limelight and often are somehow 'on stage' or in the performing arts. Self-confidence is not an issue for Leo personalities. They are passionate and driven.



If you want to align with that energy, keep a piece of pyrite nearby or gaze at the photo in this article often to remind yourself that it is safe for you to shine your light brightly. Chalcopyrite helps you to locate the courage and strength that resides deep within you. This stone is beneficial for helping you to overcome and discard any negativity impressed upon you during your developmental years.

Chalcopyrite can also be your gemstone ally when you are engaging in strength training to build your muscles, especially when it involves outdoor activities. This stone reminds you to get sufficient sunlight to maintain a healthy body. Use it as a tool to encourage you to move your body.

This stone also increases your physical vitality and endurance when used with conscious direction. This vitality often translates into prosperity and abundance because you're motivated to complete tasks and goals. It takes confidence and courage to be wealthy and abundant. You have to believe in yourself and your own worth.

**Affirm:** *I shine my light brightly. There are plenty of people with plenty of money who need the goods or services that I offer. I am open to moving forward with work, no matter how great or small the job may seem.*



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Monte Farber is, with wife, artist/designer Amy Zerner, author of many best-selling metaphysical self-help books with over 2 million copies in print in 14 languages, including Karma Cards, Enchanted Tarot, the Psychic Circle and Quantum Affirmations. His two new books are Signs & Seasons: an Astrology Cookbook and Instant Tarot. [www.MonteFarber.com](http://www.MonteFarber.com) and [www.TheEnchantedWorld.com](http://www.TheEnchantedWorld.com)

## YOUR PSYCHIC IMAGINATION

**When you are asking your psychic ability to come out and play, you must first get past the tendency to think that what you find yourself "feeling," "hearing," even "smelling," "tasting," or "seeing" things in what William Shakespeare so perfectly called your "mind's eye" is "just" your imagination (sorry for all of the quotation marks!)**

My experience has shown me that my way of learning how to do psychic readings has been my ever increasing ability to listen to my intuition, but even more so my ability to listen to my imagination. My imagination gives me an inner version of all the sensations I am capable of in the "real" world and then I use my intuition to assign values to those sensations.

You can see the image of a person entering an airplane, but unless you use your intuition, you won't know if that is something they should or shouldn't be doing. I call the combination of the two, using my intuition to help decipher the symbols and senses of my imagination, my "psychic imagination."

I believe that the prevailing view of imagination is that it is something we activate with our will when we have to solve a problem, be creative, or when we finally find the time to daydream it is not even half the truth of our imagination's wisdom, power, and usefulness for making our daily lives more enjoyable and wonderful.

Day in and day out, our psychic imagination is speaking to us in the only language it understands, symbols and feelings, and what we have to do is learn how to listen and, occasionally, to speak to it. It wants to help us.



**"The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel." Steve Furtick**

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# ANGELS ~ WE ARE NEVER ALONE

*continued from page 8...*

It isn't necessary to experience personal drama in order to call on the angels. We can invoke them when we're tired or depressed. They bring about a renewal of energy and light-heartedness.

We can incite the angels to manifest themselves regularly by installing an altar for the angels in a privileged corner of the house. Rituals and meditations are also an excellent way of getting in touch with angels.

Angels are celestial creatures, messengers of God. Their influence on destiny is always positive. We can count on their help and support in all situations, because they are enlightened by divine love.

Depending on the person and the circumstances, they warn of approaching dangers, send signs to light the way, or provoke actual miracles and surprises that can truly transform existence. Opening your heart to the angels allows you to be graced with divinity, and never again must you feel alone.

## HOW DO WE RECOGNIZE WHEN ANGELS HELP?

The messages of angels frequently come to us in the form of repetitive images or signs. Sometimes, angels manifest themselves in the form of recurring visions of animals or objects.

Other times it's when two different people say the same thing. Whatever the circumstances, the state of openness that we find ourselves in will influence these forms of manifestations and angelic contact.

The help of angels always brings about a sensation of psychological comfort, physical well-being, and security. Their reassuring presence discourages us from committing mistakes we may otherwise make out of fear and insecurity.

Angels remove negative influences and protect polluted or unpleasant environments. Their presence favors emotional and personal fulfillment. We recognize their assistance through miraculous encounters with soul mates, the healing of somebody we love, positive relationship evolutions, a new job offer coming out of the blue, tough or blocked situations that suddenly resolve, or new and enriching events that unexpectedly occur in our lives.



## HOW TO BE GUIDED BY ANGELS

Before going to bed at night, let your thoughts wander. Loosen your body and enter a state of drowsiness. As soon as you start to doze off, call on the angels and ask them to guide you and answer the questions that you're asking yourself. You can also ask them to bring you success, prosperity, and personal fulfillment. The following day, or several days later, you will have new ideas, and changes will start to happen in your life.

It's very simple and rewarding to connect with your angels. These loving creatures will always give you supernatural help, whether you need love, healing, or prosperity or even if you need to be saved from any circumstance.

The angels belong to another dimension where they move simply with energy. Angels do not have bodies; they don't need them. Their energy is so powerful that they can appear to us using any shape they desire in order to inspire goodness and bliss in us. The human energy doesn't have a very high frequency.

Every prayer, every ritual helps to enhance our own energy for us to call on the angels. Energy is the path that leads to the angels. We can increase this energy thanks to rituals, ceremonies, prayers, meditation, visualizations, or just our honest desire to grow.



# ABRAHAM-HICKS

*...continued from page 9*

And let's say that nine of them are despicable. Unwanted. So, those 9 uncomfortable traits have caused you to put the opposite version in your vortex. *'Don't want that. Want that. Don't want that. Want that.'* And the one you want, you put that there too. The one that is there, in other words.

So now you have 10 wonderful characteristics that he helped you to define. So he, in his despicableness - we're exaggerating, and being a little rabbit-like - he helped you to create this wonderful version of your vibrational relationship. So, there it is.

So now, as you give your undivided attention to this, you will extract all of that from right there. You will. So, 10 characteristics, and you're focused upon the 1 you really want, or the improved version of all of them. So now you're staying true to what you want, so you have access to energy that creates worlds, and are summoning to you what you want.

What happens so often with people is that, instead of looking at what they want, they look over there at what they don't want. And when you look over at what you don't want, that's how you hold what you don't want close to you. So we will not say to you, and have never said, 'That by focusing upon the positive aspects that your husband has helped you to create, he will then have to go away.' We will say, 'What's holding the parts of him to you that you don't want, are your attention to them.'

Now, is it possible that he is a complete opposite to everything you want? And your vibration is so pure to what you do want that, when the vortex draws all the cooperative components. We haven't said that here today, but that's an important thing to say to you. This vortex is assembling all cooperative components.

Is it possible that your existing husband will be such an uncooperative component that the vortex would not bring him in? Not likely, if you are focused upon all of the pieces that you are wanting, you see. You have much more power to influence than you know. And anyway, you want alignment with YOU more than you want him perfect in all those ways. Really.

What happens in so many relationships is you use flaws in others as your excuse to not be in alignment with who you are, which gives you a completely distorted version of who they are and of your relationship. You - not just you but all of you - superimpose flaws and fallacies on other people in order to justify discordant vibrations within yourself, that when - Oh, did you hear that? That when the discordant vibration is no longer present within yourself, they will begin responding differently.

The behavior of everyone that you interact with is more about your vibration.

## **Let's state this more carefully.**

The way everyone in your experience relates to you is more about your vibration than it is about theirs. So, when you get that. So what you could say to your husband, *'Oh, babe, I've created a dream version of you. And I gotta tell you, you ain't it yet. But I thank you with everything that I have for helping me to clarify it. I imagine I'm doing the same thing for you. We have created a masterful relationship together. Just like we knew we would. And it is my, from this point forward, never-ending promise to you and to myself that I'm going to queue myself up with this new and improved version of us. This new and improved version of our relationship. And I'm gonna give little or no attention to what's going on, and my undivided attention to what we've created together,'* you see.

Every relationship you have. Have you ever had the experience where someone you love has made their transition? Maybe a mate, maybe your parents. And you have this sort of empty, unfinished feeling, because you didn't get some stuff done.

And, what we want you to realize is that, there's a vibrational version of all of these relationships that you've always been reaching for.

In other words, what you remember about your childhood...

## **Here's the clearest way to say it:**

There are a lot of people who fantasize about a childhood that they never lived. In other words, they would describe their hometown in a way that people living there don't agree with. Or they would describe their father in a way that other people who knew him wouldn't agree with. And it's because you are all creating a vibrational version of everything. That is a bigger reality than you know. And the most disappointment that most of you feel is when you keep looking at your reality and you're shocked to discover that it's not living up to your vibrational version.

And, we wanna say to you, It was never supposed to. It was the basis from which you created your vibrational version. You're the only one who ever needs to live up to your vibrational version. In other words, let's say you're a child, and in school, and your mother never goes to any of your events. But you create, in your vortex, someone who's really interested in what you do. And so that's the way you remember your relationship with your mother. Because, just the fact that she didn't show up doesn't mean that those things weren't always happening. Are you getting the sense of what we're talking about?

You've created a vibrational version of everything, and then you're mad at so many people because they don't live up to your vibrational version.

And we just want you to hear: It's not their job to live up to your vibrational version. It's your job. And when you live up to your vibrational version, you will be amazed at how many of them join you in the vortex.





## HEARING YOUR ANGELS' MESSAGES

*... from page 16*

guidance, be sure to ask for assistance. Ask your angels to clarify their message, and continue asking for clarification until you are completely certain of their meaning.

Sometimes we shut down our angelic channels of communication because of fear. You might see an image of your future that frightens you, and you turn off your clairvoyance by shutting the third eye's eyelid.

One of my clients shut down her clairvoyance when, as a young girl, she saw a visual image of her parents divorcing in the future.

Another client closed her third eye because she foresaw herself having an affair with a married co-worker, and she wanted to continue her interactions with him while wearing blinders to the truth.

One of my other clients was trying to ignore a steady angelic voice within which counseled, "It's time to look for work at a different place," because she didn't trust God to fulfill her material needs during the job transition.

You might also shut off your clairvoyance if you are afraid of what you might see. As much as you want to see your angels in person, you might harbor a deep-seated fear that seeing a "ghost" would be terrifying. Your angels honor such fears, and you won't see angelic apparitions until you feel confident that such a vision would comfort — not frighten — you.

The third way we receive angelic guidance is through our emotions and physical sensations. We call this, "clairsentience," or "clear feeling." Clairsentients get divine guidance through bodily sensations, such as a tightening of the jaw, fists, stomach or sex organs.

They intuitively know the specific meaning of these tightening reactions. A clairsentient feels air pressure and room temperature changes that warn him of negative situations.

Each of our five senses has a corresponding spiritual sense. Clairsentients receive angelic guidance through an etheric sense of smell, taste, and touch. You may know that your beloved deceased grandmother is near when you smell her perfume or favorite flower fragrance. An angel may shower your room with the aroma of orange blossoms to tell you of an impending wedding.

Clairsentients receive a lot of guidance through their intuition, gut feelings, and hunches. Much of our intuition comes from the stomach region, and the stomach flutters, relaxes, and tightens according to the angelic guidance. Instinctively, the clairsentient interprets the meaning of these gut feelings and a wise clairsentient follows these internal directives without hesitation.

Clairsentients get angelic messages through their heart and love emotions, as well. If a thought of doing something swells your chest with warm feelings of joy, this is a directive from God and the angels. You may think, "Oh this is too good to be true; I am just dreaming," but the joy that your thought has brought you is a roadmap leading you to the life you are meant to have.

We call the fourth means of angelic communication "claircognizance" or "clear knowing."

Men are frequently claircognizant, and may not even realize they naturally receive detailed and accurate information from God and the angels. You can ask a claircognizant a question on almost any topic in the world.

Within minutes, he will give you an accurate answer, completely supported by facts and figures. You might say, "How did you know that?" and he'll answer, "I don't know! A few minutes ago, I didn't know that information."

A claircognizant knows, without knowing how he knows. Consequently, he may doubt the validity of his knowingness. This is a mistake, because when Divine wisdom enters our mind, it is a gift we can use to improve our life, and to serve the world.

We all have access to all four channels of communication. Usually, we have one primary means of receiving angelic guidance and one secondary — or lesser — channel of communication. With practice, you can become adept at receiving messages in all four ways. In the beginning of speaking to your angels, though, most people concentrate upon their natural means of communication.

Naturally visually oriented people will want to pay attention to their mental visions. If you tend to focus upon sounds, then listen for inner or outer words, voices, and auditory messages.

If you tend to be a touchy-feely type, your emotions and bodily sensations are the instruments, which relay Divine guidance to you.

And if you are intellectually inclined, or a person who constantly searches for hidden meanings in situations, then you'll want to monitor your thoughts for those heavenly moments of "knowingness" which bring you certainty in guiding your actions.



## This month's thoughts about things...

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

*... from page 7*

**ANDREA RESPONDS:** It's just the old ebb and flow, the rubber band effect of the new encounter. Detach for a few days and it will resume. You may not hear from him this weekend so stay mobile. I don't feel a giant connection with him just yet but he's not gone. When I "feel" the connection, I'm feeling the emotional attachment. He doesn't attach easily or well but he's not being aloof, he's just slow to make his way because he's learned the lesson of getting too close too soon. He knows the infatuation period is where much talk and defining can ruin what might become. *When a man starts to back away, you should do the same. Not as a game of cat and mouse but to restore balance and desire in a relationship by reading the signs that he needs time and space to integrate.*

I feel you have a good assessment of him. Compartmentalizing his life is how he stays focused and productive. When he's with you, he's WITH you. When he's at work, he's at WORK. When he attends friend and family obligations, he's THERE. When he's with you, the best way to communicate with him not feeling emotionally overloaded (due to family etc stuff) is to keep to topics of current events and what you think of them, unless he chooses to ask about family or particular past events or future plans. Let him lead the conversation to personal stuff. Right now he's soothed by light romance and engaging conversation. Further emotional responsibility feels burdensome to him right now. He has many financial obligations but he's on top of them. He's not telling you everything but he's also not hiding anything. He's got a lot going on. There are no red flags.

Basically right now he's got a lot of balls in the air and only so much time. Sit tight, you're still in rotation, at least in his mind. I'd not text or call, just do other things with enough focus that you have fun and forget he hasn't called yet. Mentally chalk it off to, "he's busy, I'll let him get back to me, so what if it's 2 weeks, we're both busy and I understand."

After a week long family reunion with people who see you as a money source, you'd need some silent after time as well.

*Here's a short visualization exercise, an emotional feeling workshop, to get you vibing in the place you want to vibe to attract what you want to attract.*

An effective technique is to keep in mind all the things you like about him, just remove his face and name from the equation. Every man you pass, consider what you might like about him. As you consider that, keep in mind that the reason you are doing this exercise is reach vibrational resonance and hold it there long enough to begin the attraction process. Just a few minutes a few times a day is all you need to do.

We always attract into our experience someone who resonates vibrationally with where we are, so we need to make sure we're where we want to be. We want to be honest, we want to be kind, we want to be self sufficient, we want to be motivated by a passion, we want friends who inspire us to a shared purpose, we want to make a difference, we want to harm none. Whatever we're successfully aspiring to is what will come back to us, Make sure it's the good stuff.

So keep in mind all the things you like about him, just remove his face and name from the equation. Every man you pass, consider what you might like about him. This exercise brings you in vibrational resonance long enough to begin the attraction process. Just a few minutes a day is all you need.

Visualizing isn't just seeing the picture, visualizing has to do with recreating the emotion and practicing the emotion you want to feel with the new person. Practice seeing yourself doing activities you would do with those persons and practice the emotion you would be having while you were doing the activities in real life with this person.

If you're doing the visualization, if you're doing the exercise of seeing each man who crosses your path (even in scenes on tv) as "what if him?" then you will begin dropping resistance. When you've dropped resistance, you will either attract someone else or you will attract a call out of this one.

***Only if you still have resistance will you remember he's gone and long for his call.*** Each time you feel the longing, remind yourself it's nice to care about someone, to want their call. You and he got along well, you would love to attract someone with his good qualities, someone who is seeking someone like you and someone emotionally available, with time for a relationship. ***These are thoughts to help you maneuver successfully away from the feeling of longing as in lack, toward a feeling of expectation for what is on the way.***

The only time it's delayed is when you get caught in the self talk loop of "why did he stop calling? what's wrong with me? what went wrong?" that kind of stuff. Your self talk motivates you, so make sure you do it On Purpose.

Right now he's spending as much time as he has for you and when you are apart, he's just involved in other things. He feels a connection to you that he wants to explore but, again, time.

As you do the attraction technique above, you may begin attracting a closer connection with him or it may be someone new altogether. Either way you win. I feel you're very much in his mind but he is used to the rubber band of emotions in a new infatuation so he allows cooling off time.

To end, author **John Gray** explains ***the rubber band effect*** on page 12 of this magazine.

Enjoy our offering this month.  
Hari Om.



*Andrea*



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

# HOROSCOPES AUGUST 2017

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

**Aries - (March 20 - April 18)** This powerful and amazing month presents you with an opportunity to break barriers, especially around relationships. You may feel preoccupied with other pressing matters, but don't lose sight of the prize. There are some old, lingering bonds left over from the past that are still shadowing your dreams. Release is not difficult; just look within, claim your freedom, and jump for joy. Claim love.

**Taurus - (April 19 - May 19)** You can make great headway this month. There are both lunar and solar eclipses, but if you remain focused there are few obstructions. The secret is to remain clear about what is really important and not allow distractions to sway your attention. August delivers you to an inevitable tipping point, and it's your responsibility to land on your feet. Monitor your balance every day.

**Gemini - (May 20 - June 19)** Words have such great power, especially for you. And, with so much going on in Leo, the sign ruling your 3rd house of communication, what you say and how you say it are highlighted now. You are creating a new reality, soon your thoughts will manifest into daily life. It may feel insurmountable as you keep waiting for the 'trick question'; but really, there is not one. Be bold and think positively.

**Cancer - (June 20 - July 21)** Venus graces your sign for most of this month, so keep her always in your heart and energy field. Venus wants you to enjoy life and live it as a goddess (or, for the guys, in a godly way). There will be shifts and creaks as the eclipse season tunnels into your finances and net worth. You may be looking at a sudden advance in your situation. Take it in stride, and buy something wonderful for the family.

**Leo - (July 22 - August 21)** You're sitting in the heart of a cosmic chess game, and now, it's your turn. It's all about you; who you are, who you know, and how you relate to the world. The secret benefit here is: you're being released from a financial bondage. How does it feel to be set free? You must get the paperwork in order, though. Even if details keep coming up - get these lingering affairs resolved. You're setting sail on a new adventure.

**Virgo - (August 22 - Sept 21)** Don't hold back in asking for help; getting assistance from others is you ace in the hole this month. Think of it as drawing on a karmic savings account that you forgot you had. With the Solar eclipse of August 21st illuminating your 12th house, this month has a timeless quality. Navigate on a 'need to know' basis and expect the unexpected. Someone may let you down, but you are also lifted up in a way you'd never anticipate.

**Libra - (Sept 22 - Oct 21)** August is your month for a fresh start. Focus on personal creativity and take a risk on love. Your heart wants to be open, and I see you smiling freely. Any discomfort from the past is moving rapidly behind you, and your future is rapidly transforming in the way you envision it. It's time to re-evaluate your situation, and to recognize that those chains of bondage are now broken. Fly free!

**Scorpio - (Oct 22 - Nov 20)** You have arrived at a critical juncture in your journey. It's time to connect with some new people and some of whom will become a solid part of your future. Get out to meet and greet every chance you get - don't count on them showing up at your door. This is your time for personal and professional networking, so take it on as an assignment. Your future is calling; please answer!

**Sagittarius - (Nov 21- Dec 19)** The fire signs have 'it' in this season, and that includes you. Uranus is standing by to give you one exquisite reason to surrender to faith, hope, and trust in the future. Uranus wants to work symbiotically with what you DO have, right here and now. Add the magic of your passion, and, then, alchemy is ignited. Dive in deep. You are being called to turn lead into gold - it IS possible, and you can do it.

**Capricorn - (Dec 20 - January 18)** The definitions of August align closely with your sign: inspiring reverence or admiration; of supreme dignity or grandeur; majestic. And, the August winds whisper of premonitions, another insight that aligns with your unique perspective. Listen to your intuition now. There is something that you need to understand. Be open to a needed course correction, and sail for the sunny shores.

**Aquarius - (Jan 19 - Feb 17)** You have a unique talent for logic, and the stars now invite you to deepen your well of emotion.

The secret is to hear the whisper of positive feelings over the booming echo of past hurts. Positive self-esteem is the arena for your transformation; put a smile on your face, even if you have to fake it till you make it. Allow that empty space to just 'be' for a bit rather than move to fill it right away.

**Pisces - (Feb 18 - March 19)** You are divinely guided by Jupiter these days. Yes, Neptune is your ruling planet, but Jupiter opens the gates of Splendor. However, don't dwell on when it's time to make a move. If you do, Mercury retrograde from Aug 12 - Sept 4 may leave you feeling like you have to stay even when you want to leave. If you wait, know it's because there is something better down the road.





# COVER ART

## DOLPHIN ROCK

by Sharon George



**Sharon George:** Award Winning Digital Painter of fantasy and goddess art. Her online portfolio is at [www.fantasy-goddess-art.com](http://www.fantasy-goddess-art.com). Her open edition archival quality prints are signed by the artist and come with a letter explaining her process of creation and the symbology used in each image. Each print is superb quality, stunning color and signed by the artist. What she says about herself and her work:

"I am the embodiment of Earth Mother. I am Empath; my spirit forever dragging my body behind. I live in a world of dreams. I am Nature. My mind an ancient tree, a primordial fern, a pool of silver water beneath the moon. I am part Raven, part Owl, part Lizard, part Rabbit and mother to many cats. I speak to my animal friends because I respect them. I have often felt my images are channeled. The best work leaves me waking from a trance with no idea how I just created whatever I did.



Once I was taken on a journey through some deep red rock fissures. We flew by very fast and on the walls were petroglyphs that came forward and glowed. I was taught the meaning of shapes and colors on a very profound level. There are no words to describe what I was given that afternoon. It's inside me somewhere.

My work is not done because I've yet to express these meanings. When I have grown enough to do so, everyone will gain. We all feel wonderful when those common chords in our hearts are touched.

We understand for a moment we're sacred and we're not alone. As a woman, I have shared with many women the birth and raising of children, the joys and sorrows of marriage...and I've emerged with a profound appreciation for the female experience.

I've learned to honor the eternal feminine aspect of life. I hope when people see my art they recognize the goddess within themselves. What is it? It's the indescribable something that makes life "alive", the creative force, the love that permeates all. Call it whatever you want. I celebrate it with my paintings."

<https://fantasy-goddess-art.com/>

Love? Money? Travel? Learn what 2017 holds in store for you.

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you're dealing with. And you  
have the power to change those.  
Louise Hay

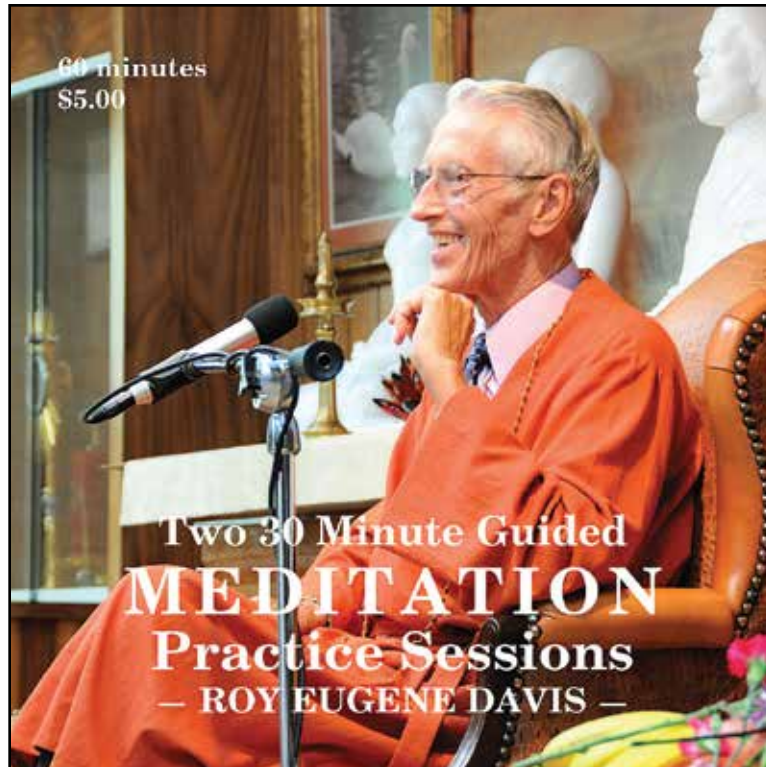
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