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**AUGUST 2020**

Andrea de Michaelis presents

# HORIZONS

**Florida's Mind, Body, Spirit Magazine since 1992**



*Our 28th Year*

**AUGUST 2020**  
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# THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Essential Guide to Aromatherapy and Vibrational Healing; Archangels & Gemstone Guardians Cards, and many more. Margaret Ann's upcoming book, The Essential Guide to Everyday Angels will be available in September 2020. Margaret Ann is an evolutionary aromatherapist, the creator of Smudge in Spray, and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established 1988. [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com) [TheCrystalGarden.com](http://TheCrystalGarden.com)

## TRANSFORMATION AND OPPORTUNITY

**Is it time to transform a challenging situation? Do you need to shed layers of emotions and disappointment? It's time to finalize the release of that which is old and worn.**

Let go of the past, and open your heart and mind to start anew. New opportunities and beginnings await you. Be open and embrace them.

Transformation provides the opportunity for change and change offers the opportunity to transform your current reality. Peel away anything that is worn out in your life. Examine all the situations, whether created by you or by others to determine if it is time for you to slough off pesky people or belief systems.

Opportunities often come with an expiration date, so timing your response accordingly is essential; hesitation is not recommended. Now is the time for you to allow the realization to surface and act accordingly. Awaken and accept the transformation in your life.

Call on the angels! Specifically call on the **Angel of Opportunity**. Ask the angels to support you as you work through the changes and ask that you receive the realizations and revelations necessary to effectuate the changes for a happier peaceful life. Embrace the idea that taking an action toward an opportunity, even if that action doesn't initially appear to make a difference, is better than taking no action at all. You will never know how much positive potential an opportunity brings until you try

**A petition to help with the change: Please open my eyes and my mind to recognize when an opportunity presents itself. Help me to be brave enough to jump into action with my ideas. Prevent me from hesitating out of fear or subconscious sabotage. Show me how to walk through the door of opportunity for the highest good of all concerned. I am willing to receive unexpected blessings. Thank you!**

Portions excerpted from The Essential Guide to Everyday Angels and Animal Totems and the Gemstone Kingdom.



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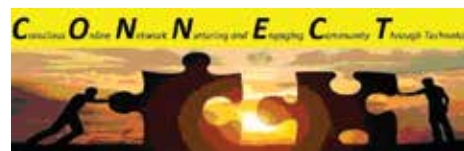
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*We bless you during this time and we stand  
committed to serve your spiritual needs.*

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and pray together!



**Tuesdays and Thursdays, 12:00pm**  
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breaths as we affirm the health and well-being of  
our world.

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**The greatest  
optical illusion  
is separation**

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

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



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

HORIZONS MAGAZINE is 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.

**Note: Horizons is online only during the pandemic**

**ARTICLE SUBMISSION:** You may submit articles of up to 900 words on any area of personal growth and practical spirituality to [HorizonsMagazine@gmail.com](mailto:HorizonsMagazine@gmail.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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## HORIZONS MAGAZINE

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<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.

**\*\*Publisher's note:** We use many names for **God**, including The Universe, Source Energy, Great Spirit, Divine Source. It all refers to the one God, no matter what name we use. [Andrea de Michaelis](#)



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



**Andrea de Michaelis**  
Publisher

# THIS MONTH'S THOUGHTS ABOUT THINGS

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

## WELCOME TO THE AUGUST 2020 HORIZONS.

They've been chainsawing outside, clearing on our block for the power lines. I took a walk afterward and was stunned how many oak branches were lining the front of my property. The thing is, while my woods look a little clearer, I can't really tell where they cut from. That tells me it really needed it, and YAY I didn't have to pay anyone to do it. They also cut down the massive tangle of Brazilian pepper and grapevines. That was gonna be my first cool weather spell job, and I knew I'd need to pay help to do it, but they did it for me. Win/win.

## THE PANDEMIC CONTINUES -- WHAT WE KNOW

Doctors now understand the behavior of the COVID 19 VIRUS due to AUTOPSIES they have carried out. This virus is characterized by obstructing respiratory pathways with THICK MUCUS that solidifies and BLOCKS AIRWAYS and lungs. They have discovered that in order to apply a medicine, you have to OPEN AND UNBLOCK THESE AIRWAYS so that the treatment can be used to take effect. All of this takes a number of days.

## HERE ARE THEIR RECOMMENDATIONS FOR WHAT YOU CAN DO TO SAFEGUARD YOURSELF

- 1) Drink lots of hot liquids - coffees, soups, teas, warm water. In addition take a sip of warm water every 20 minutes as this keeps your mouth moist and washes any of the virus that's entered your mouth into your stomach where your gastric juices will neutralize it before it can get to the lungs.
- 2) Gargle with an antiseptic and warm water like vinegar or salt or lemon every day if possible
- 3) The virus attaches itself to hair and clothes. Detergent or soap kills it but you must take bath or shower when you get in from the street. Avoid sitting down in your home and go straight to the shower. If you cannot wash your clothes daily, hang them in sunlight which also helps to neutralize the virus
- 4) Wash metallic surfaces carefully as the virus can stay viable on these for up to 9 days. Be vigilant about touching hand rails, door knobs, etc. and keep these clean in home.
- 5) Don't smoke
- 6) If out: Wash your hands every 20 minutes with any soap that foams and do this for 20 seconds.
- 7) Eat fruits and vegetables. Elevate your levels of Vits C, D and zinc.

8) Animals do not spread the virus to people. It's a person to person transmission.

9) Try to avoid getting the common flu as this already weakens your system. Try to avoid eating and drinking anything cold.

10) If you feel any discomfort in your throat or a sore throat coming on, attack it immediately using the above methods. The virus enters the system through the throat but will sit in the throat for 3-4 days before it passes into your lungs.

## HERE'S THE DOCTOR-SUGGESTED PROTOCOL I USE FOR STAYING HEALTHY DURING THIS

*A pal is a Covid-19 survivor, below is the protocol given by her physician. Ask your doctor if you take prescription meds before taking high doses of vitamins.*

- \*\* Monitor your oxygen. Pulse oximeter you want above 95%
- \*\* Monitor temp, BP Keep daily chart of blood pressure, temp.
- \*\* Neti pot to flush sinuses to wash away virus cells etc.

## \*\*VITAMINS, SUPPLEMENTS

**Vit C** -- 4000 per day, back off if you get loose stools

**D-3** -- 5000 per day

**Zinc** -- 20-30mg per day

**Lysine** -- 500 mg 2-3 times day

**Olive leaf extract** -- 500 mg 1-2 times a day

**Omega-3 fish oil** 650 mg a day

**Standard multivitamin**

\*\* Increase fluids, rest. Warm fluids are particularly good.

\*\* Salt water gargles, ice chips to soothe throat 3x a day. OTC cough and cold remedies, particularly 200-400 mg guaifenesin (generic for Mucinex) taken every 4 hours, up to a maximum of 2,400 mg per 24-hour period.

\*\* Stay home - no work or social activities. See doctor as needed or if symptoms worsen

## THE CONSPIRACY THEORIES ARE RUNNING RAMPANT ON FACEBOOK

I check the news wires, Reuters and APnews.com for what's really happening since I've learned I can trust them as a source. Here's a roundup of some of the most popular but completely untrue stories. None of these are legit, even though they were shared widely on social media. Here are the facts:

**CLAIM:** NASA has officially announced a 13th zodiac sign, Ophiuchus, after discovering a new constellation, meaning your zodiac star has changed.

**THE FACTS:** NASA is the federal agency dedicated to studying and exploring astronomy, not astrology, and has not made any such announcement.

## COME ON, WHO STARTS THIS STUFF?

*...continued on page 35..*



# UNLEASHING THE POWER OF CONSCIOUSNESS, MATTER, MIRACLES

Bruce H. Lipton, Ph.D., a pioneer in the new biology, is an internationally recognized leader in bridging science and spirit. A cell biologist by training, Bruce was on the faculty of the University of Wisconsin's School of Medicine and later performed groundbreaking stem-cell research at Stanford University. He is the best-selling author of *The Biology of Belief* and received the 2009 prestigious Goi Peace Award (Japan) in honor of his scientific contribution to world harmony. Visit [www.bruce-lipton.com](http://www.bruce-lipton.com) This is an excerpt from *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*

## LESSONS FROM THE PETRI DISH: IN PRAISE OF SMART CELLS AND SMART STUDENTS

### TROUBLE IN PARADISE

**On my second day in the Caribbean, as I stood in front of over a hundred visibly on-edge medical students, I suddenly realized that not everyone viewed the island as a laid-back refuge. For these nervous students, Montserrat was not a peaceful escape but a last-ditch chance to realize their dreams of becoming doctors.**

My class was geographically homogenous, mostly American students from the East Coast, but there were all races and ages, including a 67-year-old retiree who was anxious to do more with his life. Their backgrounds were equally varied: former elementary school teachers, accountants, musicians, a nun and even a drug smuggler.

Despite all the differences, the students shared two characteristics. One, they had failed to succeed in the highly competitive selection process that filled the limited number of positions in American medical schools.

Two, they were 'strivers' intent on becoming doctors: they were not about to be denied the opportunity to prove their qualifications. Most had spent their life savings or indentured themselves to cover the tuition and extra costs of living out of the country.

Many found themselves completely alone for the first time in their lives, having left their families and friends and loved ones behind. They put up with the most intolerable living conditions on that campus. Yet with all the drawbacks and the odds stacked against them, they were never deterred from their quest for a medical degree.

Well, at least that was true up to the time of our first class together. Prior to my arrival, the students had had three different histology/cell biology professors. The first lecturer left the students in the lurch when he responded to some personal issue by bolting from the island three weeks into the semester. In short order, the school found a suitable replacement who tried to pick up the pieces; unfortunately he bailed three weeks later because he got sick.

For the preceding two weeks a faculty member, responsible for another field of study, had been reading chapters out of a textbook to the class. This obviously bored the students to death, but the school was fulfilling a directive to provide a specified number of lecture hours for the course. Academic prerequisites set by American medical examiners have to be met in order for the school's graduates to practice in the States.

For the fourth time that semester, the weary students listened to a new professor. I briefed them on my background and my expectations for the course. I made it clear that even though we were in a foreign country, I was not going to expect any less from them than what was expected from my Wisconsin students. Nor should they want me to, because to be certified, all doctors have to pass the same Medical Boards, no matter where they go to medical school.

Then I pulled a sheaf of exams out of my briefcase and told the students that I was giving them a self-assessment quiz. The middle of the semester had just passed and I expected them to be familiar with half of the required course material. The test I handed out on that first day of the course consisted of 20 questions taken directly from the University of Wisconsin histology midterm exam. Histology is the study of the microscopic structure of tissues.

The classroom was deadly silent for the first ten minutes of the testing period. Then nervous fidgeting felled the students one by one, faster than the spread of the deadly Ebola virus. By the time the twenty minutes allotted for the quiz were over, wide-eyed panic had gripped the class.

When I said, 'Stop,' the pent-up nervous anxiety erupted into the din of a hundred excited conversations. I quieted the class down and began to read them the answers. The first five or six answers were met with subdued sighs.

After I reached the tenth question, each subsequent answer was followed by agonizing groans. The highest score in the class was ten correct answers, followed by several students who answered seven correctly; with guesswork, most of the rest scored at least one or two correct answers.

*...continued on page 21*



# 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).

**WE'RE NOT SAYING WISH THE PANDEMIC AWAY**  
**We're not asking you to pretend that something that is a reality, to pretend that it doesn't exist. But we are encouraging your deliberate calibration.**

Esther said to us: "*Abraham, what are your thoughts about this Pandemic, the Corona Virus?*"

And our response to her was:

It's like so many things in your environment, it's there, calibrate your life knowing that it's there. In other words, live with it, live joyously with it.

We know you're going to have to think about that a little bit. That hit some of you in a funny way.

But there's a war against this Corona Virus, and it's just getting bigger. But just because there's a war against it, doesn't mean you have to wage it.

You can calibrate differently.

And when you stop waging war against those that are waging war against this, it'll be a whole lot easier for you to calibrate in the direction of what you are wanting.

**THESE CONDITIONS RIGHT NOW ON THE PLANET, NO MATTER WHAT THEY ARE OR WHERE YOU ARE STANDING ARE TEMPORARY.**

Don't let anybody confuse you. They're temporary. But don't let these temporary conditions be your excuse for focusing and riding in discomfort and then holding off the manifestation of other pleasing conditions that are on their way to you, from this garden, this Vortex that is yours.

Some of you are calibrating to what you do not want. You're letting what you're observing cause you to calibrate your vibration and set your Point of Attraction. That's calibration out of control. It's calibration in response to situations, which is conditional calibration.

Somewhere between: "I'm lost, like I've fallen out of an airplane and my parachute doesn't work, and "I know what I'm asking for is done, it's ready for me and I want to get ready for it".....

Everybody is between those two perspectives.



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**YOUR FOCUS, YOUR ATTENTION, YOUR WORDS ARE YOU CALIBRATING.**

It's you practicing your vibration. It's you making it more likely that you're going to continue in this trend. Your calibration toward what you don't want is more present, more often and more easier for you to default to, because of practice than other more solution-oriented statements.

**SO WHAT IS CALIBRATION? CALIBRATING TO WHAT?**

We're asking you to calibrate to the vibrational frequency and perspective of your Inner-Being. We know sometimes you're doing that, but often you are not, you're calibrating to a situation or circumstance or going further, you're calibrating to what your mother and father were thinking about when you were in elementary school, but you're doing it Now.

It was about then, but you're doing it Now. And all of your power is in your present moment. So every word you speak is a calibration. Every word you speak is a calibration toward something wanted or something unwanted.

*...continued on page 28*

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# HERB CORNER

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](http://www.herbcorner.net) 321-757-7522

## HERBAL SUMMER SURVIVAL

**It's time to get ready for summer miss-haps; if your family is like mine you will want to be prepared for things like burns, bites, splinters, blisters, cuts and bruises.**

**IF YOU GET BURNED** and it's severe, go to the hospital or call 911. Otherwise cool down the site with cold water, ice, cold rags or pull some frozen vegetables from the freezer and put the bag on the burn. Then you can begin to treat with herbs or some household items. Hopefully you have access to an **Aloe** plant the gel inside the plant is soothes all types of burns especially sunburns. Besides being a pain reliever it fights infection and reduces inflammation. **Vinegar** applied right away will help to balance the skins ph reducing blistering. **Honey** seals off the burn preventing infection and draws out excess fluid so you won't blister. A **raw potato** draws heat from the burn pulling out fluid so you won't blister. If you have **yogurt** in the refrigerator it will cool the burn and balance the ph of the site.

**GETTING BUG BITES** is another inevitable of the summer. The first thing you will want to do is clean the site of the bite if it is possible. **Plantain** and **Calendula** are good herbs to poultice on the bite. If you are at home you can use an **ammonia wash**, **baking soda paste**, **grated onion** or **vinegar**. An herbal tincture of **Echinacea** it will help to stop the poison from spreading. You can also use 3-4 drops of the essential oil of **Lavender** or **Cloves** every 15 minutes for the pain.

**A GOOD INSECT REPELLENT** is also a must for when you are outside. An Insect repellent formula I like to use is made with 3/4oz. Olive oil, 3oz vodka, the essential oils of Citronella, Eucalyptus and Lemon grass (1/4tsp each) and 1/8tsp each of Clove, Cedarwood and Peppermint essential oils. I put these ingredients in a 4 oz glass spray bottle shaking well before using.

**BLISTERS** can also be a nuisance; if the blister is small leave it. If it's large pop it with a sterile needle, clean the blister and cover the blister with herbs like **Plantain**, **Calendula** or **Comfrey** to help it heal. **Echinacea**, **Myrrh** or **Golden Seal** will help fight off possible infections. And maybe a small amount of **Cloves** to ease the pain. You can also use **Lavender** essential oil straight on the blister. From your kitchen you can use half of a **potato** or **honey** as a compress.

**OTHER FIRST AID ESSENTIALS:** Grapefruit seed extract as a disinfectant for wounds (placing 20-40 drops in one pint of water, washing the area with the mixture). A salve or compress made with Arnica to promote healing and to reduce pain of sore muscles or pulled muscles, swelling and sprains.

I have a **First Aid kit** prepared for my home, work and in my car for the many miss-haps my family has gotten into. They are not hard to put together and they definitely come in handy.



# LOVE, SEX AND RELATIONSHIPS



Byron Katie is an author who teaches a method of self-inquiry known simply as "The Work." TIME describes her as "a spiritual innovator for the 21st century." Visit [www.thework.com](http://www.thework.com)

**IT HAS BEEN A LIFE'S WORK TO MAKE OUR PARTNER WRONG. THEN WHEN WE ENTER INQUIRY, WE LOSE. IT'S**

**A TREMENDOUS SHOCK. AND IT TURNS OUT TO BE GRACE. WINNING IS LOSING. LOSING IS WINNING. IT ALL TURNS AROUND.**

I can't feel angry at my partner without suffering. This doesn't feel natural to me. It doesn't feel resonant. If I meet my partner with understanding, it feels more like me. So when a thought appears, can I meet that thought with understanding? When I've learned to meet my thoughts with understanding, I meet you with understanding.

What could you say about me that I haven't already thought? There are no new thoughts—they're all recycled. We're not meeting anything but thoughts. The external is the internal projected. Whether it's your thinking or my thinking, it's the same. Let's meet it with understanding. Only love heals.

When you don't love the other person, it hurts, because love is your very self. And you can't make yourself do it! You can't make yourself love someone. But when you come to love yourself, you automatically love the other person. You can't not. Just as you can't make yourself love us, you can't make yourself not love us. It's all your projection.

Personalities don't love; they want something. Love doesn't seek anything. It's already complete. It doesn't want, doesn't need, has no shoulds (not even for the person's own good). So when I hear people say that they love someone and want to be loved in return, I know they're not talking about love. They're talking about something else.



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Matt Kahn is author of the best-selling *Whatever Arises, Love That* and *Everything is Here to Help You*. A spiritual teacher and empathic healer who has become a YouTube sensation with his healing and often humorous videos. His 9 million True Divine Nature YouTube channel viewers find the support they seek to feel more loved, awakened and opened to possibilities thru the invitation to join the "Love Revolution That Begins with You." See [mattkahn.org](http://mattkahn.org).

# WHY LET GO?

## **IN ORDER TO KNOW THE BENEFITS OF LETTING GO, IT IS ESSENTIAL TO FIRST IDENTIFY WHAT YOU MIGHT BE HOLDING ON TO.**

Perhaps you are holding onto a dream of how you want your life to be? And, of course, the purpose of life is to grow, so it is natural and important to always strive toward greater horizons of experience. But when any degree of striving for change overlooks the equally important facet of appreciating all that you have — an imbalance occurs. In this space of imbalance, where more time is spent striving towards something different than appreciating exactly the way life happens to be, you experience a degree of shutting down, known commonly as sadness.

When you are shut down in sadness it is nearly instinctive to believe that you can only feel differently once your life circumstances become different.

In sadness, it is common to believe, "if I am unable to snap my fingers and make external circumstances better, there goes any chance of feeling better." Such a belief only amplifies the self-defeat, misery, and agony shutting down conveys. It is partially true-- something in your life does need to change in order to inspire transformation in your emotional experiences, but it only needs to be the changing of your perspective.

In order for such incredible shifts to occur, let's explore the fundamental rhythm of reality that when overlooked, facilitates the shutting down you are eager to dissolve and unravel. No matter how many years you've been on this planet, how few or how many mystical experiences you've had, or even the amount of grief, neglect or abuse you've endured, all human beings experience a rhythm of perpetual change. During reoccurring periods of inevitable change, there are two cycles at play...cycles of renewal and erosion.

In renewal, old things become new. In erosion, new things become old.

Throughout the human condition, it is normal to be positively elated by the birth of new creations that renewal so often provides. Equally so, it is also normal for the elation experienced in renewal to flatten or seem empty as new things become old. It is lovely to receive a bouquet of flowers, which isn't the same experience when all the petals fall off with stems steeped in murky water. It's glorious to manifest exciting new opportunities, which inevitably become less exciting once something new becomes that 'same old thing'.

This also happens in relationships, where the passion of a brand-new love affair fades into the boredom of everyday life. Again, this is a normal way of functioning within the human condition. This means it is normal for how ego perceives, but not nearly as incredibly as your soul sees your life.

When you view from your soul's perspective, you are inherently emotionally free. You are able to strive towards goals, while always making time to appreciate all that's been given by honoring all the experiences that have come to be. You are able to cherish the fact that new things are only set to become old things, while the space created from this process only gives rise to the creation of newer things to be.

From this space of emotional freedom, you are able to equally embrace renewal and erosion for their transformative benefits, no matter how much pleasure or pain will be felt.

In ego, you are conditioned to seek pleasure primarily to avoid the anticipation of pain. Since the ego's perception of joy, elation, and arousal could only be noticed in the absence of pain, it is your primary way of functioning in the human condition to be your most open, positive and loving self during cycles of renewal, only to shut down, lash out, and turn away the moment erosion dawns.

Since renewal naturally leads to erosion and erosion only clears space for greater renewal, the art of letting go is relinquishing a need to control it.

This is the cornerstone of emotional freedom. It is the central theme of the new heart-centered spiritual paradigm-- to be able to gain joyfully and lose with the utmost nobility. It is your soul's ability to embody the resilience of transformation that comes about as a result of old things becoming new and new things becoming old throughout a rhythm of endless change.

This is precisely what the Universe urges you to learn and embody at this time: to temper your deepest desire for change with an equal amount of time appreciating all that you have and its purpose of helping you reach your absolute potential. And it's urging you to be excited for all the new horizons of experience always coming your way, while being equally respectful of the limited time you have with certain people, places, and things — only existing exactly as they are for the personal growth and spiritual expansion this period of time is meant to provide you.

*...continued on page 21...*





# SETH SPEAKS

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

## SETH ON THOUGHTS AND EMOTIONS

"It is somewhat fashionable to place feelings above conscious thoughts, the idea being that emotions are more basic and natural than conscious reasoning is. The two actually go together but your conscious thinking largely determines your emotions, and not the other way around. Your beliefs generate the appropriate emotion that is implied. A long period of inner depression does not just come upon you. Your emotions do not betray you. Instead, over a period of time you have been consciously entertaining negative beliefs that then generated the strong feelings of despondency.

If emotion could be trusted above conscious reasoning then there would be little point in aware thought at all. You would not need it.

You are not at the mercy of your emotions, either, for they are meant to follow the flow of your reasoning. Your mind is meant to perceive the physical environment clearly, and its judgments about the environment then activate the body's mechanisms to bring about proper response. If your beliefs about existence are fearful, then the emotional reactions will be those leading to stress. Your own value judgments need examination in such a case.

Your imagination of course fires your emotions, and it also follows our beliefs faithfully. As you think so you feel, and not the other way around."

## SETH ON USING THE POWER OF THE SUBCONSCIOUS

...in the dream state, communication is possible between all portions of the self...

You may give directions TO your subconscious when you are in your normal waking state, and it will follow them. You may for example suggest before sleeping that the next day, while you are involved in your working situation, the subconscious will be involved in working out designs for you for your own projects.

This will give you the satisfaction of making the time twice as valuable. You can suggest TO the subconscious that it carry on in such a manner regardless of your conscious concern. As a result the ego can apply itself to the job at hand while the subconscious works FOR you and your inner purposes. This is very practical and works without much difficulty.

You may give ANY such suggestions and they will be followed. Do not however STRAIN yourself trying to figure out whether or not the suggestions are being followed. Give them, then turn your attention to other matters. You may obviously also direct your subconscious to react only to constructive suggestions from any source. This is in fact an excellent habit to cultivate.

...continued on page 27

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# FROM THE HEART



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## SPIRIT MEANS BUSINESS

**The Myth: Struggle means you are getting somewhere.**

**The Reality: Struggle means you are being directed elsewhere.**

### *BURN WITH THE FIRE OF PURPOSE*

When your intention is strong, obstacles that would stop people with weaker intention will not thwart you. My friend **Gudrun Cable**, an appreciator of great literature, wanted to create a hotel with rooms decorated according to the lives and themes of famous writers.

She found a perfect hotel for sale on the windswept **Oregon** coast and applied for a loan to purchase it. **Gudrun** was turned down again and again and again. She applied to 30 lenders for loans until one finally agreed. Then she gathered a group of her friends to help decorate the rooms, each in the style of a particular author like **Mark Twain**, **Edgar Allen Poe**, and **Dr. Seuss**. Today the **Sylvia Beach Hotel** is a booming success, offering one of the most unique lodging and retreat experiences in the world. **Gudrun's** intention to create that hotel was stronger than any of the lenders' intentions to deny her, so she succeeded because she burned with the fire of purpose.

When an aspiring writer asked **Ernest Hemingway** if he should take up writing, **Hemingway** answered, "If anything can stop you, let it."

When a young woman asked **Barbra Streisand** if she should pursue a singing career, **Streisand** told her, "If you have to ask, don't."

If something can keep you from doing what you love, you don't really love it. When passion is your prime motivator, nothing will be able to stop you from claiming your destiny. You might argue that **Gudrun Cable's** journey to obtain her hotel was a struggle to surmount the hurdles before her. That is so only at the surface level of appearances. On a deeper level, she was on an exciting adventure, the joy of which far exceeded any sense of struggle. Struggle is not a circumstance; it is a state of mind. Refuse to participate in mental and emotional struggle, and authentic passion will fuel you to reach your goal.

**The Myth: Obstacles have the power to stop you and turn you back.**

**The Reality: When you're burning with the fire of purpose, challenges cease to be obstacles and become fuel.**

### *PARTNER WITH HIGHER POWER*

If you think you have to go it alone and do it all yourself, you will bear a heavy self-fabricated cross. Even if you succeed as an ego, you will fail as a spirit. You may close the deal, win the award, or obtain the position, but if your soul is battered or starving, what good are the medals? If you are hell-bent on marching as an army of one, you will engender conflicts, keep facing the next uphill battle, and get sick.

Some of the highest-profile people are the most miserable. They are worldly successes but spiritual failures. If you believe that everything depends on you, you will grow weary and be crushed. But if you allow a **Higher Power** to guide your business, your burden will be lightened and all you need will come to you. Authentic achievement is a co-creation. Do your part and Spirit will do its part.

When I write a book, I never feel that I am writing it by myself. The content is being given to me by a greater source. My job is to listen carefully and deliver the material to the world as true to its intent as possible. The book has already been written and I am the recording secretary.

I never struggle to squeeze material forth. My role is to quiet my mind and open the door. What comes through that door amazes me! The experience is simultaneously humbling and empowering. Source has never failed me, and it will not fail you. Most creative people report a similar experience.

**Nikola Tesla**, the genius visionary who advanced society immeasurably with his astounding inventions, reported that his ideas came to him in a flash. His job was to flesh them out. World-changing ideas are not sourced by people. They are sourced by **God**. But **God** needs us to bring those ideas to life. That is how valuable and trustworthy you are, and how important is your role as a co-creator of magnificent productions.

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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: Ghost Stalker: A Psychic Medium Visits America's Most Haunted Sites • 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](http://www.MichelleWhitedove.com)

**DEAR WHITEDOVE,** Sometimes I dream of future events. Then sometimes I dream about people that I know, but are more symbolic rather than factual. It's all very confusing information. How am I supposed to interpret these wild dreams? And how do you feel about prophetic dreams?  
**The Vision Questing, Vermont**

**DEAR VERMONT,** The dreamtime is the doorway to the spirit world. As the body rests and rejuvenates, the soul is released. We do many things during the dreamtime. Sometimes we work out solutions to Earthly problems and our fears. This is also the time when we meet up with departed loved ones and continue our relationships. Dreams are also a way of self communication on a soul level.

You see, in the spirit world there is no linear time as on Earth; the past, present, and future are all one. Then there are probable futures too. Upon waking, we can remember witnessing events, but in Earth time these events have not played out as of yet. Premonitions or Prophetic dreams are valid, but you have to learn to interpret them for yourself.

I suggest to all my students to keep a dream journal. Train yourself to remember your dreams, they're important. At bedtime, start a little ritual. Place a glass carafe full of spring water on your nightstand near your head, this is not for drinking. You're using this water as a superconductor to help bring clarity to your dreams. When you lay down, ask your subconscious mind to move over. It helps to make the request because your mind acts as a filter. Say to yourself, *"I want to remember my dreams, and I will remember my dreams."* This positive reinforcement will impress your true desires upon your subconscious mind.

Upon waking, don't jump right up. Think about where you were. This lodges it into your short term memory. Ask yourself; *what was just happening?* Then jot down all the details of your dreams before getting out of bed. The more that you practice, the clearer your dreams will become. You will enjoy rereading your dream journal and come to a better understanding of your soul's dreamtime escapades.

Many inventors receive information in the dream state. **Thomas Edison** would take cat naps in his office while holding marbles. He would focus on a solution to an invention as he would drift off to sleep. When he reached a level of deep



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sleep his hands would relax, the marbles would drop on the wood floor and wake him. By using this method to startle himself awake he would be able to remember more information from the dream state. **Mr. Edison** holds the world record for 1900 patented inventions. He was able to perfect a method to help him remember his dreams.

Throughout biblical scriptures there are many instances of **God** and the Angels relaying special knowledge about events to come through dreams. This is an easy method for spirit communication. When **God** wants to give us an urgent warning or encourage us to take action a prophetic dream is an inspiring tool.

**DEAR WHITEDOVE,** I love the concept of instant karma, but I'm a little confused. Is there only bad Karma? Or is there good karma too? **Karma Comedian, Kansas**

**DEAR COMEDIAN,** "Karma" is relatively a new word for western civilization. You may understand the biblical term "reaping what you sow" or the new age phrase "the law of attraction". Science understands it as "the law of Cause and Effect." Simply put: For every action there is a reaction or similarly, for every cause there is an effect. This is a Universal truth in both positive and negative aspects.

I consider "Good Karma" much like heavenly brownie points. Good deeds that flow in an unconditional manner will always be felt and recognized. You may not see the immediate effects. But during your life review you will have the opportunity and pleasure to see all of the lives that you touched. We are like pebbles that are cast into a pond... the ripples radiate out and touch everything!

One small kind gesture can change a person's life, and thus change the world. Even a smile can generate change. Negative Karma is something that we will need to revisit for our soul's growth. Please understand, there is no need for punishment in the Heavens; we will choose to experience negativity so that we understand it, overcome it, and evolve spiritually. Right now there is a great need to dwell in the positive, everyday strive to be of service. Look for opportunities to help another.

Let's all work to create more JOY in this world! Your actions make a huge difference.



# SOUL SONGS • ABRAHAM FUN

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

## DON'T GET MAD, GET GLAD

When I feel angry, I can react in various ways: I can "stuff it," pretending my anger doesn't exist and pasting on a smile; I can vent my animosity on others, although they would probably choose otherwise; or I might go into my bedroom and punch a pillow, although the feathers may fly.

The ultimate approach to the anger habit is to begin to release it from my life. It doesn't serve me well, and there are far better ways to motivate myself.

Anger begets more anger within me. Through a universal Law of Attraction, anger attracts to me more of the same - more situations to evoke more anger. Vicious cycle time.

By the same principle, my anger stirs up anger in others. Everything from locking horns to worse things can result.

When I am angry, I am focused on what's wrong in my experience. I am, for that time, reducing the natural flow of good into my life. I am raising my blood pressure, taxing my heart, and turning my face an ugly shade of purple. It just isn't worth it.

I can be honest with people. I can speak up. I can solve problems - all without getting or going mad. I practice that today.



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# SPIRITUAL GRAFFITI

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

**"THE PRIMARY CAUSE OF OUR UNHAPPINESS IS NOT OUR THOUGHTS. THE MONKEY MIND IS NOT THE SOURCE OF OUR ANXIETY. IT'S A SYMPTOM OF IT.**

Forget the monkey mind. The mind is not the problem—unhealed pain is. Men have been blaming the mind for their neuroses for centuries, while deftly avoiding that which sources its maladies: somatic constrictions, and unprocessed emotions stored in the body itself. It's like losing your keys somewhere in the house, and looking for them in the car. Useless, useless, useless.

Until we stop blaming the mind—and recognize that its anxieties stem from the unresolved emotional body—there will be no liberation. Shifting out of unhappiness is not a cerebral process—that's just another ineffective band-aid. It is a visceral full-body experience. It's the "monkey heart" that's the issue—the state of inner turbulence and agitation that emanates from an unclear heart.

The more repressed your emotional body, the more repetitive your thoughts. Flooded with unhealed emotions and unexpressed truths, the monkey heart jumps from tree-top to tree-top, emoting without grounding, dancing in its confusion. Often misinterpreted as a monkey mind, the monkey heart is reflected in repetitive thinking, perpetual anxiety and negative imaginings. To calm and clarify your mind, you have to heal your heart."

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# CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before.  
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Mondays and Thursdays SEBASTIAN 7pm, \$12 Intuitively guided Journey Meditations with Psychic Medium Marchelle at Into The Mystic. 1614 US Hwy 1, Sebastian. 772-480-4344

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)

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$10 Members, \$20 others. Spiritualist Chapel of Melbourne meets at 1924 Melody Lane behind Melb Auditorium 321-419-6262

Thurs MELB/PALM BAY 7pm Wiccan Outer Court. Celebrate Sabbats. Workshops Available. Email [scribe@ironoak.org](mailto:scribe@ironoak.org) 321-258-2897

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

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)

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

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

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

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 403 West St., NSB, [nsbcuuc.org](http://nsbcuuc.org), 386-308-8080

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

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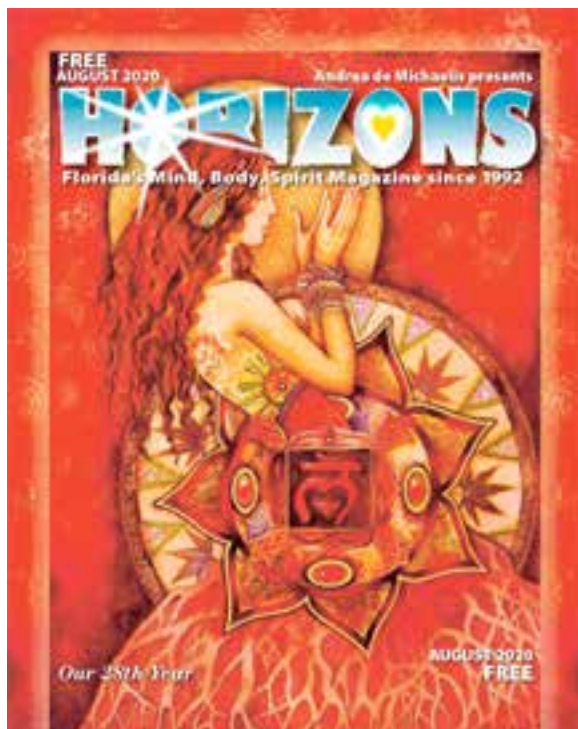
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# ON THE COVER

## Ruby Muladhara Root Chakra Goddess

By Holly Sierra



### RUBY MULADHARA ROOT CHAKRA GODDESS

**RUBY** is painted in **Scarlett, Crimson, Gold**. Known as **Muladhara** she is replete with ruby gems and bloodstone. She is our body's most primal and fundamental energy center, located at the base of our spine and stands for instinct, survival and safety!

**Holly Sierra's** illustrations speak of that which is visually enchanting with particular attention to decorative, mystical, historical and multicultural themes. Aside from a penchant for detail, the defining aspect of her work is her ability to combine her brand of realism with folk art and decorative fantasy elements. Were you to wander inside, you'd find Holly's studio full of tributes to her interests ~ The Green Man, A Myriad of Gorgeous Goddesses, Indian Tapestries, Sun Faces, Icons, Ancient Runes, Mosaics, African and Asian masks, A Medicine Wheel, Southwestern Artifacts, Celtic Castings, Incense Ablaze and hundreds of BOOKS!

Books on everything from the ancient world to elaborate herb gardens. As well, one might hear the melancholy strains of an old Irish Love song or Loreena McKennitt's music playing softly in the background.

**Holly Sierra** now makes her home in colorful **Sedona, Arizona** and finds the area very inspirational to her new work. Starts with scenery that makes your heart leap...**Sedona** is nestled amidst a geological wonderland. Multi-hued stone formations rise upwards from the high desert floor creating a vivid, mesmerizing setting that changes hourly with the light.

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Holly is often found hiking or four wheeling amongst the Red Rocks, if she is not busy attending a gallery opening or supplying a local shop with Chrysalis Tarot Decks, Greeting Cards or Canvas Prints! Holly's daughters, Gabi and Esme, as well as Pearl, a beautiful grey cat, helps keep her company. See her work at

<https://www.etsy.com/shop/HollySierraArt>



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Bruce Lipton, Ph.D.

## UNLEASHING POWER OF CONSCIOUSNESS, MATTER, MIRACLES

*...continued from page 8*

When I looked up at the class, I was greeted with frozen, shell-shocked faces. The 'strivers' found themselves behind the big eight ball. With more than half a semester behind them, they had to start the course all over again. A dark gloom overcame the students, most of whom were already treading water in their other, very demanding medical school courses. Within moments, their gloom had turned into quiet despair. In profound silence, I looked out over the students and they looked back at me. I experienced an internal ache.

My heart welled. Perhaps the salt air and sweet scents had already made me more magnanimous. In any case, unexpectedly, I found myself announcing that I would make it my personal commitment to see that every student was fully prepared for the final exam, if they would commit to providing matching efforts. When they realized I was truly committed to their success, I could see the lights flash on in their previously panicked eyes.

Feeling like an embattled coach revving up the team for the Big Game, I told them I thought they were every bit as intelligent as the students I taught in the States. I told them I believed their State-side peers were simply more proficient at rote memorization, the quality that enabled them to score better in the medical college admissions tests.

I also tried very hard to convince them that histology and cell biology are not intellectually difficult courses. I explained that in all of its elegance, nature employs very simple operating principles. Rather than just memorizing facts and figures, I promised they were going to gain an understanding of cells because I would present simple principles on top of simple principles.

I offered to provide additional night lectures, which would tax their stamina after their already long lecture and lab-packed days.

The students were pumped up after my ten-minute pep talk. When the period ended they bolted from that classroom snorting fire, determined they would not be beaten by the system. After the students left, the enormity of the commitment I had made sank in. I started having doubts. I knew that a significant number of the students were truly unqualified to be attending medical school. Many others were capable students whose backgrounds had not prepared them for the challenge.

I was afraid that my island idyll would degenerate into a frenetic, time-consuming academic scrimmage that would end in failure for my students and for me as their teacher. I started

thinking about my job at **Wisconsin**, and suddenly it was beginning to look easy. At **Wisconsin**, I gave only eight lectures out of the approximately 50 that made up the histology/cell biology course. There were five members of the **Anatomy Department** who shared the lecturing load. Of course I was responsible for the material in all of the lectures because I was involved in their accompanying laboratory sessions. I was supposed to be available to answer all course-related questions asked by the students. But knowing the material and presenting lectures on the material are not the same thing!

I had a three-day weekend to wrestle with the situation I had created for myself. Had I faced a crisis such as this back home, my type A personality would have had me swinging from the proverbial chandeliers. Interestingly, as I sat by the pool, watching the sun set into the **Caribbean**, the potential angst simply morphed into an exciting adventure. I began to get excited about the fact that for the first time in my teaching career, I was solely responsible for this major course and free from having to conform to the style and content restrictions of team-taught programs.

### CELLS AS MINIATURE HUMANS

As it turned out, that histology course was the most exhilarating and intellectually profound period of my academic career. Free to teach the course the way I wanted to teach it, I ventured into a new way of covering the material, an approach that had been roiling in my brain for several years.

I had been fascinated by the idea that considering cells as 'miniature humans' would make it easier to understand their physiology and behavior. As I contemplated a new structure for the course, I got excited. The idea of overlapping cell and human biology rekindled the inspiration for science I had felt as a child. I still experienced that enthusiasm in my research laboratory, though not when I was mired in the administrative details of being a tenured faculty member, including endless meetings and what for me were tortuous faculty parties.

I was prone to thinking of cells as human-like because, after years behind a microscope, I had become humbled by the complexity and power of what at first appear to be anatomically simple, moving blobs in a Petri dish. ***In school you may learned the basic components of a cell: the nucleus that contains genetic material, the energy-producing mitochondria, the protective membrane at the outside rim, and the cytoplasm in between.*** But within these anatomically simple-looking cells is a complex world; these smart cells employ technologies that scientists have yet to fully fathom.

The notion of cells as miniature humans that I was mulling over would be considered heresy by most biologists. Trying to explain the nature of anything not human by relating it to human behavior is called anthropomorphism. 'True' scientists consider anthropomorphism to be something of a mortal sin and ostracize scientists who knowingly employ it in their work.

*...continued on page 26...*

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*What I'm here to do with Horizons Magazine is share a belief and formula for happiness that I've found is true for me and for others I know and 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

## **HORIZONS MAGAZINE MISSION STATEMENT**

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.

### **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 your heart, 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.





Bruce Lipton, Ph.D.

## UNLEASHING POWER OF CONSCIOUSNESS, MATTER, MIRACLES

*...continued from page 21*

However, I believed though that I was breaking out of orthodoxy for a good reason. Biologists try to gain scientific understanding by observing nature and conjuring up a hypothesis of how things work. Then they design experiments to test their ideas. By necessity, deriving the hypothesis and designing the experiments require the scientist to 'think' how a cell or another living organism carries out its life. Applying these 'human' solutions, i.e. a human view of resolving biology's mysteries, automatically makes these scientists guilty of anthropomorphizing. No matter how you cut it, biological science is based to some degree on humanizing the subject matter.

Actually, I believe that the unwritten ban on anthropomorphism is an outmoded remnant of the **Dark Ages** when religious authorities denied any direct relationship existed between humans and any of **God's** other creations. While I can see the value of the concept when people try to anthropomorphize a light bulb, a radio or a pocketknife, I do not see it as a valid criticism when it is applied to living organisms.

Human beings are multicellular organisms—we must inherently share basic behavioral patterns with our own cells.

However, I know that it takes a shift in perception to acknowledge that parallel. Historically, our **Judeo-Christian** beliefs have led us to think that we are the intelligent creatures who were created in a separate and distinct process from all other plants and animals. This view has us looking down our noses at lesser creatures as non-intelligent life forms, especially those organisms on the lower evolutionary rungs of life.

Nothing could be farther from the truth. When we observe other humans as individual entities or see ourselves in the mirror as an individual organism, in one sense, we are correct, at least from the perspective of our level of observation.

However, if I brought you down to the size of an individual cell so you could see your body from that perspective, it would offer a whole new view of the world. When you looked back at yourself from that perspective you would not see yourself as a single entity. You would see yourself as a bustling community of more than 50 trillion individual cells.

As I toyed with these ideas for my **Histology** class, the picture that kept recurring in my mind was a chart from an encyclopedia I had used as a child. Under the section on humans, there was an illustration with seven transparent plastic pages, each printed with an identical, overlapping outline of the human body.

On the first page the outline was filled in with an image of a naked man. Turning the first page was like peeling off his skin and revealing his musculature, the image within the outline on the second page. When I turned the second page, the overlapping images of the remaining pages revealed a vivid dissection of the body. Flipping through the pages I could see in turn, the skeleton, the brain and nerves, blood vessels and organ systems.

For my **Caribbean** course, I mentally updated those transparencies with several additional, overlapping pages, each illustrated with cellular structures. Most of the cell's structures are referred to as organelles, which are its 'miniature organs' suspended within a jelly-like cytoplasm. Organelles are the functional equivalents of the tissues and organs of our own bodies. They include the nucleus, which is the largest organelle, the mitochondria, the Golgi body and vacuoles. The traditional way of teaching the course is to deal first with these cellular structures, then move on to the tissues and organs of the human body. Instead, I integrated the two parts of the course to reflect the overlapping nature of humans and cells.

I taught my students that the biochemical mechanisms employed by cellular organelle systems are essentially the same mechanisms employed by our human organ systems. Even though humans are made up of trillions of cells, I stressed that there is not one 'new' function in our bodies that is not already expressed in the single cell.

Each eukaryote (nucleus-containing cell) possesses the functional equivalent of our nervous system, digestive system, respiratory system, excretory system, endocrine system, muscle and skeletal systems, circulatory system, integument (skin), reproductive system and even a primitive immune system, which utilizes a family of antibody-like 'ubiquitin' proteins.

I also made it clear to my students that each cell is an intelligent being that can survive on its own, as scientists demonstrate when they remove individual cells from the body and grow them in a culture. As I knew intuitively when I was a child, these smart cells are imbued with intent and purpose; they actively seek environments that support their survival while simultaneously avoiding toxic or hostile ones. Like humans, single cells analyze thousands of stimuli from the microenvironment they inhabit. Through the analysis of this data, cells select appropriate behavioral responses to ensure their survival.

Single cells are also capable of learning through these environmental experiences and are able to create cellular memories, which they pass on to their offspring. For example, when a measles virus infects a child, an immature immune cell is called in to create a protective protein antibody against that virus. In the process, the cell must create a new gene to serve as a blueprint in manufacturing the measles antibody protein.

*...continued to page 36*



## WHY LET GO?

*...continued from page 12...*

Matt Kahn

Best of all, you are able to flow through life with renewed courage, enthusiasm, passion and joy, knowing your happiness and fulfillment are not based on the circumstances you control, but how deeply aligned you are with your soul's clearest view.

Throughout each passing breath, may you make peace with renewal and erosion, not afraid to receive the things that will one day be lost, nor adrift in endless seeking as a way of trying to outrun the winds of fate. May you honor the equal gifts that both pleasure and pain inspire, not needing to always be in pain in order to grow, or always needing constant pleasure to confirm your worth and value.

May you let go of viewing life from the ego's belief in punishment, so you may enter your soul's domain of endless rewards. From this space, everything that comes and goes will always leave you more evolved than before you gained it.

As you let go, may you absolve the tendency of criticizing yourself whenever renewal begins to erode. May you wake up from the ego's quest for never-ending perfection, only imagining a need to improve as a way to inspire a life of endless gain that cannot exist without the inevitability of loss.

With the Universe guiding your every step, may you honor the 'nothing' you've ever done wrong that was always right for the outcome each moment was meant to create.

May you let go so profoundly that the pleasure of gain can be recognized throughout each moment, even when it is the gaining of maturity or the expansion of perspective — no matter what must be lost, in order for such gains to occur. May you come into a harmonious relationship with reality, seeing how natural it is to gain until you lose, and then lose until you gain-- utilizing the friction created through contrast to melt the edges of your limitations.

This is the plan the Universe always has for you: to become your most magnificent expression of Source energy — no matter the ups and downs that orbit each outcome. Despite the pain of your past or the uncertainty of your current circumstances, the art of letting go is here to show you the way into a more miraculous way of being.



## SETH SPEAKS

*...continued from page 13...*

### SETH ON CREATING YOUR EXPERIENCE

Your experience in the world of physical matter flows outward from the center of your inner psyche. Then you perceive this experience. Exterior events, circumstances, and conditions are meant as a kind of living feedback.

Altering the state of the psyche automatically alters the physical circumstances.

There is no other valid way of changing physical events.

It might help if you imagine an inner living dimension within yourself in which you create, in miniature psychic form, all the exterior conditions that you know. Simply put, you do exactly this. Your thoughts, feelings, and mental pictures can be called incipient exterior events, for in one way or another each of these is materialized into physical reality.

You change even the most permanent-seeming conditions of your life constantly through the varying attitudes you have toward them. There is nothing in your exterior experience that did not originate within you.

Interactions with others do occur, of course. Yet, there are none that you do not accept or draw to you by your thoughts, attitudes, or emotions. This applies in each area of life. In your terms, it applies both before life and after it. In the most miraculous fashion are you given the gift of creating your experience.

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Esther Hicks

## ABRAHAM-HICKS

*...continued from page 25*

But it's all calibrating. It's all patterns of thought, and it's all changeable! It's all calibratable!

### **SO HOW DO YOU CALIBRATE? WHAT ARE YOU CALIBRATING TO?**

You're calibrating to your Inner-Being.  
How does that play out in your world?

What does calibrating to what your in the moment, right now, real time Inner-Being is thinking about what you're thinking about?

Through your emotions, that's how you tell.

It's not through your ears, like tuning an instrument.

It's tuning the vibrational frequency of you with your Inner-Being who is offering Pure-Pitch right now, all the time to you.

Are you calibrating against something or are you calibrating toward something. It's all practice.

Every calibration you do, sets you up for a likely similar calibration later.

### **YOU TEACH AND ATTRACT THRU CLARITY OF YOUR EXAMPLE**

We want to give you something here. And we want you to focus on it, just for a little while, maybe over this day. Maybe the next day or two.

If you see evidence of enormous hate, you are also witnessing evidence of enormous love. They just can't reach it right now. And that's why the hate compounds itself, more and more and more. Injustice feels terrible. Hate feels terrible. Powerlessness feels terrible.

You teach through the clarity of your example. So when they say, "if you're not with us in our hate, you're against us," you're not against anything. You're just not with hate. And just not with pushing against. And in most cases, they're not going to understand it.

**YOU HAVE TO PAY ATTENTION.  
IF THEY CAN UNDERSTAND IT, THEN SPEAK IT.  
IF THEY CAN'T UNDERSTAND IT, THEN DON'T SPEAK IT.**

But you teach through the clarity of your example. And you attract through the clarity of your example. And you feel because of the clarity of your example.

### **WE WANT TO HAVE A CONVERSATION WITH ALL OF YOU ABOUT SOMETHING REALLY IMPORTANT, AND THAT IS, HAVE YOU TAKEN THE TIME TO IDENTIFY AND ISOLATE AND PRACTICE WHAT THE FEELING OF SATISFACTION REALLY IS?**

Do you know what satisfying is? Because it's not just relief. If you had your tongue hanging out with meetings, and now you think about going to **Tuscany** and sitting in a winery and just sipping some wine and looking at the sunset, that might feel like relief, but is it satisfaction? Are you following us?

So, most of you can feel the difference between relief. In other words, we've noticed about all of you for a very long time that you get focused and things really get rolling, and then you get so busy that your tongues are hanging out. And then you say "I need to slow down," and then you get bored. So you go from bored to overwhelmed, and bored to overwhelmed, and bored to overwhelmed. *You rarely stop to bask in any long phase of satisfaction. But you could.*

So, if you take a little bit of time when you find yourself feeling utterly satisfied to stop and think about it, to identify it, and then to isolate it by really acknowledging just how satisfied you feel, and then think about what the cooperative components are that are causing this feeling immense satisfaction, once you do that, then all you have to do is ask yourself what would be more satisfying.

Of course, when you're under the influence of your Inner Being, those thoughts are just naturally occurring to you - but you override them for bogus human reasons.

Your Inner Being knows what's in your Vortex and knows what's ripe for the harvest, and knows where the greatest potential satisfaction right now is - your Inner Being will give you an impulse to that. But so often you override it because it's not productive enough for you, or because it doesn't seem quite efficient enough. "It doesn't seem like I should go from here all the way to over here - shouldn't I go here, here, here, here, here along the way?" There are so many human factors that aren't good factors - your Inner Being really knows the path of least resistance to a steady stream of satisfying moments in time.

### **THE QUESTION IS, DO YOU FEEL WORTHY ENOUGH TO LET YOURSELF STAY IN A STATE OF CHRONIC SATISFACTION? Do you? Do you? Do you? Do you? Almost**

none of you do. You feel like you need to pay some price, or you need to demonstrate something that makes you at least appear to be worthy of the good stuff that's flowing. It's a rare one of you who could really say and mean, really know it and mean it when you say it, that you really believe that you are worthy enough that you should be able to get on a trend, on a

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





Esther Hicks

## ABRAHAM-HICKS

*...continued from page 28...*

trail, on a track of following the Guidance from your Inner Being that just leads you from one wonderful moment to another to another to another to another. Most of aren't willing to do that because you don't feel worthy of that.

This is a big conversation.

Now, there's certainly plenty of worthiness going on in your experience or you couldn't have allowed all the good stuff in that you've allowed in, but there's always room for more improvement, isn't there? And you asked the question of us, and the answer is chronic satisfaction - when you really mean that, then the Universal Timing that is so interesting just displays itself to you constantly.

And that's when you begin to feel maybe a little lonely, because the Universe is performing just for you. There wasn't a crowd of people that were with you that day that hawk swooped down right across your car right at that moment when you had a thought that the hawk was confirming, but you knew it; you knew it.

You are the audience of one that the whole Universe is focused upon. Do you feel worthy enough to accept that? Most don't - most need a big crowd to gather so that everybody can kind of be in on it. The Universe is there for you fulfilling everything that's in your Vortex. Do you get it?

And isn't it logical that when you get good at that, that it's just impulse-follow-bam, impulse-follow-bam, impulse-follow-bam, and that all of the intentions that you hold would be interwoven so that your satisfaction and others' satisfaction are all woven together?

You begin to realize that the Universe is yielding to you and is playing to this audience of one in this moment, and you don't have to factor everything else in. But everything is being factored in - your desire for humanity is part of your point of attraction, your desire for upliftment of humanity is part of your point of attraction, the demonstration of your success in all the ways.

We've said for a long time that the greatest demonstration of success that you could ever offer is your joy, is your satisfaction. Yeah. It's way fun, isn't it?

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### QUESTION: HOW CAN PEOPLE HAVE SO MUCH HATE AGAINST OTHER HUMAN BEINGS?

**ANSWER:** They're so disconnected from Source, they can't connect with the goodness of their Inner Being.

### QUESTION: WHY DO PEOPLE DO HATEFUL THINGS?

**ANSWER:** Because they want love. And they can't find it today. And that makes them nuts. And that's been going on long enough, that now the momentum is the other way with that.

*If that statement that we just made, and that you just heard feels too simplistic, then this work will not work for you.* You have to accept that there is value in all and that experiencing contrast matters too. But that you have a choice at this stage of your understanding, of which direction you lean.

### WHAT IS IT THAT I WANT?

I want empowerment, and I want pervasive love and Well Being. And I want children who are eating food, who have full bellies and people dancing in the streets. I want happiness. I want birds singing, and clear-minded people. I want love that so many of us talk about, but that we don't very often feel for very long. I want more than just snatches and little bits and pieces of love. I want ongoing, long-sustaining love. I want the momentum of love as big as this momentum of anger feels like it is, and I believe that they are part and parcel of the same thing.

So I applaud you in your protest. And please applaud me, in my leaning in the direction of what I know you want too. Because we are in this together.

I've played your part. And I will play it again. It's just that today, I want to lean in the direction of solutions, and progress and love and harmony and wellbeing and wellness. Your Inner Being never feels like you are wasting time. That's a human condemnation based upon a flawed premise of shortage consciousness. Your Inner Being sees value in every moment you exist. And focus. Nothing is wasted. It's all valuable.

That we have moved to a point where the United States and global community will respond so strongly about the experience of one man, they're talking about the man in Minneapolis, tells me how much progress we have made.

*...continued on page 35..*

# HOROSCOPES AUGUST 2020

Expanded text for each sign available at [www.free-horoscope.com](http://www.free-horoscope.com)

## ARIES – (March 19 – April 18)

Unusual dynamism and an emotional sector in focus, dear Aries! You will not stay in place, so plan a lot of activities! Mars at home accentuates your natural zest. Until the 22nd, the Sun in Leo lodges in your love sector: renewed passion or a summer fling? From 6th to 21st, Mercury in Leo supports your requests and your communication. During the first week, Venus in Gemini promotes a meeting, from the 8th to the 31st, love is at home! A global cluster slightly shakes up your socio-professional sector, except for the third decan, some readjustments are to be expected in September. Uranus in Taurus square in your Sun, first decan, creeps into your wallet: surprises are on the program! From the 23rd, the Sun and Mercury arrives in Virgo and prepares you nicely for the imminent fall.

**Love in General:** A hyperactive loving sector under the light of the sky, it is likely that this month is alive with ardor and not only because of the atmospheric heat. Until the 7th, Venus in Gemini in beautiful aspect of Mars facilitates your desire for conquests, take advantage of it. From the 8th, Venus comes to soften the atmosphere of the home or your family relationships, nice if you are on vacation!

**In a relationship:** Quiet harmony until the 22nd, nothing unpleasant to report! Better, from the 6th to the 21st you finish each other's sentences, your exchanges are filled with tenderness and mutual respect, even a touch of mutual admiration. Your ardor distilled by Mars and could help you make your partner understand how important their presence is to you.

**Single:** Until the 7th, the universe supports your requests in love. Ask it what is good for you, and your vibrant heart, it could fulfill your wishes! A strong meeting of destiny, can incarnate, second and third decan, but not necessarily long-lasting. Stay open to family invitations and show your sometimes rough and ready tenderness.

### Advice from FREE Horoscope:

A relatively pleasant month if you choose to spend it wisely! Indeed, subject to the influx of Mars, your drive is out of the ordinary and requires a healthy and relaxing outlet from time to time. For you but also for others!

## TAURUS – (April 19 – May 19)

An awakening in progress, dear Taurus and nice relationships! Uranus in your home produces a growing desire for a transformation of your deepest personality, first decan. A month conducive to your children, if you are parent or your home thanks to the Sun in Leo until the 22nd. You pursue a changing ideal also under the influx of Jupiter, Saturn and Pluto. What do you want to live really? Mars in Aries does not trouble you anymore, his burning energies remain under your control. Venus, your planet, sometimes in Gemini sometimes in Cancer, serves your finances or your relationships. From the 23rd, your thoughts turn

to love, Sun and Mercury in Virgo encourages them. Enjoy a benevolent and helpful social circle, especially the second decan, Neptune distributes his graces.

**Love in General:** Your feelings are expressed cheerfully until the 7th, especially since a cash income, perhaps a bonus, could increase your inner well-being. At home, when it comes to money, everything is alright! Then beauty is sweet in Cancer from the 8th to the 31st, it activates your innate maternal tendencies regardless if you are a woman or a man and produces beneficial and easy exchanges with those around you.

**In a relationship:** A peaceful conjugal life. You are then focused on your intimate exchanges. You like to live slightly removed from the world, your intimate relationships only have eyes for you. The Sun in Leo until the 22nd favors that! Mars breathes sensual ardor all month long and you never need a stimulant!

**Single:** During the last week, the sun illuminates your sector of love. Your chances are real especially under the beneficial influx of Venus from the 8th to the 31st. Mars in Aries may allow a secret love affair, but this is not your cup of tea. Express your qualities of sweetness, and simplicity and let go.

### Advice from FREE Horoscope:

A nice month in perspective. You are slowly but surely advancing towards the best version of yourself. For the whole of the sign: enjoy this season of cheerfulness and the sweetness of life, so dear to your bucolic and peaceful nature, let go.

## GEMINI – (May 20 – June 19)

Focus on your surroundings and your outstanding projects, dear Gemini! Until the 22nd, the sun in Leo harmonically connected to your sign opens the doors for your communication. Mercury, your planet, sweeps three signs each time inducing a specific mode of expression. You will be pushed to express yourself in a very different way during this month. Venus is home until the 7th and promotes your well-being, in Cancer from the 8th to the 31st, she facilitates a return of money. Your projects will advance quickly and well pulsated by Mars in Aries infusing its powerful dynamism! In Capricorn, the heavyweights of the zodiac inspire deep introspection. First decan, wait for the unexpected, Uranus in Taurus! Your socio-professional sector receives Neptune, second decan, do not let yourself be deceived by fine words. From the 23rd to the 31st, it moves at home!

**Love in General:** Until the 7th, Venus and Mars in beautiful aspect to your sign endow you with relational qualities likely to favor your loves. A vibrant heart and an intense libido, you will be well off! Then, Venus moves into Cancer and benefits your finances from the 8th. Sensitive and reserved it is not appropriate for your light and spontaneous nature, so annoyance in your loves is possible.

*...continued on page 31*

# HOROSCOPES AUGUST 2020

Expanded text for each sign available at [www.free-horoscope.com](http://www.free-horoscope.com)

**In a relationship:** Movements for two are favored until the 22nd, especially if you're on vacation, you go out without restraint! A beautiful eloquence from the 6th to the 21st, you have the assets to captivate your other half again with your sweet choice of words. Your libido will be toned, your feelings practical. Let yourself live!

**Single:** Your social circle may have some sensual dating opportunities. What are you looking for in the other? Answering this question will help you clarify your implicit demands to the universe. The first week is vast, Venus is one with you. Other weeks are less inclined to feelings. Patience.

## Advice from FREE Horoscope:

Mental agitation with Mercury, sometimes intuitive, sometimes royal, sometimes practical! That said, you know how to play your intellectual adaptability, these energies should rather stimulate you! Nevertheless, think about taking breaks, hyperactive Mars will also boost your physical expenditure. Take care of yourself!

## CANCER – (June 20 – July 21)

Focus on your money and your friends, dear Cancer! Summer is here, the Sun in Leo until the 22nd benefits your financial sector, find the balance! Your social sector opens up to originality, Uranus, while your ideal of life continues to transform towards ever more spiritual openings, Neptune. The sector of partnership, under the energies of the heavyweights of the sky, continues its irreversible metamorphosis, except for the first decan. Are you satisfied with your married life? Mars in Aries square in your sign impels a strong or even abrupt energy to your socio-professional sector. Do not look for conflict at work, soothe yourself. From the 23rd to the 31st, the Sun in Virgo and Mercury bring a fresh touch to your neighborhood relationships, your mind is clear, practical and effective.

**Love in General:** Modest feelings until the 7th, Venus arrives home on the 8th and everything changes! Jupiter Saturn and Pluto facing your constellation urge you to test others and to look for stability in a serious relationship, except the first decan. A clumsy energy under the nervous influxes of Mars in Aries, stay focused on your inner calm. You are affectionate but impulsive: caution!

**In a relationship:** This sector is always subject to deep questioning. A heart like a cyclone, last two decans. No worries no fear! Your relationship is regenerating! Your partner evolves and changes and so does your relationship. A powerful libido and a heart in phase thanks to Venus in your home: use your immense tenderness!

**Single:** Without your knowledge the sky concocts many emotional turns. Can you recognize them? Live them? A friendship could suddenly turn into something else, first decan, unless a neighborhood relationship erupts at the end of the month. Calm down this inner fire, your nature hardly likes when it burns!

## Advice from FREE Horoscope:

Be sure to balance your budget especially during this period! The universe offers you some challenges, certainly, but all in connection with your evolution. Enjoy the energy of Neptune, especially the second decan, do not resist the call of the invisible any longer!

## LEO – (July 22 – August 21)

You shine like a thousand lights boosted by an active energy, dear Leo! Until the 22nd, the Sun in your home will benefit your royal aura. Mercury joins him from the 6th to the 21st, a lively mind on the program! Mars in Aries facilitates great trips, enjoy. Otherwise feel this fighting energy for a philosophical purpose! The heavyweights of the sky infuse your daily life with an anchoring wind of transformation undergone. Uranus in Taurus pushes you to free yourself from something. Bet on Neptune, second decan, to better manage your life in a search for authentic reality: smoke and mirrors? From the 23rd to the 31st, the Sun in Virgo manages your finances, Venus your friends until the 7th, then your inner life.

**Love in General:** Two distinct affective periods: until the 7th your love life is favored by Venus in Gemini offering friendly exchanges, which take flight. Then, from the 8th to the 31st, the beautiful one who has come into Cancer is stealing a bit from you. A hyperactive Mars, all month long, reserves its sensual power without moderation. Adapt yourself with nobility to the hazards of a Venus playing hide and seek!

**In a relationship:** You will not lack zest or eloquence! Take this opportunity to relive your honeymoon with your partner. You aspire this month to get away from your daily routine, do it together! From the 8th, your feelings could be a bit secretive or modest. Why so much mystery?!

**Single:** You have the wind in your sails until the 22nd, you shine and it helps considerably to meet people. See your friends, a person younger than you could tickle your senses! Your intense libido is responsible for completely conquering the object of your quest. A love from the past?

## Advice from FREE Horoscope:

Except for Uranus, which shakes up your destiny, first decan, this month promises to be dynamic and sympathetic! Let go of what is needed in your daily life, third decan, enjoy the moment, surround yourself with positive people! Carpe Diem.

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# HOROSCOPES AUGUST 2020

Expanded text for each sign available at [www.free-horoscope.com](http://www.free-horoscope.com)

*...continued from page 31*

## **VIRGO – (Aug 22 – Sept 21)**

A summer introspection and loving relationships, dear Virgo! Until the 22nd, the Sun in Leo benefits your inner life as a sort of break you have given yourself. Mercury, your planet supports your loving sector until the 5th, your inner life until the 21st and your personality after the 22nd. Your brain will love you! Mars in Aries pulses your relationship to the money of others, you want to make changes in your life. Neptune in front of your Sun, second decan, brings dreams and magic to your conjugal or associative relationship. While Uranus in Taurus could mean a major change in your ideal of life, first decan. From the 23rd, the Sun enters your constellation coming to join Mercury: charisma and intellect at a zenith!

**Love in General:** Pleasant and romantic perspectives! Indeed Venus sometimes in Gemini until the 7th and Cancer until the 31st alternately offers your sign a sentimental flight stimulating your intellect or a friendship that will gradually turn towards a relationship. Your libido will be increased under the influx of Mars, channel this creative power in a good way.

**In a relationship:** Jupiter Saturn and Pluto in Capricorn station themselves in your emotional sector and induce an active search for stability. Want to legalize your relationship or have a child? You idealize your partner a bit, thanks to Neptune! The magical dimension of life for two touches you, more and more, you trust your partner!

**Single:** Revisit your classics until the 7th with Venus in Gemini there is a cerebral desire, everything you love, in your conjugal sector! From the 8th to the 31st, your social circle surrounds you! Mars in Aries gives you a sensual cleansing, in order to know how to manage and live it in harmony.

### **Advice from FREE Horoscope:**

This month is relatively easy for you. A beautiful and varied mental energy carries you to take a look at many parts of your life. It's summer, know how to really relax! Play sports in case of physical intensity that is difficult to channel, you who enjoy a healthy lifestyle!

## **LIBRA – (Sept 22 – Oct 21)**

Projects, friends and spiritual openings, dear Libra! The Sun in Leo in beautiful aspect of your sign until the 22nd, suggests a solid and loving social network, a real source of joy! Mercury in Leo from the 6th to the 21st, offers an ideal time to start a project or consolidate a friendship. Mars in Aries facing your sign installs a climate conducive to very important relationships, partners or associate will have a say! Jupiter, Saturn and Pluto shake up the home and family, last decan. Uranus in Taurus awakens your relationship to money, as well as your relationship to life and death. Venus, your planet, boosts your idealism

until the 7th, then your career! From the 23rd, the Sun in Virgo accentuates your inner life.

**Love in General:** Passion or conflict repeats, choose well! Mars in Aries is belligerent and hard, he does not tolerate the fragility that he wrongly confuses with weakness. So, in your relationships, play for time, let go, especially of the ego. Your feelings are tuned to somewhere else, without any fuss. Until the 7th. From the 8th to the 31st, show your delicacy, it's your trump card!

### **In a relationship:**

A beautiful period! You get closer to your other half, your complicity is on the rise especially through pleasant activities that you share, until the 22nd. Your couple is dynamic, play sports, challenge each other and take them on together! At the end of the month, offer a spiritual retreat to your partner for a guaranteed renewal!

**Single:** An encounter remains possible under the explosive lighting of Mars in Aries. Be aware that this planet does not incline toward sustainability or serenity. In other words, if you are looking for a tender and reserved partner, go the other way! For a summer romance, however, it's perfect!

### **Advice from FREE Horoscope:**

Count on your, often many, friends to participate happily in your well-being this month or prepare your creative projects for the fall. Influxes jostle your tendency to hesitation, a bit, but it is necessary, so allow it!

## **SCORPIO – (Oct 22 – Nov 20)**

Socio-professional Destiny in mind and a head full of projects, dear Scorpio! On vacation or not, you will be keen to consider your career or your entire life path until the 22nd! Relax a bit, everything in its own time. In full possession of your physical means, Mars in Aries can push you to imprudence, be moderate. Uranus facing your constellation continues its liberating questioning in your love life. Neptune, always in your love affairs, second decan, accentuates your inspiration and your romanticism hidden under the impassive mask of indifference. A planetary cluster in Capricorn deeply stimulates your mind and your self-confidence. It breathes into this sector, seriousness and responsibility. From the 23rd, your friends will pamper you!

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# HOROSCOPES AUGUST 2020

Expanded text for each sign available at [www.free-horoscope.com](http://www.free-horoscope.com)

*...continued from page 32*

## Love in General:

:An overflow of energy injected by Mars into Aries will be managed to avoid conflict or accidents of any kind. Your feelings will be intense until the 7th, with a hint of playing games that suits your unpredictable nature. Then from the 8th to the 31st, appeasement will be clear, your feelings softer, more idealistic too. Some pleasant outings could favor your sentimentality.

**In a relationship:** Uranus in Taurus comes to reform your couple for the best, first decan. Your relationship evolves, your partner awakens and awakens you to another part of your story. Great! A powerful libido, a warrior and still tender? From the 8th, you pamper your other half with an attention that is almost maternal.

**Single:** Your daily life can encourage a meeting with someone sporty, dynamic and a bit of a sweet talker! You more or less like people who know what they want, so much the better! Your heart is demanding, Venus alternately mutinous or maternal leaves you free from your sentimental expression. It's your choice!

## Advice from FREE Horoscope:

Leave aside your professional concerns, this summer period invites a temporary forgetfulness of your questions. Enjoy the powerful energy of Mars on fire to satisfy perhaps a virile hobby or an extreme sport. Your nature can not do without intensity!

## SAGITTARIUS – (Nov 21 – Dec 20)

Spirituality and married life are favored, dear Sagittarius! Until the 22nd, the Sun and Mercury in Leo accentuates your natural inclination towards the elsewhere, all that exceeds the reduced limit of your vast imagination! Energy that explodes under the influx of Mars in Aries, your loves and your children reap the benefits.

Venus in Gemini facing your sign: marital or intimate harmony until the 7th, then emotional intensity! Your finances always claim a beneficial cleansing, last decan, Jupiter, Saturn and Pluto in Capricorn are watching over it! Things calm down with regards to your relationships at home or in the family, second decan. Uranus in Taurus shakes up your work or health: do not abuse good things or your energy! From the 23rd to the 31st, prepare your socio-professional comeback!

**Love in General:** Things look pretty good. Your feelings are turned towards the other until the 7th, supported by Mars in Aries, love is conquering and fiery. Venus moves into Cancer from the 8th to the 31st, which largely causes you to accelerate your desire to love, especially as your libido will be the subject of strong emotions! Let your senses express themselves!

**In a relationship:** Interesting monthly perceptions! Voluptuousness to live together, Mars in Aries awakens your animal sensuality while Venus turns playful, mischievous then sensitive and passionate, allowing your relationship a certain emotional blooming. Whether you are on vacation or not, share in your rest, it will do you both good!

**Single:** With the punch that comes into your life it's a bet that your emotional status will change at the end of the month! Your ardor will be matched only by your strength of conviction, especially from the 6th to the 21st. Until the 22nd, the sky facilitates a meeting during a trip or with a brilliant and foreign personality.

## Advice from FREE Horoscope:

Avoid gluttony, hedonism is very good but your health must follow your nature, which is a bit excessive! Influxes are beneficial to a dynamic and active summer. Sport is not left out, same advice: moderation!

## CAPRICORN – (Dec 21 – Jan 19)

An always changing personality and an importance of others, dear Capricorn! Your introspective sector welcomes the Sun and Mercury in Leo until the 22nd, your finances and other investments occupy your thoughts. Jupiter, Saturn and Pluto give your personality, seriousness, depth and inner strength, last decan. Uranus in Taurus titillates your emotional sector, a modification? Until the 7th, Venus softens your daily routine and takes care of your health. From the 8th to the 31st, this beautiful planet moves into Cancer and embellishes your married or private life. The home and the family are energized by Mars in Aries, square in your sign, some shouting matches are possible, soothe the conflicts, take a step back if necessary. From the 23rd, the Sun and Mercury in Virgo, invites you to rethink your ideal of life. A beautiful program!

**Love in General:** From the 8th to the 31st, your feelings rise, become powerful and resolutely tuned towards each other. Whether you are accompanied or not, this energy of Venus in Cancer encourages you to seek the sweetness of a home, the warmth of a life together. You are a loner but do not like loneliness, it's your paradox, inherent to all human nature!

## In a relationship:

Your quest for the senses is a little shaken up by an ardently enthusiastic Mars coming to boost, too suddenly, your sensuality. Know how to find your emotional balance, avoid getting annoyed quickly. Venus facing your Sun is a precious help since it occupies your conjugal sector. Express your love with all the delicacy you would like to receive from your partner.

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# HOROSCOPES AUGUST 2020

Expanded text for each sign available at [www.free-horoscope.com](http://www.free-horoscope.com)

*...continued from page 33*

## Single:

Hyperactive even too much, do not force destiny, it will not appreciate it. Be open to meetings, probably sudden and original. Your way of loving is changing, you aspire for freedom and continuity. An ambitious program! A tender and reassuring partner could appear on your path.

## Advice from FREE Horoscope:

Take care of yourself this summer month whether or not you are on vacation! No one but you knows what brings you peace and what makes you feel better. Accept listening to yourself.

## AQUARIUS – (Jan 20 – Feb 17)

A beautiful emotional energy accompanies you, dear Aquarius! Until the 22nd, the Sun in Leo illuminates your conjugal and intimate sector. Mercury, from the 6th to the 21st, joins the Sun and reinforces this enhancement of this part of your life. Venus in Gemini boosts your love until the 7th then your work or your health. Mars in Aries boosts this beautiful program, travel is favored, the exchanges are beneficial to your relationship! Uranus square in your sign slightly titillates your home and your family, let it be said, let it go, first decan. Neptune in Pisces blurs the cards in regards to your finances, second decan. Jupiter, Saturn and Pluto prepare you for changes that are not yet concrete. Patience! From the 23rd to the 31st, there is room for inner intensity!

## Love in General:

Pretty sentimental perspectives. The conjugal axis awakens pleasantly under the rays of the Sun and Mercury. You exchange fluidly, you consider the other with nobility, together the ingredients seem to favor any long-standing or nascent relationships. Mars in Aries in beautiful aspect of your sign, equips you with a conquering energy, able to reverse the obstacles and to ignite your personality!

## In a relationship:

It goes! You suffer if you are left behind, under your slightly unionist mask, hides a loving nature more complex than it seems. The energies spoil you, until the 22nd your couple is in the spotlight. Your daily routine is softened as of the 8th. From the 23rd, your libido increases in power. Perfect!

## Single:

A nice meeting is possible especially if you agree to move. Unless your neighborhood offers you a nice surprise. Until the 7th, Venus invites lightness and games, cultural or more sensual. Open your mind to conquest from the 6th to the 21st, welcome the exchanges with warmth.

## Advice from FREE Horoscope:

A relatively easy month for you. Apart from the household or family sector that you will have to manage, planetary energies are beneficial and light. Do not forget to treat yourself without going into the red, especially second decan.

## PISCES – (Feb 18 – March 18)

A beautiful relationship, dear Pisces! Focus on your daily routine and your work, until the 22nd, the Sun in Leo illuminates these areas of life. Mercury changes sign and comes to revitalize your loves until the 5th, your daily routine until the 21st, then your private life or marriage until the 31st. The exchanges are varied! Uranus in Taurus brings to your close entourage a beneficial revival, first decan. While your social circle continues its progression under the regenerative and positive impulses of Jupiter, Saturn and Pluto, last two decans. Mars in Aries shakes up your wallet: think about balancing your budget! From the 23rd, the Sun and Mercury in Virgo, in front of your sign, makes room for others. Neptune, second decan, awakens you to the magic of life!

## Love in General:

Your feelings are present in the home until the 7th, thanks to Venus in Gemini. Then, Venus settles in Cancer until the 31st, your love sector receives its beautiful intentions. This sensitive Venus is in harmony with your empathic nature. However, Mars in Aries, fiery and dry, mishandles these sweet energies, a bit. A possessive libido but reserved feelings. A dilemma in sight!

## In a relationship:

The last week is prosperous for your married life. An open rapport, easy communication and tender feelings, learn how to manage a slightly brutal energy and all will be well. Until the 22nd, you settle the current affairs. Your sensual energy will be powerful, give yourself moments of intimacy with your partner, summer is made for that!

## Single:

The sky pampers your social sector, as well as that of love and games: go out, participate in leisure activities, it is the season, maybe a love is hiding here or there. Hyperactive, do not lose your fins! After the 23rd, luck is clearer.

## Advice from FREE Horoscope:

An active month and boosted relationships! Hyper adaptable, you approach life with this particular nonchalance that makes you irresistible! Take care of your children, if you have them, the context lends itself, or take care of yourself. Take the time to live.





Esther Hicks

## ABRAHAM

*...continued from page 29*

It's a movement, isn't it? And you get to decide which side of the movement you are on.

Are you still moving in the direction, and adding to the momentum of the question or the problem? It's all right if you are.

Or have you decided to be part of the movement that is looking for and finding the solutions, the soothing, the evidences of love and wellbeing? Watch for it! Watch for it! Watch for it!

Your vortex is always the dominant vibration . Wellbeing is always the dominant vibration.

There has never been a time, when we have been able to so accurately explain the reason and value for contrast. And the difference between experiencing contrast and aligning with well being. We know you are hearing it.

**QUESTION:** "Abraham, I'm trying to understand the difference between God's Will and the Law of Attraction"

**ANSWER:** God's Will is a misunderstanding, a flawed premise, because Source Energy is not willing you to do anything, because you have the freedom to choose bondage. If there were something like God's Will, the God would not allow you to choose bondage or sickness.

You're a little schizophrenic because you want God to agree with you and allow the things that you want and disallow the things you don't want and you want God's Will to make everything the way you want it to be.

There is not that kind of God's Will.

We don't use the word God very much, because it means so many different things to so many of you.

The closest thing to what you would think of as God's Will is God's eternal, loving desire for you to feel good. And that's as far as anything close to what you think is God's Will.

If you want to know what God's Will is, pay attention to your negative emotion and you'll know when you're at crossways of it.



Andrea  
de Michaelis  
Publisher

## 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.*

*...continued from page 7*

**CLAIM:** Photo shows a Centers for Disease Control and Prevention report claiming that cloth masks trap exhaled carbon dioxide and collect mildew within 30 mins, risking your health.

**THE FACTS:** Not true. The document is fake and falsely attributed to the CDC. The CDC recommends cloth face coverings in public settings to slow the spread of the coronavirus.

**A FRIEND WROTE, "HIGH VIBRATION OR NOT, THE REALITY IS THE VIRUS DOESN'T FEEL YOUR VIBRATION. BEING POSITIVE HELPS BUT DOESN'T MAKE YOU INVISIBLE TO THE VIRUS."**

Well, it kinda DOES and DOESN'T. **RESISTANCE** is the only thing that ever holds you back. And it's not always obvious, like "*I'm pissed at Tony.*" Sometimes the only way I can tell I have resistance going on is by the evidence in front of me. Things aren't going quite right. I twist my knee but just a little. I catch a cold but just a small one. I always know whether I have resistance in my life by the evidence in front of me.

The phrase "high vibration" is misunderstood. If you're vibrationally in tune with the plane of existence where you experience misunderstandings, arguments, family issues, disgruntled coworkers, a job you don't like, iffy health, money just eeking by, **you can call that a "lower vibration" but it's just a different vibration. A different point of attraction. But one that contains a measure of RESISTANCE** that may keep you there, experiencing those things and things -- like Covid-19 -- that vibrate like it. That person is more likely to get it due to the resistance.

If you're vibrationally in tune with the plane of existence where you have a relatively fun and calm and stress-free life, or are able to pivot your attention there when your attention goes to something less desirable, that means you have **LESS RESISTANCE** in your life. **The virus, or any ailment, needs resistance as a doorway.**

Your **CHOICE OF FOCUS** is what attracts your experience to you. You can choose to get all crazy watching and discussing fake conspiracy theory news, or even being continually focused on family and everyone's issues. That'll invite resistance also.

Or you can purposely change your focus to something that pleases you. **That's the remedy: making a conscious decision to change your focus to something happier.**

Enjoy our offering this month.  
Hari Om.

Andrea



Bruce Lipton, Ph.D.

## UNLEASHING POWER OF CONSCIOUSNESS, MATTER, MIRACLES

*...continued from page 26*

The first step in generating a specific measles antibody gene occurs in the nuclei of immature immune cells. Among their genes are a very large number of DNA segments that encode uniquely shaped snippets of proteins. By randomly assembling and recombining these DNA segments, immune cells create a vast array of different genes, each one providing for a uniquely shaped antibody protein. When an immature immune cell produces an antibody protein that is a 'close' physical complement to the invading measles virus, that cell will be activated.

Activated cells employ an amazing mechanism called affinity maturation that enables the cell to perfectly 'adjust' the final shape of its antibody protein, so that it will become a perfect complement to the invading measles virus. [Li, et al, 2003; Adams, et al, 2003] Using a process called somatic hypermutation, activated immune cells makes hundreds of copies of their original antibody gene.

However, each new version of the gene is slightly mutated so that it will encode a slightly different shaped antibody protein. The cell selects the variant gene that makes the best fitting antibody. This selected version of the gene also goes through repeated rounds of somatic hypermutation to further sculpt the shape of the antibody to become a 'perfect' physical complement of the measles virus. [Wu, et al, 2003; Blanden and Steele 1998; Diaz and Casali 2002; Gearhart 2002]

When the sculptured antibody locks on to the virus, it inactivates the invader and marks it for destruction, thus protecting the child from the ravages of measles. The cells retain the genetic 'memory' of this antibody, so that in the future if the individual is again exposed to measles, the cells can immediately launch a protective immune response. The new antibody gene can also be passed on to all the cell's progeny when it divides.

In this process, not only did the cell 'learn' about the measles virus, it also created a 'memory' that will be inherited and propagated by its daughter cells. This amazing feat of genetic engineering is profoundly important because it represents an inherent 'intelligence' mechanism by which cells evolve. [Steele, et al, 1998]

### THE ORIGINS OF LIFE: SMART CELLS GET SMARTER

It shouldn't be surprising that cells are so smart. Single-celled organisms were the first life forms on this planet.

Fossil evidence reveals they were here within 600 million years after the Earth was first formed. For the next 2.75 billion years of the Earth's history, only free-living, single-celled organisms' bacteria, algae and amoeba-like protozoans, populated the world.

Around 750 million years ago, these smart cells figured out how to get smarter when the first multicellular organisms (plants and animals) appeared. Multicellular life forms were initially loose communities or 'colonies,' of single-celled organisms. At first, cellular communities consisted of tens and hundreds of cells. But the evolutionary advantage of living in a community soon led to organizations comprised of millions, billions and even trillions of socially interactive single cells.

Though each individual cell is of microscopic dimensions, the size of multicellular communities may range from the barely visible to the monolithic. Biologists have classified these organized communities based on their structure as observed by the human eye. While the cellular communities appear as single entities to the naked eye—a mouse, a dog, a human—they are, in fact, highly organized associations of millions and trillions of cells.

The evolutionary push for ever-bigger communities is simply a reflection of the biological imperative to survive. The more awareness an organism has of its environment, the better its chances for survival. When cells band together they increase their awareness exponentially. If each cell were to be arbitrarily assigned an awareness value of X, then each colonial organism would collectively have a potential awareness value of at least X times the number of cells in the colony.

In order to survive at such high densities, the cells created structured environments. These sophisticated communities subdivided the workload with more precision and effectiveness than the ever-changing organizational charts that are a fact of life in big corporations. It proved more efficient for the community to have individual cells assigned to specialized tasks.

In the development of animals and plants, cells begin to acquire these specialized functions in the embryo. A process of cytological specialization enables the cells to form the specific tissues and organs of the body. Over time, this pattern of differentiation, i.e. the distribution of the workload among the members of the community, became embedded in the genes of every cell in the community, significantly increasing the organism's efficiency and its ability to survive.

In larger organisms, for example, only a small percentage of cells are concerned with reading and responding to environmental stimuli. That is the role of groups of specialized cells that form the tissues and organs of the nervous system. The function of the nervous system is to perceive the environment and coordinate the behavior of all the other cells in the vast cellular community.

Division of labor among the cells in the community offered an additional survival advantage. The efficiency it offered enabled

*...continued on page 37*



## UNLEASHING POWER OF CONSCIOUSNESS, MATTER, MIRACLES

*...continued from page 36*

Bruce Lipton, Ph.D.

more cells to live on less. Consider the old adage, 'Two can live as cheaply as one.' Or consider the construction costs of building a two-bedroom, single home versus the cost of building a two-bedroom apartment in a hundred-apartment complex.

To survive, each cell is required to expend a certain amount of energy. The amount of energy conserved by individuals living in a community contributes to both an increased survival advantage and a better quality of life.

In **American** capitalism, **Henry Ford** saw the tactical advantage in the differentiated form of communal effort and employed it in creating his assembly line system of manufacturing cars. Before **Ford**, a small team of multi-skilled workers would require a week or two to build a single automobile. Ford organized his shop so that every worker was responsible for only one specialized job.

He stationed a large number of these differentiated workers along a single row, the assembly line, and passed the developing car from one specialist to the next. The efficiency of job specialization enabled **Ford** to produce a new automobile in 90 minutes rather than weeks.

Unfortunately, we conveniently 'forgot' about the cooperation necessary for evolution when **Charles Darwin** emphasized a radically different theory about the emergence of life. He concluded 150 years ago that living organisms are perpetually embroiled in a 'struggle for existence.'

For **Darwin**, struggle and violence are not only a part of animal (human) nature, but the principal 'forces' behind evolutionary advancement. In the final chapter of **The Origin of Species: By Means of Natural Selection, Or, The Preservation Of Favoured Races In The Struggle For Life**, Darwin wrote of an inevitable 'struggle for life' and that evolution was driven by 'the war of nature, from famine and death.' Couple that with **Darwin's** notion that evolution is random and you have a world, as poetically described by **Tennyson** that can be characterized as 'red in tooth and claw,' a series of meaningless, bloody battles for survival.

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

Louise Hay

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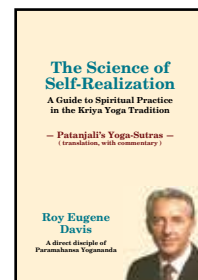
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