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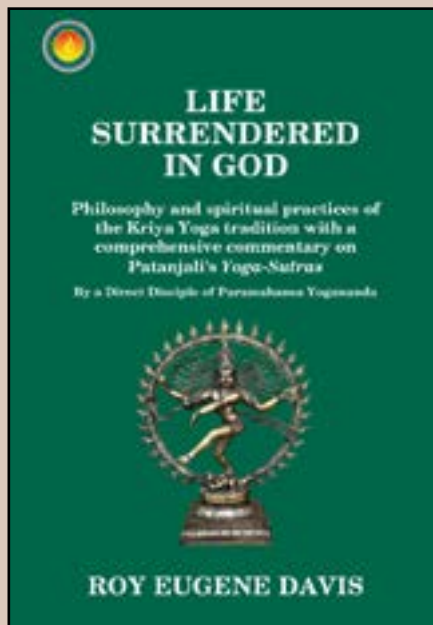
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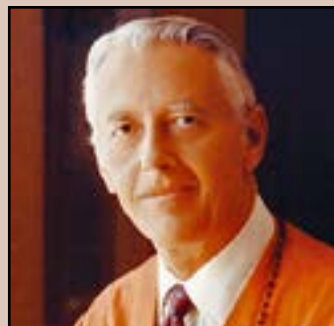
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## 12 STEPS OF SPIRITUAL FREEDOM

By Rev. Tom Sannar <https://new-thought.org/>

Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

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

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

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

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

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

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

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

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

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

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

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

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

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

**The greatest  
optical illusion  
is separation**

# HORIZONS

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Andrea de Michaelis

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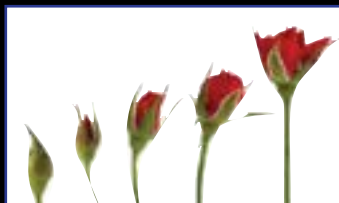
**Contributing Writers:**

Seth thru Jane Roberts  
Michelle Whitedove  
Mokshapriya Shakti  
Dr. Joe Dispenza  
Cecelia Aitable  
Abraham-Hicks  
Frank DeMarco  
Karen Williams  
Debra Strasser  
Sharron Britton  
Betsy Chasse  
Mike Dooley  
Mitch Dittkoff  
Tom Sannar  
Jeff Brown  
Jim Egan

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

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



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

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

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

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## THIS MONTH'S THOUGHTS ABOUT THINGS

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

Andrea de Michaelis  
Publisher

**HELLO AND WELCOME TO THE AUGUST 2022 HORIZONS MAGAZINE.** It seems like the soundtrack for last month was **Kate Bush's 1985** single **Running Up That Hill (Make a Deal with God.)** Its inclusion in **Season 4** of **Stranger Things** made her millions of dollars this year -- from that ONE song she wrote 35 years ago, a song that she may have thought had outlived its marketability.

She moved her attention away from that **1985** song and on to other projects, she didn't give up on it tho. **Giving up on your goal because of one setback is like slashing your other 3 tires because you got a flat.** She got on with other projects and on with her happy life and that momentum attracted this success to her again now, 35 years later.

I once got surprise returns on an investment I was told I'd never see anything from, 15 and 20 years later. Stay hopeful. You never know what good may be in store for you from things put in place from the past. I wrote about it here <http://horizonsmagazine.com/blog/how-can-you-expect-a-windfall-when-you-are-on-a-fixed-income/>

And it doesn't matter if your current mindset is **"I have no one to inherit from, there's no place that \$\$ could come from."** Know that an unexpected windfall can happen any day from an unexpected source. Know that is possible.

Stay hopeful while putting other projects in place in the meantime and find time to enjoy things you like. That helps in the attraction process also.

### WHAT TO DO WHEN THE FAMILY BREADWINNER DIES?

A friend is undergoing life changes since her partner of 27 years died. He's always been the breadwinner so she freaked when she was left with no income source at age 52. They were not married, they were platonic friends, roommates but she'd let herself become dependent upon him for dollars and transportation. The rental lease in both their names expires in 6 months. I told her 6 months was plenty of time to turn it all around.

*...continued on page 47*

## 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)

### Mood and 'Tude

**Attitude and mood are everything as I set forth to realize my dreams.**

No matter if my IQ rivals that of **Stephen Hawking**. No matter if I'm willing to start my day earlier than everyone else and end it later. No matter if I've got every degree and credential I can garner. No matter if I can project a warm personality and relate to people of all backgrounds.

My moment-by-moment habits of thought determine my fate. Courtesy of the universal **Law of Attraction**, that which consistently receives my mental focus will

increase in my experience. If I want to thrive, I must practice the art of selective attention.

I can ultimately reduce loads of arduous activity if I discipline myself to think about: my goals and not what stands in my way; people's strengths and not their annoying traits; what has gone right and not what has gone haywire; my fantasy vacation and not current job stress; safety and not crime; peace rather than war.

This discipline will place me in a consistently good mood, and then good things - even miraculous things - will come calling.

# 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).

## PROSPERITY FOR SELF AND OTHERS

**Question:** What would be the fastest way to create prosperity for you and for others?

**ABRAHAM:** Well first, understanding that prosperity abounds, and finding ways to focus that allow it to show its evidence to you. You have to show it to yourself. We like to say start with easy things, start with the abundance of something you believe could come. The abundance of clarity which brings you right here - a roomful of people, with lots of people wanting to be here, but you cashed in the ticket - that's an abundance that, as you acknowledge it, causes you to offer a vibration that, as you practice it, then becomes something that you do often enough that then that's the path of more allowing of more things like it.

The thing that trips most people up relative to the subject of prosperity is they have a flawed premise that they begin from - they believe that there is only so much in the prosperity pie, and that it is being divided up unfairly, and that people are getting more than their fair share.

Well, when you believe that, you can't possibly find prosperity because your beliefs will hold you from it. You have to at least begin with the understanding that the pie expands proportionate to desire. So the desire pie of abundance is enormous, but the belief pie of abundance is paltry by comparison. *So as an individual, you have to do something to get your belief pie up to speed with your desire pie, otherwise you're just going to complain about how little pie you get.*

The other day we were talking about how people, rather than paying attention to Energy, and Energy in motion, and creation that is actually underway, instead, they want to look at manifestations. So they divide all of humanity up into piles, which they then claim or judge or embrace or push against, not realizing that they just keep scrambling their Energy.

Where, if they could just define all of it by *alignment or not alignment*, by *allowing of abundance or pinching off of abundance*, if you could put this alignment of Energy that we talk about all day every day in the

same category as financial abundance, if you could understand that it's all one and the same thing, then you can find abundance in this regard and in this regard. Clarity is abundance - oh, to be tuned-in, tapped-in, turned-on to clarity, to Infinite Intelligence, oh, that is abundance.

And so, a lot of people, as they are dividing up the world and pigeonholing it and cataloging it, they begin with this premise that the pie is finite (it isn't, it's infinite,) and that those who take it just move about from empire to empire, and it's not that way at all. It's different people under different situations allowing differently.

*So we all start with people by saying start with something easy, and just decide that you're going to let the Universe show you how it can deliver and choose something that you don't doubt that it can deliver.*

Don't ask for money that you don't believe, and don't ask for a relationship that you don't believe, either. *Don't ask for anything that you don't believe because all the Universe will do is show you what you what you believe.* The **Universe** won't show you what its capable of, it will show you what you're capable of believing.

And so you have to find a way of moving your belief.

Well, what's a belief? A belief is just a thought that you continue to think. Well, why do you continue to think it? Because *Law of Attraction makes it more likely that you're going to continue to think the thought that you've been thinking* - somebody believed it, they demonstrated it, they told you about it, you observe them and you believe it. So you believe things that just aren't serving you sometimes - sometimes you believe things that do serve you, but until you have a first-hand experience with something, you can't know it.

### IMPORTANT RELEVANT SIDEBAR The Butterflies, Blue Glass and Feathers Story

Back in the day, **Esther** used to give private phone consultations. One day a woman called who was upset and wanted to talk about a certain specific thing. So strong was her upset that her vibe was really out of whack and talking about that certain thing really wasn't going to serve her. As much as she wanted to and was insisting on. So they attempted to *get her off the story she was telling and onto something that was more benign and better feeling (so her vibe could stabilize into a better feeling place,) to make the point that when we activate something without resistance it comes quickly.*

*...continued on page 22..*



# REALITY IS DETERMINED BY COLLECTIVE NETWORKS OF OBSERVERS

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

**Every time people interact with information, it produces changes in their biology. As they learn new information, we could say that this information becomes a part of their mind or consciousness. Research now shows that enough people sharing the same level of consciousness—a collective network of observers—actually determines reality.**

Additionally, consider that when there is a highly charged emotional component present, such as fear, prejudice, anger, aggression, or resentment, we become more suggestible to information. Why? The more we are altered emotionally, the more we pay attention to the cause. In other words, information only becomes relevant when it's equal to the emotion we are experiencing.

With the biggest commodity in the world now being information, when you get the attention of the greatest number of people who agree on the same information, you create a collective consciousness. This collective network of consciousness (or unconsciousness) determines how everyone accepts—and thus creates—reality.

But in truth, it is only a perception of reality. That's how conventional beliefs are created.

When people accept, believe, and surrender to information that's equal to their emotional state, they become subconsciously programmed.

Whether the information is accurate or false, by flooding people with strongly charged emotional information, in time, they can be primed into believing anything. This is the science of the programming process. By influencing people to accept, believe, and surrender to information without analyzing it, they can be induced to think, choose, behave, experience, and/or feel in certain ways. Through this process, you can influence people to believe anything—consciously or subconsciously.

From this perspective, beyond the context of the programming process, the questions then become:

***Is it the greatest collective number of observers who are creating reality?***

*...continued on page 43...*

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## "FEEL," ANOTHER FOUR-LETTER WORD

**Sometimes you just want to throttle someone, and clearly we can't do that. Or can we?** I ask coyly and rhetorically. Maybe if not literally, then at least in our heads for just a minute. Please? How often have we said no, we must rise above, be greater, more spiritual, and shove that baby deep down like a hot dog in a hot dog eating contest? I caught myself the other day, judging and reacting in horror as my sweet, loving eight year-old explained how she really was mad at someone and wished they were never born. Of course this went against every image I had of my sweet, aware, conscious little wonder and I went into a long lecture about how she needed to be understanding, how wishing that upon someone would only bring her unhappiness, the whole trip, when really all she wanted was to be mad and hurt and feel it, express it, and get it out. And there I was telling her to shove it way down.

There goes another hot dog, piling up with all the rest until the inevitable upchuck involving barely chewed meat, bun, and condiments, landing all over us and anyone standing nearby. Spewing, I believe it is called, which is appropriately a word that can metaphorically also stretch from hot-dog-eating contests to how we vent something like anger.

I have come to a place where I am over this notion that spiritual means we mustn't feel "bad" feelings, we mustn't attach, we mustn't react. Which you know is not a good way to go, because the word mustn't is involved. I'm also not keen on this whole idea that we should love everybody, even if they are assholes.

Maybe it's true that their asshole-ish tendencies and the shit that arises from those tendencies are all our fault because we created the situation so we could teach ourselves some lesson about our big, bad ego. And maybe we should just kill off our egos so we can live like eunuchs in caves, eventually floating so high that our astral bodies soar into the sky, bursting open like

amethyst-colored firecrackers, sprinkling our love and light back onto the people (including the assholes) who haven't figured it all out and therefore deserve to suffer. But, seriously, if I hear one more of my compadres in the spiritual know-it-all circle say, **"I wish they'd all wake up,"** I'm going to rip off their sleep masks and blind them with the light within me. Because we all could use a refresher course in emotional intelligence, and even the most bright-eyed and bushy-tailed beings among us are still asleep most of the time. Bad feelings and attachment and reactions are not automatically bad things.

The reality is, we're here in this reality, and we can either pretend it doesn't exist or master it. I'm going for mastery, but not in the way modern-day spirituality has offered up. It's time for a revolution in terms of what it means to live a spiritual life. I've said this before, but it bears repeating—life is spiritual and everything you do is spiritual. Period. The question isn't what is spiritual, or how do I live a spiritual life. You're living it. **The question is, are you living the life you want, and if you're not, then what are you going to do to achieve it?**

One the biggest fallacies in terms of what it means to be spiritual is this notion that emotions are bad, emotions are what bring you down, emotions cause suffering. Feel is a four-letter word, and when you utter the words "I feel" you get the allknowing, slow nod from the spiritual high achievers. And ah-ha! You're feeling again! Most of us have been taught from an early age to hide how we feel so as not to offend anyone else's emotions. We live in a world where we spend a lot of time not saying what we want to say and hiding how we feel because it's not politically correct. On the flip side, we spend a lot of time being offended by what

*...continued on page 32...*



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

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





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

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

## THOUGH I WISH I WERE

**The Man with the Ladder** was busy changing light bulbs in the back of the restaurant when a familiar looking woman walked in. His first reaction was to hide behind the ladder, taking furtive glances at her not wanting her to recognize him before he could place who she was. From where he stood he couldn't see her face so he wasn't sure if it was her confident walk that was familiar, or the way the light cast gleaming streaks through her dark black hair or perhaps it was only the **Moo Shu Pork** he had for lunch.

The woman turned far enough his way that the face immediately froze him-- he would have had to live several lifetimes before he would ever forget that face. He was at a complete loss as to what to do next, he felt giddy, nervous, instantly tongue tied--he felt young. Then he realized it could not possibly be the woman that he had known because she looked exactly like his memory of her and his memory was at least twenty years old.

The giddiness, the nervousness disappeared as quickly as it had come but he refused to let the memory slip back into its silken slumber. He did not bother to hide as he glanced at her, now that he knew she was a stranger. He savored the freshness of the memories the sight brought to his mind.



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They were happy times. He wished he had been smart enough to hold on to her. If he had had the foresight every nuance of his life would have been so different. He would have settled down, very domestic. He would not have been able to travel like he did. He never would have had the adventures he had.

*...continued on page 30...*



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**Morgana  
Starr**

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

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

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TUNE IN TO WHAT THAT CALLING MAY BE.**

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

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# 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 Plant Consciousness - The Secret Life of Plants:

As to **Jane's** feeling about a tree having consciousness, of course, this is the case. What you have here is much latent energy and vitality and capacity, with much of it withheld or suspended momentarily.

The tree is, of course, dissociated in one manner. In some ways, its living forces and consciousness are kept to a minimum. It is in a state of drowsiness, on the one hand. And, on the other hand, it focuses the usable portion of its energy into being a tree. *The state of consciousness involved here is dull as compared to the highly differentiated human ability in many ways.*

However, in some other manners, the experiences of the tree are extremely deep, dealing with the inner senses which are and properly also properties of freedom. There is something here difficult for me to explain clearly.

The inner senses of the tree have strong affinity with the properties of earth itself. They feel their growing. *They listen to their growing as you listen to your own heartbeat. They experience this oneness with their own growth.* And, they also experience pain. The pain, however, while definite, unpleasant, and sometimes agonizing is not of an emotional nature in the same way that you might experience pain.

In some ways, it is even a deeper thing. The analogy may not be a perfect one, far from it. But, it is as if your breath were to be suddenly cut off. In a manner, this somewhat approximates pain for a tree.

The tree makes adjustments as you make adjustments. The tree listens to its growth up from the earth and listens also to the murmur of the growth of its roots

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beneath. It adjusts each root ending according to what impediments might lie in its way. Without the so-called mind of man, it, nevertheless, retains this inner consciousness of all its parts above and below the ground and adjusts them constantly.

The tree is also innerly aware of its environment to an astonishing degree. It maintains contact awareness and the ability to manipulate itself in two completely different worlds, so to speak, one in which it meets little resistance growing upward and one composed of much heavier elements into which it must grow downward.

...continued on page 29..

# ASK WHITEDOVE



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

## DEAR WHITEDOVE,

*My son just never seems to make the right choice. He was brought up to know right from wrong so I'm at a total loss. What can I do?*

## DEAREST,

We do our best to bring up our babies then they grow up and leave the nest. They are only with us for a short time. I'd ask you to stop taking it personally; your son's soul is on the fast track to learn some hard lessons for his personal growth.

The whole purpose of our journey to earth is to learn from our Earthly experiences, to come to an awareness and a greater understanding of how making better choices improves our worldly situation and our karmic path. We gain wisdom and understanding through many

incarnations and the choices that we have made. Some souls make the same poor choices over and over. Sometimes it takes several lifetimes to learn from a negative path. Other souls learn at a faster pace.

Just be supportive, love him unconditionally but don't enable his repetitive poor choices. Also pray for him daily, mother's prayers are very powerful because of their sincerity. Our children have their own spiritual path full of lessons and blessings too!

## DEAR WHITEDOVE,

*Two years ago, my husband passed away and I've been grieving ever since.*

## DEAREST,

Grief is for the living; it is only right and natural that we feel extreme sadness at the loss of a friend and a lover. But even in our sadness we should be thankful that our beloved has not ceased to exist, they have simply moved on to a different and better plane of existence.

Take comfort in knowing that loved-ones check-in on us from heaven from time to time and they send us prayers. They will be here to help us when it's our time to move towards the light of heaven.

Remember our soul's journey is a continuing process and our time on earth is merely a snapshot of our soul's existence throughout eternity. Do not fear, you will be reunited.

## DEAR WHITEDOVE

*My life is so colorless and meaningless; I lack joy in my life. Why can't I get out of this hole that I've dug?*

## DEAREST,

God wants us to be whole, happy, healthy, loving and fulfilled. We each have unlimited abilities. It is our belief system that gives us the freedom to create whatever we desire. If you can think it - - you can create it!

Unfortunately society, religious beliefs and family values that we learn as we grow up affect us by setting self-imposed limitations on our thoughts and our abilities.

*...continued on page 30*

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# ESSENTIAL LIFESTYLE HACKS



Ma Mokshapriya Shakti is successor to H. H. Ma Yoga Shakti Saraswati, founder of Yogashakti Missions worldwide that teach the essence of yoga, meditation, and spirituality. Mokshapriya is an agent of change who teaches self-empowerment—inspiring people to make big changes through her down-to-earth interpretation of complex philosophy. She inspires and guides at the Yogashakti Ashram in Queens, New York. Her direct, approachable, and incredibly loving nature help her students to illuminate their own personal paths with ease and grace. Visit [www.yogashakti.org](http://www.yogashakti.org) Email [yogashaktiny@gmail.com](mailto:yogashaktiny@gmail.com) Yogashakti Yoga Center on YouTube at <https://www.youtube.com/channel/UC08Xfld4QT1fYGYn0b6QhPw>

## BENEFITS OF ENTERING THE ALPHA STATE

**When the mind is in the process in staying in the moment or in deep relaxed concentration, it is in an alpha state. In an alpha state we feel calm, it increases creativity and enhances our ability to absorb new information. In that state we are working with our intuitive mind.**

**The alpha state also activates the parasympathetic nervous system which stimulates rest and repair.** It is a vital function needed for our body and mind. But why can we not stay there? Because we've been trained to be outwardly focused. Society wants us there to become better consumers. Family and friends want attention and want us outwardly focused. Inwardly focused has been given the subtle implication of being selfish.

**It is only a matter of training the mind.** To create alpha brain waves we need to make an effort. When we concentrate or are present and deeply involved in the moment, we go into an alpha state. By taking time to practice we create a habit for the mind to be in an alpha state. After a while, the mind will try to go into an alpha state automatically throughout the day.

Our brain is made up of billions of “neurons” that communicate with each other in our brain. Neurons also convey information to the cells in our body about sensory and motor stimulus. This activity of the neurons results in our thoughts, feelings, and behaviors. Our thoughts and emotions create this electro-chemical activity which can be measured by an electroencephalograph (EEG.)

Brain waves are divided into five different bandwidths that are believed to create a spectrum of human consciousness. Our brain waves change throughout the day and are part of a feedback loop that is influenced by what we're doing, thinking, and feeling emotionally at any given time – or while we sleep.

**Delta waves** (.5 to 3 Hz) are the slowest brain waves and occur primarily during our deepest state of dreamless sleep.

**Theta waves** (3 to 8 Hz) occur during sleep but have also been observed in the deepest states of Zen meditation.

**Alpha waves** (8 to 12 Hz) are present when your brain is in an idling default-state or either practicing concentration, mindfulness or meditation.

**Beta waves** (12-30 Hz) typically dominate our normal waking states of consciousness. Beta is a ‘fast’ wave activity that is present when we are alert, attentive, focused, and engaged in problem solving or decision making.

*...continued to page 44*

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# SPIRITUAL GRAFFITI

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

**“What one person calls a psychotic break, another calls a break for inner freedom.**

Sometimes people ‘leave reality’ because there is an older, truer reality that wants to come through to be healed. They can only push it down for so long, before it pushes up against them, demanding to be seen and resolved.

What one person calls reality, another calls a well-mannered lie. Sometimes the most ‘well-adjusted’ person, is the one with the most skeletons in their closet. Sometimes the one with ‘mental illness’ is the one with the courage to be revealed.

Their healing may take years- it can’t happen overnight because the material didn’t accumulate overnight- but it may be the bravest journey of all. As we work together to humanize this shaming world, may we seek to understand and support those who are struggling with ‘mental illness.’

They may well be the only ones who can show us how to integrate old realities with new ones. They may be the most honest ones among us. They may well be our trail-blazers for a more authentic life.”



# NOTES FROM THE UNIVERSE

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

**Do you think I ultimately reward those who live in poverty?**

**Do you think those who toil and sweat from paycheck to paycheck are more likely to inherit the Kingdom than those who work in ivory towers?**

**Do you think I take special notice of sacrifices?**

**That I'm pleased when some put the needs of others before their own?**

**Or that I favor those who strive to live spiritual lives?**

**Actually, I love you no matter what rules you make up.**

**Unconditionally,  
The Universe**





# CRYSTALS, ROCKS, MINERALS

## DAILY USE AND PRACTICE

### SMITHSONITE

Photo by Karin Wolf



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

**I am writing this in the mountains of North Carolina. The tumultuous world seems far away as I watch the pearl and silvergrey clouds billow in the sky over the lush green mountains.**

Hummingbirds are flitting from the maple tree to the feeder. Goldfinches, cardinals and bluebirds welcome the sunflower seeds and millet on the front porch. This harmony and serenity is the gift of late summer in the country. It restores our souls and helps us prepare for the challenges ahead.

The stone I want to share this month is one of my longtime favorites - **Smithsonite**. It was named for the founder of the **Smithsonian Museum in Washington, DC** and is a form of **zinc carbonate**. **Smithsonite** is usually found in botryoidal clusters.

*...continued on page 31*



Bicolored Smithsonite, Choix, Mexico

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**Sharron has been to the summer gem shows. Many new things in store for you!**



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# MY FATHER, ON THE TARMAC

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

## MY FATHER, ON THE TARMAC

**Years ago, before terrorism, shoe bombs, and 9/11, my father and mother were on their way back home from a vacation in the Caribbean. When my father checked in at the airport, tanned and rested, the ticket agent informed him that the flight was "overbooked" and he would have to be re-ticketed and put on a later plane, along with my mom.**

This, shall we say, did not sit well with him. After all, he had a confirmed ticket in his pocket and **NEEDED TO GET BACK TO WORK**. The ticket agent, following airline protocols, repeated the party line, explaining ever-so-politely that **Mr. and Mrs. Ditkoff** would need to be re-ticketed, which she would be happy to do. This was not the response my father was looking for. Not even close.

So he went to the gate, found an exit door and, along with my mother, made his way onto the tarmac. Once there, he made a beeline for the portable stairway that other passengers on his flight were boarding. Then, he moved to the front of the line, grabbed both handrails tightly and blocked everyone's entrance. Whatever flight attendants tried to do to appease him did not work. He simply grabbed on harder and stood his ground, my mother, somewhat embarrassed, standing off to the side. My father would not budge, not an inch, his verbal commentary as tenacious as his two vice-like grips on the hand rails.

"No one gets on this plane unless we do!" he barked.  
"No one!"

And no one did. He just stood there, holding on, taking a massive stand for his rights.

**PS:** Somehow, the flight attendants found two seats for the tanned and rested **Barney and Sylvia Ditkoff**. Ah... the good old days.

## FIRST BREATH, LAST BREATH

**There is a time of life when the time of life is about to end -- the time of last breaths, the time of saying goodbye to everything you have ever known or loved, the time of letting go.**

This is the time my father now finds himself in.

He is flat on his back in a hospital bed, but the hospital bed is in his bedroom in **West Palm Beach** which is where he has chosen to die -- and will.

There will be no more calls to **911**, no more paramedics, no more blood transfusions, no needles, no pills, no tests. This is his death bed and we are around it, me, his son -- his daughter, my sister -- my wife, his daughter-in-law -- grandchildren, great grandchildren, and the ever present hospice nurse here to keep him as comfortable as possible.

His mouth is dry. He cannot swallow. Someone swabs his lips as he gathers what's left of his strength to move his tongue toward the precious few drops of water.

The sound track for his last night on Earth is an oxygen machine pumping purified air through transparent tubes clipped to the end of his nose.

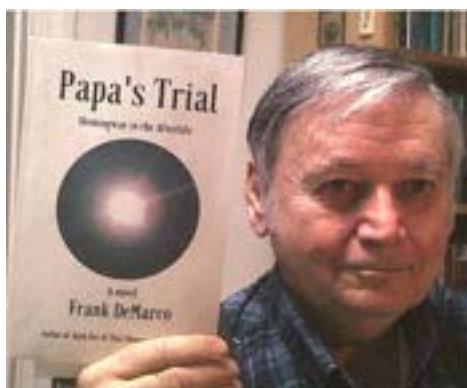
On the counter -- creams. Creams for this and creams for that and creams for the other thing, too. I've never seen so many creams.

Those of us around his bed are very still, holding his hand, rubbing his back, looking at him and each other in ways we have never looked before.

There is very little for my father to do but breathe. This lion of a man whose life was defined by ferocity and action is barely moving now. A turn of the head. A flutter of the eye. A twitch.

*...continued on page 46...*

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



## COMPLICATIONS OF 3D EXISTENCE

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

Sunday, August 22, 2021  
1 a.m.

**DeMarco** I must remember to invite people to submit hard questions about the material. If they find something indecipherable or contradictory, I wish they would say so, so that we can put the question to the guys and see what's what. That worked very well, back in the days when Rita and I were working. Sometimes questions occur to me while I am writing, and if I do not stop to register them, often later I can't remember the thing that had bothered me, or the thing it had suggested. It always seems a loss.

**DeMarco** 1:20 a.m. To it, then? Our life as localized consciousness?

**TGU:** The fundamental revisioning here is that you no longer think of the body as merely or mostly an inert platform designed to carry your consciousness. It is so much more than that. It is so much busier than that.

**DeMarco** Yes, we got the three centers of activity you sketched yesterday.

**TGU:** Well, we set out some ideas for you to consider, each of which would provide ample food for thought. But it was the third of the three that we did the least justice to, mostly from lapse of time. [did they mean lack of time?]

**DeMarco** Seems to me you gave it about as much as you gave the other two, perhaps more, even.

**TGU:** The question is, though: How much is there to be said?

**DeMarco** I am here to listen.

**TGU:** You are and you aren't. Try a nap before we proceed, and if it turns into full sleep, no harm. But you can feel how tired you are. Willingness - even avid interest - is not always enough (speaking of the body!)

**DeMarco** 2:40 a.m. Okay. Try again?

**TGU:** Your 3D life leaves you stretched uncomfortably, and perhaps comfort is not the be-all and end-all of 3D existence.

**DeMarco** If it were, it certainly would miss!

**TGU:** Even people who consider themselves on good terms with 3D existence are not as easy as they think they are, if only because you are like a taut canvas, stretched to your limit - the very stretch being intrinsic to your purpose. If you feel more comfortable on the 3D end, you will feel less comfortable on the non-3D end. If you relate easily to this, you will relate less easily to that. Nobody extends to all creation, just as nobody exists without a home somewhere within it.

**DeMarco** I can sense myself insufficiently "here" to do this well. Slide switches once again: maximum clarity, focus, receptivity.

**TGU:** In effect, that is saying, "Maximum energy diverted to here," without your wondering about an elsewhere or elsewhen.

**DeMarco** That's what focus is? A redistributing of energy among the places where it exists?

*...continued on page 35...*



# SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS



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

## WELCOME TO AUGUST 2022

**August marks the beginning of the transition from summer to fall. Summer vacations end, families return home and students return to school. There are a variety of multicultural holidays and cultural events to recognize throughout the month. Following is a list of religious and historical observances.**

**August 1st: Lughnasadh, Pagan/Wiccan.** Also known as **Lammas** or **First Harvest**.

**August 2nd: Nag Panchami, Hindu.** On this day, offerings like milk, sweets, and flowers are given to snakes.

**August 6th: Tisha B'Av, Judaism.** The culmination of a three week period of mourning, that began with the fast of the 17th of **Tammuz**.

**August 11th - 13th: Peak Perseid Meteor Shower.**

**August 12th: Full Sturgeon Moon in Aquarius.**

**August 13th: Obon, Japan.** Began as a **Buddhist** custom, a time for reuniting with family, visiting Ancestral sites and the graves of family.

**August 15th: Feast of the Assumption, Catholic.** Recalls the spiritual and physical ascent of the **Virgin Mary** into Heaven.

**August 18th: Janmashtami, Hindu** celebration of the birth of **Krishna**.

**August 27th: New Moon in Virgo.**

**August 29th: Al-Hijri, Islamic New Year.**

**The heat continues to drag on in August and we all start looking forward to cooler weather. Here is a collection of European weather lore for the month of August.**

*Dry August and warm, Doth harvest no harm.*

*A wet August never brings dearth.*

*August rain gives honey, wine, and saffron.*

*When it rains in August, it rains honey and wine.*

*After Lammas, corn ripens as much by night as by day.*

*If the twenty-fourth of August be fair and clear, Then hope for a prosperous autumn that year.*

*August ripens, September gathers in.*

*August bears the burden, September the fruit.*

*None in August should over the land, In December none over the sea.*

*If the first week of August be warm, the winter will be white and long.*



*Happy August and  
Blessed Be*



# GARDENING THE MEDICINE WAY

## SCHOOL GARDENING



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

**August is here and many of us are preparing children to return to school. Our connection with the land does not need to end here, a school garden can help get students excited about fruits and vegetables and provide countless opportunities to experience and try the foods that are often the hardest to get kids to eat.**

The founder of the kindergarten movement, **Friedrich Froebel**, used gardens as an educational tool. **Froebel** was influenced by Swiss educational reformer **Johann Pestalozzi**, who saw a need for balance in education, a balance that incorporated “hands, heart, and head,” words and ideas that would be incorporated nearly two centuries later into the mission of the **United States Department of Agriculture’s 4-H youth development program**.

The school garden movement received a huge boost during **World War I** and **World War II**, when a second **Victory Garden** program swept the nation. After that, school garden efforts became the exception, not the

norm. The 1970s environmental movement brought renewed interest to the idea of school and youth gardening and another period of intense growth began in the early 1990s.

Today, gardening can teach kids about topics like the natural world, **STEM (Science, Technology, Engineering and Math)**, nutrition and healthy eating habits. Many high schools are offering vocational programs in **agritechnology, aquaponics and horticulture**. Students can earn career certifications in these programs.

School gardening needs not be elaborate or exclusive to food production. Students can participate in the landscaping of their school by installing native plants and observing the wildlife it attracts. *Many states offer educators grants that include native wildflower plants, classroom resources and professional guidance on garden establishment.* Contact your state’s agriculture extension for more info on these programs.

Gardening helps kids engage their curiosity, learn to be resourceful and gain self-confidence. It also is a great way to get outside for fresh air and physical activity.

## Happy Gardening!





Esther Hicks

# ABRAHAM HICKS

*...continued from page 7*

*So they tried to coax her into thinking of three things: butterflies, blue glass and feathers (things that she had a much better (or even neutral) relationship to) but she was having nothing to do with it. And left the phone call rather disgruntled.*

Later that day, **Esther and Jerry** were strolling through **Monterey, California** and she felt compelled to go into a cute store, pulling Jerry along, where in the back lay an amazing collection of blue glass. Not making the connection to the phone call earlier, they continued on their way, finding themselves in a park being engulfed by a cloud of butterflies, so thick that they had to keep their mouths shut to avoid eating them! Then, from across the field, a little boy made a beeline to **Esther**, with a feather in his little hand.

*It was then that it hit her, she had manifested, in short order, all three of the things that Abraham had been trying to soothe the woman on the call with.*

You get whatever it is that you focus upon in the absence of resistance about it. If **Esther** had had a phobia about blue glass and butterflies and feathers, if she had feared interaction with them, then those would not have been the subjects that would have been good for her to activate or for us to activate on her behalf. Do you see what we're getting at?

*So you must find things that you believe, that you activate, so that the Universe can demonstrate to you, not its ability to deliver to you, but your ability to be non-resistant about subjects, because any subject that you are not resistant about comes into your experience.*

Now, let's think about that - a person who really thinks about sickness a lot and rarely thinks about wellness is non-resistant to illness, wouldn't you say? You get what you think about, and what saves you is you are fickle; you are ambivalent about so many things.

*So, when you decide that there is something in this world that you want to experience, you have to find a way of focusing on it and knowing for sure that you're focusing upon it in the way that your Inner*

*Being focuses upon it*, and your Inner Being does not focus upon the things that you desire with any resistance. Does that make sense to you? So you just have to practice it and you get better and better and better at it with every single thing that happens. Don't you find it interesting?

One of the first things that **Esther** remembers is **Jerry and Esther** were in **Tucson**, and it was amazing to be there - such different topography and such different landscaping, and the big cactus, those big **Saguaro Cactus** that were enormous and standing out in the desert. And **Esther** was in love with them - she thought they were so unique - and she wanted one for her very own. She wanted to go out in the desert and find one and bring it home with her to be her friend. And Jerry said "You can't do that, you can't just go get one, that's illegal." And **Esther** said "It's just as well, I don't think we could manage it, anyway."

And then she said "I wonder how they move them, anyway?" And **Jerry** said "Very carefully." And they turned a corner, and even though they'd been there for over a year and had never see one moved before, there was one on the back of a machine that had reached out and picked it up and put it on its own self. In other words, it was a machine that was created just for the legal movement of those things. And **Jerry** said "Well, there you go. Anything else you'd like to know?"

*And that's how it is - when you ask with no resistance, the Universe says here you go, here you go, here you go. In fact, everything that comes to you is just like that: The balance of your thoughts equal everything that comes to you. So, if good stuff is coming, change nothing - if you like it the way it is, just keep thinking the way you are. But if you want to add some abundance of some things and they haven't been coming, then you have to find a different vibrational standpoint.*

## DO WE HAVE TO HAVE RELATIONSHIPS TO BE HAPPY?

**QUESTION:** A lot of people talk about relationships and being with another person. Do I really need to be with someone to be happy? I think I feel like I'm living happily ever after by myself with my two cats. So, do people have to have a relationship in order for them to be happy?

*...continued on page 23...*



Esther Hicks

# ABRAHAM HICKS

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**ABRAHAM:** You can't help but have relationships because you're not here vibrationally alone. So you are having a lot of interaction with a lot of others, and as you are paying attention to the harmonics between you and the others, then there is an enhancement.

The thing that we would like to call your attention to is that, as you are moving through life experience and knowing what you don't want and knowing what you do want, you've put a lot into your **Vortex**. And you are not there singularly, you have a lot of intentions relative to a lot of others. So with whatever is in your **Vortex**, as you then allow yourself to move in the direction of it, you just feel better and better and better and more and more satisfied.

**So, to answer your question in a very specific way, there are relationships in your Vortex that you will feel more satisfaction as you move toward them.**

And usually - not always, but almost always - when someone says to us *I've decided that I'm really not looking for a relationship*, it's from a guarded perspective of not wanting to compromise, or not wanting to be faced with things that might take you out of alignment.

So once you are pretty sure that you are consistently in **Step 5**...you see, someone who says to us I stay in **Step 3**, I'm really good at **Step 3** (you're really going to like this - *stay with us because you're going to feel a strong distinction*), I really like **Step 3**

**(Step 1 is ask, Step 2 is Source answers, Step 3 is line up with what you've asked for, Step 4 is Maintain Your Conscious Alignment Consistently, Step 5 is Appreciate The Contrast)**

if someone says I'm really good at **Step 3**, and in fact, I've mastered **Step 3**, I'm steadily in **Step 3**, then that's usually from the perspective that someone says I don't want a relationship because they do not want any ripples in their stream - they really like being in alignment, they have this all contained, but there is always an urging from within or a calling from within for more.

And so, **Step 5** is where you're not only willing to allow yourself to engage with others for the purpose of expansion, but you're not worried about it because you know that **Step 1** moments can be appreciated, too.

We'll just say it to you in really simple terms: *Your greatest expansion comes from up close and personal relationships with others*, because as long as you can just walk away, as long as there's no strong reason to find alignment anyway, then you don't get very good at **Step 5**. **Step 5** almost requires a sort of steady presence of something that you have to find vibrational alignment around. Does that make sense to you?

That doesn't mean that everybody needs to be together, but *the more decisions you make in every day, the more robust the Energy is that flows. And the more robust the Energy is that flows, the greater the potential for joy.*

If you're going 100 mph and you hit a tree, we say it would be a lot easier on you if you were going 5 mph. But isn't it way more fun to go 100 mph than it is 5 mph? In a relationship you can go 100 mph and learn how to not hit trees.

**QUESTION:** But what if I don't really want a relationship?

**ABRAHAM:** Then don't have one.

**QUESTION:** OK. So I'm good. I mean, I don't have to, because I'm happy that way.

**ABRAHAM:** Here's the thing that we know about you and everyone else: You're always asking for more, and relationships are the fastest and greatest and most beneficial avenue to more that we know in your physical environment. So we're just asking you to just pay attention to whether what you're saying is coming out of true satisfaction or if it's coming out of a little bit of guardedness of not wanting to rock the boat.

**QUESTION:** Well, pure satisfaction is what I say.

**ABRAHAM:** It's what you say. We believe that you believe it.

**QUESTION:** OK. I don't know - I feel happy every day and I don't feel any...let me tell you...

**ABRAHAM:** We're not trying to create in your reality, we're just telling you what's in your Vortex.

**QUESTION:** OK, I'm not really arguing for my limitations, either.

...continued to page 24...





Esther Hicks

# ABRAHAM HICKS

*...continued from page 23*

**ABRAHAM:** Yes you are. (Fun)

**QUESTION:** No, I'm not. OK, whenever in the past I've had relationships, some of them were good and some of them were not that good, but at the end of every day I was just wanting to go home. I was like OK, it's time for me to go home and be alone - I don't want to have, you know, this...

**ABRAHAM:** You want to avoid the ripples. Yeah. But what if you got clear sailing. What if you're so in control of your own vibration and your own focus, what if you are tuned-in, tapped-in, turned-on, and you are an unconditional liver of life, and what if you could be with someone and only see positive aspects, and what if those positive aspects just keep coming and coming and coming and surprising and delighting you? What about that?

**QUESTION:** Well, maybe.

**ABRAHAM:** We're just saying we've never known anyone who chose to be alone who wasn't doing it for the wrong reasons.

**QUESTION:** Really?

**ABRAHAM:** Who wasn't protective in nature about it. And we're not saying you have to take somebody by the hand and go off into the sunset together, we're just saying relationships are the reason that you've come into this time-space reality. Your vibrational **Vortex** is a relationship example. Your desires aren't in there all by themselves, they're in there having relationships with all kinds of things.

**QUESTION:** OK, so I had enough with my cats (Fun), and I am a Miami Heat fan, too. So...

**ABRAHAM:** Well, maybe we got too carried away with the satisfaction conversation, because we want you to be satisfied and more, satisfied and more. And if it's not more, you can't stay satisfied because you can't stand still. So it has to be more and more and more -

your satisfaction mark keeps moving and moving and moving and moving and moving and moving and moving; more, more, more is he man-tra of the Universe.

**QUESTION:** OK, I get you, I understand that, but you say we have so many lives to live, so what if its normal to be alone in this life and then maybe in the next one I'm open to that? (Fun) Can that be? Why not?

**ABRAHAM:** There's only now, there's only now, and everything that you are is converging now. And everything that you are is becoming more. And you're, for some reason, using the conversation of relationships to hold back from what your **Vortex** is calling you to.

If we didn't have clear view of your **Vortex**, we wouldn't be having this conversation. We'd just say OK, next. But your **Vortex** has something else going on to which you feel resistance, so you're making up a story. This is the best conversation that we've ever had with anyone because it represents the way so many people are approaching life experience.

And so we bring you along as a collective consciousness to the place of realizing that you are eternal beings, and that you can be or do or have anything, and that you've put things into your **Vortex**, and that the deliciousness of life is then to allow what you've put there to be demonstrated and to allow those thoughts to turn to things.

And what you are effectively saying is *"I've put a lot of things in my Vortex, but I've decided not to allow certain parts of them to evolve, and the reason is because I've had some bad experiences before."*

When you think about the **Emotional Scale** and you think about *the worst feelings being despair* and the *best feelings being love and appreciation*, and right *in the middle there is this contented or satisfied* place that we are talking about, if you feel overwhelmed, then having a day of doing nothing seems like a really good idea.

But if you feel eager, having a day of doing nothing is taking you in the wrong direction. Do you see what we are getting at? While having no relationship feels way better than having one that doesn't feel good, and being in charge of your life feels way better than somebody else thinking that they're in charge of your life, and being self-sufficient feels way better than being dependent on somebody else.

*...continued to page 25...*



Esther Hicks

# ABRAHAM HICKS

*...continued from page 24*

What if all of that were already resolved and you were tuned-in, tapped-in, turned-on, and you were already knowing your invincibility, you were already knowing that you could be or do or have anything, wouldn't you rather be or do or have it with somebody that is reflecting back to you in a powerful way?

When you hear something that's a really funny story, don't you want to reflect it to someone else so that they can enjoy it in the same way that you did?

**QUESTION:** I do - I tell it to my friends. No? I mean these other relationships besides being partnered with somebody...

**ABRAHAM:** You get to do whatever you want to do.

**QUESTION:** So it's not the same, you say.

**ABRAHAM:** We've just noticed that when you are interacting with someone, in the same way that this time-space reality helps you to focus, interacting with another on a really regular basis helps you to focus even more. *You find out more about yourself when you're up close with someone than you do when you're not up close to someone. It's just more opportunity for more discovery. And the more discovery, then the more opportunity for satisfaction. That's all we're saying.*

## HOW IS MY INNER BEING IN CAHOOTS WITH OTHERS?

**QUESTION:** Last night we were dancing on an elation of time and beauty and people and energies. I want to know a couple words about how my **Inner Being** is in cahoots with other people's **Inner Beings** while I'm dancing and having a joyous time - I just want a couple key words.

**ABRAHAM:** Rhythm. Do you really need two? (Fun) Harmony and rhythm. Dancing from the inside out.

**QUESTION:** Beautiful.

**ABRAHAM:** There's more. Let's take it a little further.

**QUESTION:** From me?

**ABRAHAM:** Yeah, from you.

**QUESTION:** OK.

**ABRAHAM:** That wasn't wholly satisfying, so give us some more and we'll give you some more.

**QUESTION:** I'm just so interested in...I don't want to ask a question about myself, I want to know what you all are experiencing, like what these **Inner Beings** are experiencing on a day to day basis.

**ABRAHAM:** *Do you know that feeling when you really let go and you are uninhibited? That is an example of a feeling of true alignment and connection.* And when you are truly feeling that way, isn't silent disco a great way to do that? (Fun) In other words, you sort of get in there where it feels like nobody else is, it's just you and the music, and you suspend your judgment of the others because you don't really know what they're listening to.

**QUESTION:** Except for the colored lights part.

**ABRAHAM:** Yeah, well even that is hard to keep track of, because while you're listening, you may not be completely aware of what color your music is.

**QUESTION:** So true. You do that a lot, right? Yeah.

**ABRAHAM:** So the key to resonating, rhythming, harmonizing with your **Inner Being** is awareness of less that's out here and more awareness of what's happening between you and You. And so, in this case it was between you and the music, or you and your **Inner Being**.

### BUT THAT THAT IS A REALLY GOOD ANALOGY:

If you could, just for a little while, move through your day to day experiences with your headset on, *where you're tuned to your inner resources and you're not so self-aware of what anyone else is observing in you - you're just for a little while really tuning to your inner rhythm* - then what you'll begin to notice is that others recognize the power of what you have going on, and want to follow; they want what you have. Enough?

**QUESTION:** Absolutely.

**ABRAHAM:** Really good.

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# HERB CORNER

## Black Seed (*Nigella sativa*)

...continued from page 10

**In the Endocrine System, Black Seed** works with the **parathyroid** to **increase bone density**. And it works with the **pancreas** to help **balance blood sugar** levels; just make sure you are monitoring your blood if you are taking medication for this.

Its **antioxidant, antimicrobial, and antiviral properties** are just some of the reasons this herb **enhances the Immune System** in the body's natural defenses.

**When used for the skin** it helps **eczema, psoriasis, vitiligo, dermatitis**, and skin conditions due to **celiac disease**. It **improves liver functions, liver detoxification, hepatitis, and fatty liver**.

The constituent **thymohydroquinone** has **antifungal and anti-yeast** properties this makes it useful for **candida albicans**.

**In the Urinary System** it has been found to have **nephron-protective effects** helping to **reduce serum urea and creatin levels** which **prevent degenerative conditions** to the kidneys.

**Black Seed** has also been used for **breast, colon, lung, liver, stomach, and pancreatic cancers**. This is because it helps the body stimulate T-cells, it **enhances white blood cells and bone marrow (B-cell)** production our bodies natural killer cells. And it **enhances the immune system** to fight off the formation of tumor and cancer cells.

This herb has many medicinal uses. It can also be used in cooking in soups, breads, or stir-fry for its flavor as well as for its medicinal values. It is truly a very beneficial herb.



## SETH SPEAKS

...continued from page 13

Man needs artificial methods, for example, to operate effectively on land or in water.

But, the so-called unconscious tree manages very nicely in two worlds, as diverse certainly as land and water, and makes himself a part of each. I am speaking now of a tree as a "he" for reasons that I will go into in a further discussion.

And, as far as motion is concerned, the tree moves upward and downward. It is quite unfair to say that it can not transport itself, since it does so to an amazing degree, the roots and limbs moving in all directions. The inner senses of all plant life are well attuned, alert, and very important. All these fragments have consciousness to a rather high degree, considering that man holds them in such ill repute.

If you will remember what you know of the trance state, you are, for example, in a light trance, able to maintain awareness of yourself, your environment, and your place in it. You simply behave somewhat differently, not bestirring yourself in any direction unless the suggestion to do so be given you.

The awareness of plant life lies along these lines. In a deep trance there is oblivion afterward. That is, the subject, though fully aware of what is going on while in deep trance, can remember nothing of it afterward.

The awareness of plant life is also like the awareness of a subject in deep trance. Except for the suggestion and stimulus received by regular natural forces on your plane, the plant life does not bestir itself in other directions. But, like the subject in trance, our plant is aware. Its other abilities lie unused for the time and latent. But, they are present.

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Jim Egan

## STORIES THAT BEND REALITY

*...continued from page 11*

Ah, but on the other hand he'd have children, young bouncy bursts of energy as beautiful as their mother. To this day he'd be changing diapers and wiping food off the walls. He'd have more bills to pay than he wanted to imagine. He'd be wearing a suit right now working for some corporate tyrant with at least another twenty years of mortgage keeping him in bondage.

Ah, but he'd have her. Somehow the thought of waking up next to that haunting beauty drove the other nightmares from his mind. No one had ever touched him like she did, no one had ever seen through him and pushed him like she could.

She'd try to encourage him to make something out of his nowhere job. She'd try to cheer him up when he came home and lumped before the T.V. like his dad always did. She was the only woman he had ever met who could lure him into a life of such insanity.

Of course she'd look twenty years older, not like this woman. She'd probably have gray hair and wrinkles but still beautiful he was sure. Just then the woman caught him glancing at her and a look of recognition flashed on her face. She jumped up.

*"It's me,"* she smiled that devastating smile, *"Don't you recognize me?"*

It was her. In twenty years she hadn't changed at all. He was stunned, tongue tied, the room seemed to be spinning. As she approached it was clear she was even more beautiful than he remembered. His heart was pounding. He was trapped. If he talked to her he knew he would do anything she asked. He did not have the youthful vigor and carelessness to resist her a second time. He could already feel the tie tightening around his neck.

*"Don't you recognize me?"* she repeated.

*"No, no,"* he stammered, dragging his eyes away *"You've got the wrong guy--I'm not who you think I am."*

Her face fell.

He hurriedly picked up the ladder and started to turn. Just when it was clear that his deception had worked his heart turned him around to look at her one last time.

*"No, I'm not who you think I am,"* he repeated, but added in a sad, apologetic tone, *"though I wish I was."*

## ASK WHITEDOVE



Michelle Whitedove

*...continued from page 15*

Most people buy into the idea that man-made rules are fact but many great masters have foretold that humans are special beings with the ability to co-create a beautiful life.

**Start with a gratitude journal;** every day, write the simple things that you are grateful for: your health, your most patient friend, the trees that are in bloom, your cat that purrs. Recognizing the simple pleasures is a start.

**Volunteer and do something meaningful for others.** The act of giving with an open heart is transformative on a personal level.

**Read a book about the law of attraction.**

Set a new personal goal and work towards it using the universal laws of co-creation.

The time is now to get busy - the world needs you; every soul is important!

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

# CRYSTALS, ROCKS

Photo by Karin Wolf



Sharron Britton

## SMITHSONITE

*...continued from page 17*

My favorites come from the mines near **Choix, Mexico**. It comes in many color variations - pink, turquoise, green, yellow and white - and if you are lucky you can find a piece with pearlescent color play across the surface.

The famous mines of **Tsuneb** in **Namibia** is famous for its rare and valuable mineral specimens and a **Tsuneb Smithsonian** is on the top of the list for mineral collectors.

Aside from its beauty, the reason I am so fond of working with **Smithsonite** is the way it opens the heart to the reception of energy from unexpected places.

We often try so hard to find solutions to intractable problems that we cannot free up to accept assistance from other perspectives and feel frustrated and helpless to change things.

**Smithsonite** brings a serenity like the sweetness of a summer day as tension is released and new possibilities flit into our vision for the future.

For those of us working with the energy of the **Divine Feminine**, **Smithsonite** is the perfect ally. You can use it for any purpose and in any grid. It will channel the

energy needed for your purpose and yet it will continue to generate its own power.

This subtle yet very powerful shapeshifter energy helps us adapt creatively to profound changes and move forward in the faith that we will understand the things we need to know when the time is right. We cannot change things unless we are willing to be changed ourselves.

If you are drawn to the spirit of **Smithsonite**, you should be able to find it in and good rock shop, although it has gotten a bit hard to locate these days.

It is well worth your while to seek it out as it will soon become a favorite crystal in your crystal toolbox. It is a great stone for crystal healing treatments due to its adaptability. Since the energy is so sweet and peaceful, it can help stubborn energies release without fear and anxiety. We could all use this in the time to come.



Bicolored Smithsonite, Choix, Mexico



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# TIPPING SACRED COWS

...continued from page 9

other people do or say to us. Well, here's a little unconditional love for you: *it's time to get over it.*

You're probably asking, Okay, then what exactly do you suggest I do to get over it? First, gain an understanding of how your emotions work or how you choose your emotional responses. You now know how your brain works in terms of attaching meanings to your experiences and that your brain generates a chemical with each of those experiences, which triggers an emotional response. So, we consider that we are basically big walking containers of chemicals and that, until you can get hold of managing how those chemicals are dispersed, you can mediate 'til the cows come home and it won't matter. Essentially we are drug addicts, and our drugs are our emotions.

**Candace Pert** wrote the quintessential book on this subject, and when I read it, it blew my mind. **Molecules of Emotion** should be required reading for every teenager on the planet. In it, she describes how our emotions work. Basically, each emotion has a chemical related to it that is released in the brain—a peptide. These peptides, once released, cascade through our bodies like a shower of gold coins raining down from the heavens. It feels so good, our bodies just love it and can't get enough of it.

After a lifetime of being fed a smorgasbord of candied juices, our bodies start to kind of like one flavor over the other, and like sneaking into that pile of Hershey bars you're hiding from your kids, we begin to seek out ways to feed our little addiction. Like anyone with an addiction, after a while we're not so shy about getting our fix and that fix requires more and more juice to be satiated. When I began to examine my past in terms of the concept of being addicted to my emotional response to life, it wasn't hard to find the pattern. I was addicted to praise and big shows of affection. I fell hard for any guy who told me I was pretty or sent me flowers. I was instantly in love, often without reading the fine print. Why? Because I always felt unworthy of love, not good enough, not smart enough, not tall enough (there's those body issues again), so being told I was those things fed me. Well, it fed my ego anyway.

As long as my ego got the drugs, my body learned to crave all that was good in the world. It didn't matter if it was true, or if the person feeding my ego's insatiable appetite was actually feeding his own emotional addictions. It was good enough to feed the need, and that's all that really mattered.

But as you can with any muddy hole, you can dump as much water in it as you want, but it's going to evaporate and you're going to need more. Because in truth I didn't believe that anyone loved me, no matter how many visits I got from **1-800Flowers.com**. I was still hungry because my stomach was vast, and mixed in with a hunger for love was a belief that ultimately the pretend love would disappear and betrayal and disappointment would step up to the table. I know it sounds convoluted, but we humans are complicated creatures. Our brains are a tangled web of elaborate connections, love wired with disappointment, success wired with fear of failure and survival, and on and on. Our job is to unwire all those zigzagging connections and create a more direct trip. Love equals love. Now wouldn't that make life a whole lot easier!

I spent an entire month writing down my emotional responses to my experiences from lots of different places in my life. There, in black and white, was my list. First, unsubstantiated love, followed by anger, frustration, and betrayal, all tied to the people, places, and things in my life I bought in order to feed my emotional addiction. Hell, I could feel betrayed at the grocery store when they were out of my favorite thumbprint cookies, as if somehow **Trader Joe's** was conspiring against me and my need for happiness, which could only be found after eating an entire box in one sitting. Damn them! Trying this type of list-making means you will be gifted with a pretty clear (and somewhat horrifying and daunting, because jeez, really? That many?) picture of your pattern of emotional addictions. If you compare it against your list of beliefs, you will see how you picked up those nasty little addictions.

And just like you would quit any habit, you work at it. You interrupt the pattern. Emotions are tied to your beliefs about yourself, the world, and chocolate (*because, isn't everything?*). Doing the work of uncovering your beliefs and the emotions attached to them will bring you awareness about who you are being. There is a big word in the realm of spirituality: consciousness. Before worrying about the big idea of consciousness, let's just focus on your own for a moment. Most of the choices we make are pretty unconscious. They are learned responses repeated over time until we no longer even realize why we are making the choices we do.

...continued on page 33...





Betsy Chasse

# TIPPING SACRED COWS

*...continued from page 32*

I noticed I would often set myself up for disappointment by creating a need for someone to tell me how good I was, only to have them not fulfill that need (I'm still working on this, by the way). I figured this out by being conscious of my actions, by being present to my behavior and my body. I could actually feel the anticipation of getting a fix, like a heroin addict tying the knot. But every heroin addict knows deep down inside that the high is going to fade away, and deep down inside I knew that while the immediate feeling would feel good, there was a crash coming right behind it.

Dating after divorce is a surefire way for me to feed my emotional addiction and my belief that I am not worthy of love. When my marriage failed, the belief that I was unworthy hit me hard, so I started chasing men who would feed that feeling, that addiction. I chose men who wouldn't actually love me, just so I could feed my beast and be right about my belief. In choosing my men, I overdosed on the drug of righteousness—I was right after all these years: I am not lovable! See it's true, I've proven it.

Our egos love to be right, and our emotions give us the high we so desperately crave, and sadly, we continue on with this until we become aware of how we're torturing ourselves. After too many nights of hailing a cab after walking out a strange door, or doing the walk of shame to my car in a neighborhood I didn't know, I realized that this addiction would never be satisfied unless I quit cold turkey.

Becoming aware is a huge step toward working through the addiction. I put myself on an emotional roller-coaster ride because of the beliefs I created, and I allowed my ego to hide my beliefs from me and be my wingman in the setup of my eventual fall. Becoming aware is the way to get off the ride, so now I am conscious of it. I am aware of it. I have woken up a bit (but I'm still sleepy eyed). Still, every once in a while I catch myself standing in that line, waiting for the needle and the eventual highs and lows it brings.

As you become aware, give yourself a break; habits that have taken forty-three years (in my case) to formulate will not go away overnight. Withdrawals are

tough, and while you may not suffer the shakes, you're certainly going to fall off the wagon, a lot. Each time you do, just be aware of it, be conscious of it, see the cycle you created, the steps you took to get there.

Make a note of it, observe it, if you will, and eventually it will become a less nagging need. You'll start catching yourself earlier in your process. Eventually, you'll be able to step out of line and let someone else go ahead of you, and hopefully, at some point, you won't need to get in line at all.

This is why I've started to play with the idea of allowing myself to feel. Okay, so maybe I don't let myself get so angry that I want to punch out my neighbors when they park their cars too close to my driveway. I have created a little practice that allows my emotions to process.

The science on all of this reveals to us that an emotion, once triggered, takes about ninety seconds to complete its travels through your body. So give yourself ninety seconds—count, chant, breathe, punch a pillow—but give yourself the time. Then after the ninety seconds are up, it's up to you—do you want to keep feeling that way? You can use that time to bring your awareness out of hibernation.

Through awareness of who you have been, you can make space for who you want to be. You can become conscious of other choices you might want to make and, as a master of your house of emotions, you can find your way to being who you want. I think, from a really common-sense take on it, it's about giving yourself time to choose your response from a more "conscious" perspective.

So remember, that wonderful chemical cascade of peptides lasts for about ninety seconds. After that rush, we can choose to continue feeling it, or we can choose to push that plate away and save room for dessert. The mistake we often make in caring for our emotional selves is that we don't allow ourselves to feel. Alternately, some of us feel too much. We feed on the smorgasbord of emotional drama like we're in Vegas at the five-dollar, all-you-can-eat buffet. Once you have mastered your emotions, you will find a whole new freedom in actually experiencing the beauty of your emotions, the gifts they give you, because instead of them running you, you will be the girl (or guy) in charge of them. Delight in the joy, revel in the sorrow, but do it consciously. It may be that you want to feel a particular way for more than ninety seconds. Okay, why is that? I have begun a whole new conversation with myself in these moments. For a lot of us, there is a

*...continued on page 34...*



Betsy Chasse

# TIPPING SACRED COWS

*...continued from page 33*

cacophony of voices muttering in our heads, yammering on about our silly beliefs or telling us how to act and what to believe. Someone needs to corral that bunch, and that someone is you—your inner you, that voice of reason, the real reason, not the loud one who always talks over everyone else and pretends to have it all figured out. The voice that helps you remember why it is you're responding with a certain emotion, your conscious self who has a bird's-eye view of how you ended up connecting love with hurt and guides you back to connecting love with love.

During my divorce, I lived in a space where every time I walked out of the courtroom I was stunned, shocked, and really angry. I railed in my head against the injustice of it all. As I made my way to the car, I'd start in on myself, playing the game of pretending, putting on my mask of enlightened master and trying to tell myself that the universe had other plans, that there was a lesson in this moment for me and that I should find love and compassion. As I said these things, I would feel myself shoving my emotions deep down, professing to myself that they were just an illusion, and I could ignore them and they would go away, because I was "love," right?

I would sit in my car and look out the window. My divorce was no illusion, and even if it was, I was right in the middle of it. Sure, I could pretend, but where has that gotten me so far? Once, while sitting in my car, full-up with all of the emotion of the exquisite pain of the realness of what was happening to me, I began to sob and beat my steering wheel. I cried all the way home, and I cried for almost ten hours straight. At times, I played *My Life Sucks* and wore my victim mask with pride. I gave myself the room to be every emotion I wanted to be and in doing so, released them. I checked in every ninety seconds and said yes, keep going, you've held this in for a very long time, and it's going to take a while to purge it. I started my descent into darkness with the belief that all was lost, because in that moment it was.

After several hours, I fell to the floor in exhaustion. In my fall down the rabbit hole, I found beliefs tied

up with my emotions. I saw the road map of hurt and disappointment that led me to become addicted to the emotions, convoluted as they were. There were contradictions at first, but eventually I saw it all come together, the puzzle that is me. I slept, and for the first time in a long time, I slept dreamlessly through the night. Everything I had was out and on the floor, and there was nothing left inside my head to pursue me into the land of my dreams or disturb my sleep. When I awoke, the feeling of failure was gone, the little pieces all connected, and I saw how I had come to be who I was. The fear had evaporated, the confusion was gone, and I began the business of picking up the pieces and finding something new to make of them.

In my humble opinion, besides **Molecules of Emotions**, the best work written on this subject comes from **Dr. Joe Dispenza**, who wrote the foreword for this book. His book **Breaking the Habit of Being Yourself** is another that should be required reading. If all of humanity simply understood this one concept, I imagine the world would probably be a very different place. You are addicted to your emotions because you've created a belief system around feeding them, and you can either keep doing the same thing, or you can become the master of them.

**Dr. Joe** describes a process that is very logical. We do it all the time when we want to quit smoking or drinking, or when we want to give up any other worldly addiction we have picked up. It's the same with our emotions. Our emotions aren't bad; they are a gift, a way to experience the reality, the illusion. They become bad because we judge them. Our society has decided being angry is bad. It has also decided that being sad requires more drugs, but in taking them, we never take the time to find the source of the emotions because we don't let them out long enough to see them through. In starving ourselves, in forbidding ourselves to feel, we have created a monster of addiction, an addiction that will be fed with us or without us. We become unaware of our own processes and stand around dumbfounded, wondering why our life is the way it is and why we don't have any control over it. **Dr. Joe** describes a process in which you first observe and understand. Once you've done that, you forgive and let go and then slowly and deliberately begin to interrupt your pattern. You don't interrupt the pattern by forcing it aside, but by exercising conscious observation and compassion for yourself, and by being willing to make a different choice because you understand why you feel a certain way and know you don't have to continue feeling that way. Choice is power, understanding is power, and we have that.

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# MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

*...continued from page 19*

**TGU:** In a sense, yes. No need to make rules or definitions about it, though. Perhaps some other time.

If you now begin to actively consider your body as a focal point among so many variables, you will perhaps begin to treat it with more respect. You are in possession of a precision tool, not a taxicab. Proper attention to the interface between non-3D and 3D will show you your immense power at your disposal. You are not a helpless victim in the universe, no matter how disappointed or disillusioned or disoriented you may be. The three axes we mentioned all converge in you (and of course in everyone) living in 3D. We mentioned them separately. Now consider them as effective simultaneously.

- Multiple strands with everything they connect to.
- A localized unit functioning in awareness, its focus always one specific time-place.
- A localized consciousness which functions in 3D yet retains a capability of accessing and interacting with non-3D consciousness.

That is, (1) multiple strands, coexisting (2) as if a unit in a moment of time-space, while also (3) connecting to the real world beyond the 3D, at a less or a more conscious level.

To that improved picture we may add the shared subjectivity as a frequently under-considered part of you. Because, remember, that is what (2) and (3) imply. When you interact with the world via a time-place, you are interacting with the part of you that is beyond your particular localized consciousness. When you interact with the non-3D, you could be said to be doing the same thing in a different way, for just as the 3D has its non-3D aspects, so your role as interface within 3D also implies a role as interface beyond 3D.

You are not defined by your 3D function alone. (You are more than your physical bodies, to coin a phrase.) You, Frank, are Frank, but certainly are not merely Frank's body, nor merely Frank's consciousness narrowly considered, nor merely whatever he knows, learns, does, values. You are you, and "you" is always more than any

one definition. Hence we are continually saying, "Which you?"

That is: If you try to define yourself without including the shared subjectivity as an intrinsic part of you (in the same way that you might be defined, in turn, as an intrinsic part of the shared subjectivity), you miss the more important part of you beyond the more or less conscious coexistence of strands within you.

**DeMarco** The idea of us being an intrinsic part of what seems to us an external world is now familiar, but I don't know that it is clear. I mean by that, I can accept it, but I can't yet get an active clear metaphor for it.

**TGU:** It is one more stretch.

**DeMarco** Yes, but an image would help clarify it, even at the risk of distortion.

**TGU:** It may be worth the effort of trying to provide one. Let's see. A radio network overseas? The Internet? Either analogy has its instructive points, but leaves something unsaid. What about the circulation of air among you all? "Group mind" may be the closest, actually, and you have at least some experience of this. You should quit for now.

**DeMarco** Very well. Today's theme?

**TGU:** "Metaphors for 3D existence."

**DeMarco:** And when we resume?

**TGU:** "Examining the metaphors," perhaps. Only, we are very likely to be carried in a afferent direction. We shall see.

**DeMarco:** Okay. Our thanks as always.

## THREE COMPLICATIONS OF 3D EXISTENCE

Saturday, August 21, 2021  
4:45 a.m.

**DeMarco** The body as shock-absorber - as reconciler, I suppose - of all the tensions arising from various strands living together. Slide-switches set for maximum receptivity, clarity, focus. You're on.

**TGU** Perhaps the place to begin is to remember our statement that the goal is not "perfect health" as you

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# HOROSCOPES AUGUST 2022



## ARIES – (March 19 – April 18)

### ARIES: MOOD FOR AUGUST 2022

The cosmos is an accomplice to your radiance, love, and well-being. Jupiter boosts your energies and guarantees you good morale, while Venus assures you of an irresistible charm. It would be a pity to tarnish your bright aura by attacking those around you at the end of the month. You are under the influence of electrical energies during the month. For them to serve your interests, make sure that they remain controllable. Know how to astonish without confusing and go for it without creating a mess. You need to maintain a careful balance between a grain of madness and a hint of wisdom. Don't give up, cling to your dreams, and don't take a step back. The Sun will illuminate your love life and make you smile.

### ARIES: LOVE FOR AUGUST 2022

Jupiter and Venus strengthen your power of seduction and favor your sentimental fulfillment. Your surprising, unexpected, or impulsive decisions are intended to improve your living conditions. You act with determination! However, do not spend too much satisfying your desires at the risk of exceeding your means. You want to express the depths of your heart to your loved ones, but you risk ending the month frustrated. Connect with your inner world to nourish your hopes, and count on the Sun to warm the mood.

### ARIES: MONEY FOR AUGUST 2022

Your undeniable charisma and your successfully exploited talents bring you money. Still, above all, you are thirsty for love and recognition. Be careful. You tend to act impulsively. Don't throw it away if you spend money to improve your quality of life. Count on Mars to defend your interests and overcome the resistance that prevents you from opening the future to your liking.

### ARIES: WORK FOR AUGUST 2022

Your talents seem undeniable, and you have no trouble turning people into admirers, but beware of overly offensive interventions. Do not try to impose your principles and collaborate rather than isolate yourself. You develop and express your potential but channel your creativity which confuses your partners. Some hopes

are dashed, such as your efforts to release the necessary funds to realize a project. Don't give up. Continue to nourish your hopes and fight for the right cause.

## TAURUS – (April 19 – May 19)

### TAURUS: MOOD FOR AUGUST 2022

Count on the support of Jupiter to ensure your back and Venus to help you evolve in a dynamic environment that makes you feel secure. This sky supports your morale but does not channel your impatience. Some resistance to your desires exasperates you. If someone tries to contradict you or corner you, you will not let them. Count on your will to break with the past! Show clearly who you have become, whether this attitude pleases you or not. You oscillate between crazy hopes, ideals that intoxicate you, and reality that puts your feet back on the ground. Try to keep your head in the stars while staying in touch with a situation that tests your tenacity.

### TAURUS: LOVE FOR AUGUST 2022

Count on Venus to protect your family life and lay the groundwork for a project (baby, real estate investment, etc.) that you are excited about. But don't take advantage of it to make excessive demands that alter such beautiful harmony. You can communicate without offending anyone, but put on the gloves with your family. Your desire for independence is not well received. Your head and heart are full of tender and inspiring projects. Despite a reality that thwarts your plans, you show a beautiful determination to pursue your objectives and an idea of life. And if you're dealing with obstacles or disappointments, hang in there.

*...continued on page 37...*



## **TAURUS: MONEY FOR AUGUST 2022**

From the 20th onwards, you raise your voice to defend your interests. However, it is not certain that you will be heard if your aspirations are excessive. At the end of the month, you should consider cutting back. In August, you are keen to claim more independence. Now is the time if you want to take advantage of your offensive state of mind to make a financial demand. The raise will come when you've proven you can meet the challenges.

## **TAURUS: WORK FOR AUGUST 2022**

August invites you to relax and share good times with family and friends under the protection of a sky favorable to your emotional development. From the 20th, Mars encourages you to get back on track. You should expect to return to work under high cosmic tension. Until the 4th, you impose your rules on those around you: you want to manage the ordinary more autonomously. Rely on your talents and an original tone to win over everyone. Saturn will put the brakes on the movement so that you base your initiatives on solid ground, even if it means condemning yourself (temporarily) to treading water.

## **GEMINI – (May 20 – June 19)**

### **GEMINI: MOOD FOR AUGUST 2022**

Venus aligns you with those around you, but don't try to lead everyone else. Mars endows you with a will that pushes you to act in your own interest but take into account the interests of others. You are not lacking in resources to face obstacles. You are burning to accomplish a mission. However, keep it secret for the time being to avoid painful confrontations with those close to you. They are not convinced of the legitimacy of your objectives.

### **GEMINI: LOVE FOR AUGUST 2022**

You can count on Jupiter to nourish your projects and concretize perspectives that galvanize you. Count on Venus to expose your plans and pass on your messages with success to your loved ones, but do not impose anything on them. You are active in the shadows to fulfill your desires as quickly as possible. You do not lack arguments to precipitate events. Still, you do not

offend sensitivities because your charm is not enough to convince. You aspire to realize a dream, to reach an ideal, but you are thwarted by obstacles. You will not give up, even if you have difficulty communicating with those close to you who want to bring you down to earth.

## **GEMINI: MONEY FOR AUGUST 2022**

If you are looking for funds to carry out a project, count on Venus to seduce and Mars to convince, but do not try to force the hand of those in power. Rely on a covert strategy since too much charm arouses suspicion. Your ability to serve an ideal helps you get the funds you need, but be aware of temporarily impassable limits.

## **GEMINI: WORK FOR AUGUST 2022**

You have an undeniable ability to rally people around a vision of the future that has everything to please. Still, you must channel your energy and authority, not to everyone's taste. You combine strength and calculated risk-taking to advance your pawns. Don't reveal your batteries, as you may pay the price. If you have the talent to achieve an ideal, expect to face ambush adversity. Don't give up. Keep up the momentum without provoking unnecessary, even counterproductive, controversy.

## **CANCER – (June 20 – July 21)**

### **CANCER: MOOD FOR AUGUST 2022**

Jupiter will crown your efforts and open up new avenues for you on the professional front. You can count on your undeniable magnetism to make an impression. Just beware of a latent aggressiveness that turns against you and your interests. You are constantly acting with a sense of urgency. You can count on excellent reactivity to launch yourself into an adventure but remain in control of your emotions as you are overwhelmed by events.

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# HOROSCOPES AUGUST 2022



## **CANCER: LOVE FOR AUGUST 2022**

Venus exalts your appetites, and you have many assets to put yourself forward and get what you want but try not to get upset if someone resists your pressure. Projects will lift you from the ground, and you will not lack the support of your family, friends, and partner to launch your initiatives. Do not ask for too much financial help from those around you to fully enjoy the openings. You aspire to live an ideal relationship and can count on your power of seduction to reach the goal. Still, you are annoyed by setbacks that prevent you from thoroughly enjoying the present moment. You're not giving up, but you're dealing with a sense of frustration (related to financial worries).

## **CANCER: MONEY FOR AUGUST 2022**

Venus is sharpening your desires, and you will not hesitate to use your charm to solicit those with power and money to pay you what you deserve. If your prospects justify seeking financial support, remain reasonable in your requests so as not to frighten off those who are willing to help you, but not at any price. Saturn is holding back your economic expansion, so take it easy and invest in your personal quest.

## **CANCER: WORK FOR AUGUST 2022**

You are successful at work, but if you have to intervene or negotiate, you should be careful not to be too impulsive and get into trouble. Whether it is a professional project or a radical change of life, count on the situation to support you and accompany you in your initiatives. You rally your troops but beware of excessive demands. You are working hard to realize an aspiration, to serve a cause. You invest yourself in this mission, but you struggle to cope with specific resistance that keeps you stuck in place. Don't admit defeat because you'll end up doing well.

## **LEO – (July 22 – August 21)**

### **LEO: MOOD FOR AUGUST 2022**

Jupiter boosts your confidence in your skills and ability to surpass yourself, while Venus reinforces your aura. This will seduce your private and social circle and give you the feeling that everything is possible. You will not hold still and attract the world around you. We appre-

ciate your little touch of madness and your audacity, but we find that you sometimes go too far. Saturn cools down your exchanges and does not make it easy for you. If you are tempted to put pressure on others, wait for better times and put yourself at the service of others rather than just your own.

### **LEO: LOVE FOR AUGUST 2022**

You can count on Venus to strengthen your power of seduction. You aspire to live in bonds that elevate you, meet inspiring people, and break with all forms of banality. You will not fail to make yourself noticed, even to shake things up. You will seduce with an approach that leaves no one indifferent but avoid doing too much. Take a step back from your love life to learn valuable lessons rather than raising your voice to overcome resistance. Correct what can be corrected by remaining an observer.

### **LEO: MONEY FOR AUGUST 2022**

If you have great potential to push the boundaries of what is possible, be careful not to abuse your influence to demand that others comply with your demands. You want to break with the past, and you will pay for your difference. Try to remain realistic in your requests to not arouse the distrust of those who find you greedy.

### **LEO: WORK FOR AUGUST 2022**

Jupiter increases your chances of broadening your horizons and realizing your ambitions. You'll be able to use this influence to make an impression on those around you and seduce them. But if you are fighting for a project to take shape, avoid forcing anyone's hand. At the beginning of the month, you will have to deal with audacity, determination, fantasy, originality, and strategies carried out in the shadows. Focus on initiatives to put your future on the right track. Roll up your sleeves and put your strength to work for the community.

*...continued on page 39...*





## **VIRGO – (Aug 22 – Sept 21)**

### **VIRGO: MOOD FOR AUGUST 2022**

You are surfing on a wind of change that is pushing you in the right direction but don't take advantage of it to challenge those who oppose you or try to limit you. You will end the month well if you think before you act. Strengthened by a tonic sky, you will take advantage of your exceptional resources to launch a project that is close to your heart. However, do not abuse your excellent potential and give yourself time to reflect. Galvanized by your affectionate ties, you will strengthen your relationships through projects to be carried out together. Keep confidence in yourself and in each other.

### **VIRGO: LOVE FOR AUGUST 2022**

Venus invites you to examine your relationships to understand how you function emotionally before launching a new cycle in your emotional life with full knowledge of the facts. Count on good vibes that bring joy and positive transformations. You are pushing back the boundaries of what is possible in a wind of novelty. Your perspectives open up the field of possibilities: a pleasant dream or project to share with your partner or with those you love but are blocked by constraints that weigh on your daily life. If you don't disarm quickly, don't rush into anything because you don't have a free hand to act.

### **VIRGO: MONEY FOR AUGUST 2022**

In August, you seem more inclined to defend your ideas and actions than to amass a small fortune (even if one does not prevent the other). Your adventurous spirit outweighs any financial greed. Don't necessarily expect to hit the jackpot, as Saturn will confront you with lack. Whether it's freedom or money (or both), this temporary setback won't affect your long-term happiness.

### **VIRGO: WORK FOR AUGUST 2022**

Jupiter favors positive developments and changes but stays serious at work. Your hierarchy does not appreciate your initiatives and decisions. Until the 4th, count on an enthusiastic and daring Mars to change things. Some people will change jobs, and everything related to research and innovation will be favored. Take a step back from events. Time to adjust your aim. Mars is looking for openings, pushing you to act to achieve your ambitions. You can convince your contacts, partners,

and associates to believe in you and follow you. Still, you will come up against problems of stewardship that will force you to slow down.

## **LIBRA – (Sept 22 – Oct 21)**

### **LIBRA: MOOD FOR AUGUST 2022**

You're comforted by solid friendships and a loving environment. You will take advantage of these beautiful cosmic dispositions to exchange on a festive mode with those who cross your path in August. However, you should avoid taking yourself for the king at the end of the month (27th). Driven by an impressive strength of character, you will start the month with a lot of energy but with tension. If you lack neither zeal nor courage to meet the demands of daily life, it is the inspiration that you lack. Saturn cools your enthusiasm.

### **LIBRA: LOVE FOR AUGUST 2022**

You have attractive plans for the future: starting a family, moving to a place you like, or even conceiving a child. You share the same vision of things with a partner in tune with your dreams. However, take the time to explore your inner world if you feel the pressure mounting. Count on your charisma, power of seduction, and unshakeable determination to transform your life for the better. Accelerate the movement of change, but don't put pressure on anyone. Certain abuses of authority cool the atmosphere. The best attitude to adopt to avoid trouble is to listen to what your loved ones are telling you and to get your messages across gently.

### **LIBRA: MONEY FOR AUGUST 2022**

You are in a buoyant climate. Expect to be rewarded for your ideas and projects. But don't spoil your chances by imposing your codes on others. If you need funds, you can use your formidable power of persuasion and get your way. However, do not abuse your powers. Your possible initiatives to reach more prosperity will pay off. Still, Saturn will restrain your flights of fancy and restrict your potential.

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## **LIBRA: WORK FOR AUGUST 2022**

Jupiter continues to favor exchanges and associations. You benefit from its generous support. Loyal people, an audience, or a clientele will open up avenues and a royal road to your future. But don't sabotage your support by forcing your way unnecessarily. Tap into your most profound resources to generate the energy that allows you to overturn barriers. It's impossible to slow down your progress, and you're making a mark. You have doubts. You feel you are being pushed into a corner. Rather than getting frustrated in August, take a break from the game and go on vacation.

## **SCORPIO – (Oct 22 – Nov 20)**

### **SCORPIO: MOOD FOR AUGUST 2022**

Jupiter contributes to your fulfillment. Whether in your family, in love, or at work, count on your charisma to make everyone happy. However, you risk being less pleasant on the 27th when your initiatives seem too offensive and turn against you. You are eager for change and are determined to be the instigator of it so that your ambitions are and remain profitable. Try to convince rather than a challenge.

### **SCORPIO: LOVE FOR AUGUST 2022**

Are you paying as much attention to expanding your social and professional life as your emotional fulfillment? Jupiter multiplies the opportunities to improve your living conditions while Venus reinforces your popularity. You do not hesitate to start a new relationship to make your exchanges evolve and do projects together and in complicity. You aspire to live stories that are anything but banal, that have meaning for you. If the situation meets your expectations, you will have to deal with a family climate that could darken the landscape. Too many responsibilities to take on and a probable difficulty communicating with those around you.

### **SCORPIO: MONEY FOR AUGUST 2022**

If you are going through the month carried along by waves favorable to your enrichment, beware of a tendency to be too demanding at the end of the month (the 27th). You will have to bear family burdens that will weigh down your budget and prevent you from

realizing a dream or enjoying a lighter lifestyle. In August, try to put your troubles into perspective and give yourself a break.

## **SCORPIO: WORK FOR AUGUST 2022**

Since May 10, Jupiter has been inviting you to move forward and score points, provided you serve the community's interests and your own. You shine, but do not try to force your way through. Offensive, audacious, you show an unstoppable force when it comes to convincing your partners to grant you more space or autonomy. You aspire to broaden your horizons and express yourself more freely. Still, you do not exceed the limits at the risk of weakening an association. Don't let yourself be consumed by family responsibilities that pull you down.

## **SAGITTARIUS – (Nov 21– Dec 20)**

### **SAGITTARIUS: MOOD FOR AUGUST 2022**

You do not go unnoticed, and your radiance serves your interests, but this does not exempt you from channeling your aspirations. A tendency to hyperactivity generates the best and the worst. If you manage to contain your nervousness, you can direct your destiny to your idea. Let go of the ballast and rely on your talents to seduce. This approach works for you and prevents you from ending the month frustrated.

### **SAGITTARIUS: LOVE FOR AUGUST 2022**

Jupiter will help you to blossom emotionally. Your sentimental world is full of happiness, warmth, and enchantment. Count on Venus to accentuate your thirst for solid moments with another person or for unique stories that will exalt your aspirations for perfection. But calm your impatience and inner turmoil, which will be favorable if you get your messages across gently. But if you formulate your desires too authoritatively, it is not sure that you will be unanimously accepted. To improve your family life, be diplomatic so as not to offend people's sensibilities.

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## **SAGITTARIUS: MONEY FOR AUGUST 2022**

Jupiter accentuates your talents and draws attention to you. Take advantage of this to claim the reward for your merits but don't be too insistent. You act in your daily life to manage it at your convenience. If financial interests are at stake, do not try to force anyone's hand.

## **SAGITTARIUS: WORK FOR AUGUST 2022**

Count on Jupiter to strengthen your creativity and desire to shine, make an impression on the world around you, but don't take everything for granted. If you are working in August, you can't stand any delays or obstacles that might curb your creativity, your thirst to innovate, stand out, or even free yourself from specific codes. Channel your impulsiveness so as not to harm your interests. Your manners and initiatives will not appeal to your partners and interlocutors, who will likely form a block against you if you force the issue. Rely on your combative energy to exploit your potential.

## **CAPRICORN – (Dec 21 – Jan 19)**

### **CAPRICORN: MOOD FOR AUGUST 2022**

Some personal and family projects make you happy. You have a magnetism that makes the temperature rise in love. You are driven by a furious desire to change things and express the expectations of an ego that is too often repressed. You risk ignoring any notion of moderation, or even prudence, and crossing the line. You feel that the situation is holding you back. Still, you are galvanizing those around you by sharing an idea to keep you smiling and believing.

### **CAPRICORN: LOVE FOR AUGUST 2022**

You aspire to blossom in your family, to improve your living environment. Count on Venus to change things. A gentle strategy will help you to carry out a project that is important to you, so do not be too controlling. Love at first sight, a quick (even sharp) decision taken in love, makes the atmosphere electric. If you aspire to change things emotionally, you will be served, but do not let yourself be overwhelmed by disruptive emo-

tions. You will only be listened to in August if you are willing to take a step towards the other. Otherwise, doors may close, both privately and materially.

## **CAPRICORN: MONEY FOR AUGUST 2022**

If you need funds to complete a project, rely on your ability to influence those around you and your banker. You need to be noticed to impress the gallery. Your madness prevails over your need to secure your financial bases. However, there is no need to get upset. Money will not flow freely in August.

## **CAPRICORN: WORK FOR AUGUST 2022**

You are active and willing to support the common cause. You will be counted on to actively participate in the company's expansion. Still, you will put your own ambitions before the collective interest, so don't overstep the mark. Despite your strong will and your powerful desire to express your potential and power, you may come up against obstacles that are difficult to overcome. It could be a temporary lack of resources or limits you are asked to accept, but you will have to deal with it.

## **AQUARIUS – (Jan 20 – Feb 17)**

### **AQUARIUS: MOOD FOR AUGUST 2022**

You maintain positive, creative, and pleasant exchanges with those around you. Your lightness is appreciated, which does not exclude honest and attentive listening. These dispositions will seduce if you do not abuse your popularity to impose what you like. Everything is moving fast, and you are dealing with events that could change your life. Beware of possible clashes with those around you. You may feel cut off from the world and unable to communicate without running into a wall. Try to get out of your ivory tower and step toward the other.

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# HOROSCOPES AUGUST 2022



## AQUARIUS: LOVE FOR AUGUST 2022

Venus invites you to listen to others, close ranks with your partner, or establish close ties with a new acquaintance, but do not try to control anyone. You use your goodwill for your private and family life. Whether it's a quick move or a decision that will upset your bearings, you won't be bored! But beware of the risk of conflict with those around you. Your somewhat rigid attitude will cause problems in the family, where your darker moods will not necessarily be taken in. Put your best foot forward and work to smooth things over in your daily life. Above all, take a step towards each other, so you don't end the month frustrated.

## AQUARIUS: MONEY FOR AUGUST 2022

Advantageous agreements are reached, contracts signed. The trick is not to ask for too much so that you are not seen as too greedy. August seems to be primarily devoted to managing stewardship of changes that mobilize your attention and keep you busy.

## AQUARIUS: WORK FOR AUGUST 2022

Jupiter makes it easy to talk to others and gives you a verve and a radiance that will attract and hold the attention of your partners and interlocutors. You will make a great impression on people and gather support for your proposals. Still, you should avoid putting pressure on anyone. You do not lack goodwill to serve the common cause in August. Just certain flexibility and a sense of diplomacy that has deserted the ranks. Mobilize to fulfill your duties without making a fuss.

## PISCES – (Feb 18 – March 18)

### PISCES: MOOD FOR AUGUST 2022

Optimistic, even enthusiastic, when you see that your business, daily life, and stewardship bring you nothing but satisfaction for the moment. You don't hesitate to say out loud what you are thinking or even to provoke those around you because nothing and no one can channel your impulsiveness. This communication will pay off. However, be careful not to upset the established rules too much.

### PISCES: LOVE FOR AUGUST 2022

You are mobilized to ensure the well-being of your loved ones. Count on Jupiter to provide you with the necessary resources to improve your living conditions and those of your loved ones. But there will be lively, intense exchanges and decisions taken on the spur of the moment (or at heart) at the beginning of the month. The least we can say is that you are evolving in a seasonal climate. Try to stay in control of your emotions. Otherwise, this frequency will end up causing disturbances. Avoid getting angry or attacking anyone. Instead, hold on to a dream, the quest for an ideal.

### PISCES: MONEY FOR AUGUST 2022

You will manage your finances productively in August. Just make sure that your whimsical nature doesn't push you to throw your money away. Daily life and managing your moods will give you too much trouble to think about making a fortune.

### PISCES: WORK FOR AUGUST 2022

While Jupiter continues to exalt your potential and talents and promote your financial or professional expansion, you are more focused on your family or private life than on your work assignments. And if you are working, you're making sure that everything is running smoothly. If your ideas and methods are out of the ordinary, favor dialogue and don't impose anything on anyone. You will score points if you manage to stand out from the crowd without disrupting teamwork too much.

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Dr Joe Dispenza

## Reality Is Determined by Collective Networks of Observers

*...continued from page 8*

***Is it the intensity of the emotion that determines the most effective collective network?***

***Is it possible that a smaller, but more highly coherent collective network of observers—who practice brain and heart coherence—are equally, or more effective, at influencing reality?***

Our research team has been curious to know. Thus, as we revisited and refined these questions, we began exploring bigger ones such as: ***could a smaller collective network of people who actually understood the most recent scientific information about the physics and biology of consciousness—who continually practice heart and brain coherence—produce effects upon the external world?***

***Could this smaller network of hyper-coherent people produce different effects upon reality than the collective consciousness?***

***Could we program people into love, rather than fear?***

***Could we program a collective consciousness into becoming more unlimited and sovereign, instead of limited and dependent? These are fundamental questions.***

They are also the reasons why, at our events, we've begun using random event generators to observe and measure whether we can actually cause so-called random events to be more intentional and less random, thus demonstrating how consciousness is the biggest part of the reality equation.

To further elaborate, a random event generator is a device that acts like a coin tossing machine, generating a series of "heads or tails" outputs. The more you toss the coin, the results tend to average 50% heads and 50% tails.

In our **Denver Week Long Advanced Retreat** this year, we conducted a variety of scientific research studies. One in particular was using two random event generators during the three sessions of **Coherence Healing™**. Each generator tossed the coin one thousand times in one second. The results it produced were compelling. ***In all three measurements, as a group our collective consciousness influenced the events to be less random and more intentional.***

If people are living in fear and they're believing information based on the emotional state of fear, they'll tend to be more reliant on something outside of them to take away that fear, to relieve them of their anxiety, or to alleviate the problem. That's what they have been informed to believe.

Our message is actually the opposite: by providing people with empowering information, void of highly charged emotional stimulation based on the stress hormones which elicit a survival response, and teaching them how to live with love and attain greater levels of consciousness—we can create novel solutions to complex problems. And we don't have to rely on any "thing" or any "one" outside of us. That's what this work is all about.

Based on how, during our retreats, we have measured and observed changes in people's biology in just seven days, we're discovering new truths about human beings that tell a very different story. So let me leave you with this question: ***If we discovered that we could be less reliant on things outside of us to determine our reality, why wouldn't we make that choice?***

Although we are in the early stages of our research around this topic, we have measured a smaller collective network of observers who have begun to master brain and heart coherence and change their bodies, produce effects in their immediate environment—their reality—and change their future timeline.

Personally, I think that's how we change the world. The coming of a new consciousness is not one person but a collective consciousness.

<https://drjoedispenza.com/blogs/dr-joes-blog/reality-is-determined-by-collective-networks-of-observers>



Mokshapriya Shakti

# THE ALPHA STATE

*...from page 15*

**Gamma waves** (25 to 100 Hz) are the fastest of the brain wave bandwidth. Gamma waves relate to simultaneous processing of information from different brain areas and have been associated with higher states of conscious perception.

**The nervous system is the major controlling, regulatory system in the body.** It is the center of all mental activity including thought, learning and memory. Together with the endocrine system, the nervous system is responsible for regulating and maintaining homeostasis both external and internal.

**The nervous system is composed principally of the brain, spinal cord, nerves, and ganglia.** Millions of sensory receptors detect changes inside and outside the body and convert them into electrical signals called nerve impulses transmitted to the brain. They in turn create sensations, to produce thoughts. The central nervous system includes the brain and spinal cord, while the peripheral nervous system is split up into the somatic and autonomic nervous systems. The somatic nervous system moves skeletal muscles. The autonomic nervous system is split into the sympathetic nervous system and the parasympathetic nervous system.

**The sympathetic nervous system** leads to a “fight or flight” response, and parasympathetic nervous system leads to a “rest and repair” response. In today’s society we are in a perpetual state of stress. Society creates stress through demands on our time, through the news, through work, through driving, etc.

**The parasympathetic nervous system is for growth and repair through primarily the vagus nerve, and the lumbar spinal nerves.** When stimulated, these nerves regulate the internal organs and glands. Its role includes stimulation of rest-and-digest activities that occur when the body is at rest, including sexual arousal, salivation, tears, urination, digestion, and defecation. It plays a vital role in maintaining both mental and physical health by helping the body to calm down from stressful reactions.

**The alpha state of mind activates the parasympathetic nervous system.** Therefore, if we want health

of body and mind, we need to bring our mind into alpha states. We can live our life in an alpha state. It is called mindfulness. We begin to enjoy every moment as now. We stop comparing the now with the past. Generally, when we hear or see something immediately the mind will want to recognize it with something in the past. So, we are not hearing or seeing what is in front of us as is, but with a lens or coloring of the past. Practicing alpha state exercises will make us aware of what that state is. Right now, with the world the way it is, we rarely are in an alpha state. To achieve health and wellness we need to learn to bring ourselves into alpha states, this may be done through yoga, meditation, mindfulness or specific alpha exercises.

## SOME ALPHA EXERCISES ARE:

**Toning** especially toning OM. It activates the vagus nerve. The vagus nerve connects the brain with the body. Once activated its parasympathetic fibers release and your body goes into an alpha state. The vagus nerve is the longest nerve of the autonomic nervous system, running from your brain to your large intestine. It is one of the most important nerves in the body. The vagus nerve helps to regulate many critical aspects of human physiology, including the heart rate, blood pressure, sweating, digestion, and even speaking.

In **Shambhavi Mudra** we direct your eyes towards the center of the two eyebrows gently and concentrate on that center. Your mind will instantly stop running around.

**Sukha Purvak** or simple alternative nostril breathing done very slowly. Close the right nostril with your thumb inhale through the left nostril. Close the left nostrils with the ring finger and exhale through the right nostril and then inhale through the right nostril. Close the right and exhale through the left and inhale through the left and exhale through the right etc.

Let us make a resolution to practice going into an alpha state and feel the change within you.

*“Alpha waves in the human brain are between 6 and 8 hertz. The wave frequency of the human cavity resonates between 6 and 8 hertz. All biological systems operate in the same frequency range. The human brain's alpha waves function in this range and the electrical resonance of the earth is between 6 and 8 hertz. Thus, our entire biological system - the brain and the earth itself - work on the same frequencies. If we can control that resonate system electronically, we can directly control the entire mental system of humankind.” Nikola Tesla*





# SETH SPEAKS

*...continued from page 29*

The awareness is focused along certain lines. The energy is likewise focused. Much of the ability, again, is suspended as for a subject in a trance. But, consciousness is present. Your hybrid plants merely demonstrate this susceptibility to new suggestion which your plant, like your susceptible trance subject, will gladly follow. I will have more to say along this road of thought but am detoured for just a moment as to which fork to follow.

(**Break** at 21:43. **Jane** felt that **Seth** wanted to go on but had so many points of departure to choose from that he couldn't decide which to pursue first. "I can feel him buzzing around," she said just before she resumed dictating at 21:50.)

As you have probably supposed by now, there is consciousness in everything. Visible or invisible to you, each fragment of the universe has a consciousness of its own. Pain and pleasure, the strongest aspects of all consciousness, are experienced strongly by every fragment, according to its degree. Differentiation is, of course, various. And, it is in the degree of differentiation that consciousness is different.

In some fragments, such as much plant life and vegetative life, there is strong use of certain inner senses. Your rocks I will call vegetative.

Rocks are far from lifeless. Other types of life, including your own, rely on the recognized outer senses. The ideal, of course, is a consciousness that is adept at using both the inner and outer senses fully.

Your tree lives through its inner senses, experiencing many sensations and reacting to many stimuli of which you are unaware.

Minute earth tremors, even the motion of small ants about its lower trunk, are recognized and experienced by tree consciousness. Such invisibilities as humidity, radioactivity, and all electrical earthly values are felt as quite real things by your tree and recognized as being separate from the tree itself.

A tree knows a human being, also. Not only, for example, by the weight of a boy upon its branches but by the vibrations in the air as adults pass, which hit the tree's trunk at varying distances, and even by such things as voices.

You must remember my earlier remarks about mental enzymes and my remark that color can sometimes be heard and sight be seen.

In drawing up his list of so-called natural laws, I have said that man decided that what appeared to be cause and effect to him was, therefore, a natural law of the universe. Not only do these so-called laws, which are not laws, vary according to where you are in the universe, they also vary according to what you are in the universe.

Therefore, your tree recognizes a human being, though it does not see the human being, in your terms. To a tree the laws are simply different. And, if a tree wrote its laws of the universe, then you would know how different they are.

The tree does not even build up an image of man, which is why this is difficult to explain. I have no intention of going deeper into this matter than you can follow at this time. Nevertheless, the tree builds up a composite sensation which represents, say, an individual man. And the same tree will recognize the same man who passes it by each day.

Beside the recognized outer senses and the inner senses, of which you are just now beginning to gain knowledge, there are other inner and even outer senses, which you are not quite ready to understand.

They deal with finer distinctions than you know now, being somewhat of the nature of your body's ability to sense another person's aggression. As your body senses temperature changes, so it also senses the psychic charge not only of other human beings but, also, believe it or not, of animals.

And, to a lesser extent, it senses the psychic charge of plants and vegetative matter. Your tree builds up a composite of sensations of this sort, sensing not the physical dimensions of a material object, whatever it is, but the vital psychic formation within and about it.

Size, however, is sensed by a tree, perhaps because of its inherent concern with height. The table around which **Ruburt (Jane Roberts)** now walks senses **Ruburt** even as **Ruburt** senses the table. At a later date, I intend to go quite intensively into the means by which other fragments sense each other and man. The abilities of the tree are latent in man as, dear **Joseph (Rob)**, are the abilities latent in the tree.

Seth (Jane Roberts), 'The Early Sessions', Book 1, Session 18, Jan. 22, 1964.



Mitch Ditkoff

## MY FATHER FIRST BREATH LAST BREATH

*...continued from page 18*

Though his eyes are closed, I know he can hear, so I bend closer and talk into his good, right ear. *I tell him he's done a good job and that all of us will be OK. I tell him I love him and to go to the light. I tell him everything is fine and he can let go.*

The hospice nurse is monitoring his vital signs. They keep getting lower and lower. I touch my father's cheek and it is cooler than before. His skin looks translucent. Almost like a baby's.

He opens his eyes and shuts them once again. None of us around him know what to do, but that's OK because it's clear there is nothing to do.

Being is the only thing that's happening here.

My father had his last shot of morphine about an hour ago. He had his last bowl of **Cheerios** yesterday at 10am. **Cheerios** and half of a sliced banana. That was the last time he could swallow.

It is quiet in the room. Very quiet.

I see my sister, my nieces, my wife, the nurse. All of us are as helpless as my father. The only difference is we are standing.

*If only we could pay as much attention to the living as we do to the dying. If only we could stop long enough from whatever occupies our time and truly care for each other, aware of just how precious each breath is, each word, each touch, each glance.*

Sitting by my father's side, I am hyper-aware of everyone who enters the room -- the way they approach his bed, what they say, how they say it, the look on their face, their thoughts.

*I want to be this conscious all the time, attuned to the impact I have on others in everything I do. It all matters.*

Nothing has prepared us for this moment. Not the books on death and dying, not the stories of friends who's fathers have gone before. Not the sage counsel of the **Rabbi**.

Nothing.

*One thing is clear. Each of us will get our turn. Our bodies, like rusty old cars gone beyond their warranties, will wear out. Friends and family will gather by our side, speak in hushed tones, hold our hands, and ask if we are comfortable.*

*That's just the way it is. It begins with a breath, the first -- and ends with a breath, the last.*

In between? A length of time. A span of years. A hyphen, as my teacher, **Prem Rawat**, likes to say, between birth and death.

*What this hyphenated experience will be is totally up to us.*

*Will it be filled with kindness? Love? Compassion? Gratitude? Giving? Delight? Will we be there for each other before it's time to fill out the forms and watch the body -- strapped to a stretcher by two men in black suits -- be driven away like something repossessed?*

*I hope so. I really do. I hope we all choose wisely. I hope beyond a shadow of a doubt before we walk through the shadow in the valley of death that we choose to hold each others' hands NOW, rub each other's backs, bring each other tea, and listen from the heart with the same kind of infinite tenderness we too often reserve only for those about to depart.*

My father is very quiet now, breathing only every 20 seconds or so. Or should I say being breathed?

And then...there is nothing. Only silence. No breaths come. No slight changes of expression on his face. No whispered words of love.

We, around his bed, are in his home, but he is somewhere else.

Bye bye, Daddy! Travel well! Know that we love you and will keep the flame of who are deeply alive in our hearts. Thank you for everything. We will meet again. Amen!



Andrea de Michaelis  
Publisher

# THOUGHTS ABOUT THINGS

*...continued from page 6*

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

**I told her 6 months was plenty of time to turn it all around.** Turn what around? First, turn her thoughts around so that her self talk becomes purposeful, helpful and hopeful: reminding herself that there are opportunities available to her, to keep her eyes open.

Yes, apply for jobs you feel might be do-able, but also **USE YOUR TIME WISELY.** Find somewhere to volunteer and find reasons and ways to help other people. That is always a faucet-opening for attracting to you others with the same mindset, people who have connections that lead to possibilities for new friends, a new roommate, a job.

She is grieving her loss of a friend but also angry she was caught off guard, that she put herself in this position. He'd suggested the past year she find a job and they'd had a heated discussion about it just a week before. She's frustrated now that she let it go on so long because now she can't apologize.

**BUT THE THING IS, SHE CAN.** She can forgive him and she doesn't need him to be there to get the job done.

## A PROCESS TO FORGIVE AND FIND CLOSURE IF THE OTHER IS UNWILLING, ABSENT OR DEAD

A friend has issues with her father that bleed over into her relationships now with men (surprise!) She asked me how she could do **Forgiveness Work** on him when he's been dead for many years. I told her *it doesn't matter if someone is alive or dead, where the issue lives is in our consciousness, and we are the ones who control our perceptions there.* My process is this. It's pretty standard and very freeing.

**1 — PLACE A CHAIR ACROSS FROM YOU.** In your mind's eye, imagine sitting across from you anyone with whom you do not feel total alignment or support.

**2 — IMAGINE AN INFINITE SOURCE OF LOVE AND HEALING** flowing into the top of your head (from your Higher Self or the Creator/God/whatever

of your understanding), and let the source of love and healing flow down inside your body, fill up the body, and overflow out your heart to heal the person in the chair before you.

### 3 — HAVE A DISCUSSION WITH THE PERSON.

Tell them anything you want them to know. Remember they did the best they could under the conditions at that time. You don't know what struggles they were going through. Imagine them responding to you as you would like to be responded to and understood.

**4 — FORGIVE THEM.** Tell them you're sorry for your part in whatever happened, and ask them to forgive you. Thank them for their part in your life. Tell them you love them and mean it. "I love you, I'm sorry, please forgive me, I forgive you, thank you."

### 5 — IMAGINE STANDING UP WITH THE PERSON BEFORE YOU.

With a hand swipe motion, cut the cords between you. All past issues are now dissolved. Imagine the person walking away as you feel love and forgiveness for them.

*I used to think exercises like this were silly. I was stunned when they worked and researched the science behind the profound psychological and emotional healings that took place.* Stay tuned for when you hit 50, 60, 70, there will be people you'd love to have convos with, except they died years ago and you never were interested in having those serious deep dive convos with them back then. I know I wasn't. Oh but if they were here now.

*So it's good to know we can still do that.*

## MEANWHILE BACK IN MY CORNER OF THE WORLD

Last month I got ready to drive out for errands and got a dashboard full of warning lights. I've learned to shut a car off as soon as lights come on. I called my **Prius** guy and he said it was ok to drive it to him, which I did. He checked, said the hybrid battery was failing but I may get a few more months out of it. NOPE, replace it NOW, I don't wanna be somewhere and the car doesn't start. It's a **2007, 131k** miles on it, a great car and I still love it. I reset all my radio stations on the way home, that gave me time to consider new choices. And *I'm all about having choices.*



Enjoy our offering this month.  
Hari Om

Andrea





# MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

*...continued from page 35*

often think, but “perfect adjustment.” This is one example of that.

This hinges on the fact that you are more complicated than at first may appear. “You” are:

- Multiple strands coexisting as a new unit. Each strand originated (in 3D terms) in different places and times. They have wildly different values, goals, beliefs. They may hate one another, or be the closest of friends, and anything in between.
- A would-be unit functioning in what appears to be an external, unconnected environment, “the world” and “the times.”
- A localized consciousness that retains its connection to the source and is in varying degrees conscious of that connection.

That’s enough to be going along with. A thorough examination of these three aspects of physical existence would give you all you need to know about the world and your place in it - which, though you may or may not realize it, includes what is often called “the next world.”

So keep in mind that although we appear to be concentrating upon “the body,” it is no more limited to specifics than is our examination of spirit or soul. The existence of words notwithstanding, it’s all one thing, as we keep saying. Body, spirit, soul, time, space, consciousness - to deal with life in words, we must proceed sequentially, analytically, examining pieces one by one. But reality, always try to remember, is not divided.

Let us look at the three conditions of your 3D existence in greater detail. (Bear in mind, though, that even detailed explanation can be no more than sparks, no matter how great the effort expended.)

**DeMarco** Multiple strands coexisting

**TGU** Those of you who grew up in large families will have an easier time envisioning the ramifications than only children, or orphans, or those with only one or even two brothers or children. Or, any who have had intense prolonged experiences of enforced association - soldiers, perhaps, or those in jobs or in some situation involving involuntary interrelationship, even apartment-house living, say, or perhaps years in a residential school - all those experiences may have given you analogous experiences, illustrative pictures.

The point is this. To greater or lesser extent, any prolonged association involves tensions as well as cooperation. The very coexistence may serve to increase your energy level, so to speak. It won’t always be pleasant; how could it be? But although you cannot choose your enforced companions, you can determine your own attitude toward them.

Perhaps you can see the difficulties here, as in any self-help advice on how to improve your life, etc. Which you? Who is there to make decisions such as “What should my attitude be toward these others?”

**DeMarco** Gurdjieff laid heavy stress on the fact that we think of ourselves as “I” but in fact a succession of speakers take the chair, each assuming it is “I” and each, for the moment it is in the chair, thinking it is always in the chair.

**TGU** Every hint we have ever given you, every spark we have tried to strike, is aimed at waking you up so that the same speaker is in the chair. All else is spinning your wheels.

**DeMarco** “No work can be done in sleep.”

**TGU** Precisely.

**DeMarco** The 3D environment

**TGU** From the fingers of the hand writing this, to the eye of the person reading it, you depend upon your bodies to interface with the world. At least, that is how you usually think of it. But is that hand, that eye, not part of “the world”?

You may think to distinguish your body from the rest of the “external” world, but we hope we have already led you to realize that in fact matter is matter. (The fact that matter is not what it appears to be is true, but not relevant here.) Whatever matter is, your body is part of it.

*...continued on page 49...*



# MY SESSIONS WITH TGU (THE GUYS UPSTAIRS)

*...continued from page 48*

You may think of yourself as spirit using a body - “the ghost in the machine” - but still, the body is “of the earth, earthly” - yet is not any the less “you” as well. By inference, you and “the world” cannot be neatly divided into two things. And it is your control of the body that allows you to experience the rest of the shared subjectivity as you do.

That “shared subjectivity” includes space and time; try not to forget that. Because they are conditions rather than “physical objects,” they may seem to you to be somehow different from consideration of “the world,” but how could there be a 3D world without them? They are not separate from the world but an intrinsic part of it.

By inference, your existence in 3D must involve close association with time and space. It isn’t as simple a connection as would seem by the fact that you cannot physically move from the living-present moment.

**DeMarco** That moment is a connection!

**TGU** Ye, a transitory connection between your consciousness and other parts of time-space. That is what the art of astrology attempts to map or rather to hint at. Each moment is distinct, with its own special properties. How can that be, if you live (as you do, in fact) in one unchanging living-present moment?

*The answer - or the hint toward the answer - is that the present moment is always your connection, and at the same time each moment opens connections to other moments:* In effect, each moment is both eternal and unchanging, and transitory and connective. And you, in your 3D body, are riding the combination.

**DeMarco** A localized consciousness

**TGU** Here is the source of what Thoreau called “a divine discontent.” You aren’t fully at home in “the world.” Regardless your theories of what it is, or what you are, you have an uneasy relationship to it, that expresses in different ways for different people.

If you accept the world as externally there, meaning what it appears to mean, you may be tempted to take advantage of it, or to master it, or to reform it. Each of these impulses is the same thing, thought of differently.

If you see the world as mind-stuff but still alien to what and who you are, you may be tempted by fantasies of power (for whatever ends, altruistic or demonic or anything in between), and this is still the same thing in another guise.

Only if you see it as terrain upon which you are to play or work or suffer or enjoy and/or whatever (yourself being a visitor, so to speak), may you come to realize that this is not your home (though it is), and that you are not what you seem to be (though in another sense, you are indeed.)

That is, the more you identify with the body and its world, the harder you may find it to remember that “you” - the basis of you, the essential you - are something far more (and perhaps in a sense also far less) than a mere 3D being. It is an uncomfortable realization. People fight it. but when they let it in, things change.

**DeMarco** We are well past our hour, but although it seemed to proceed steadily, we didn’t get too much.

**TGU** We did better than you think. Next time, more on your life as localized consciousness.

**DeMarco** All right. Our thanks for this, as usual. A title for today’s?

**TGU** Call it, perhaps, “Three conditions of 3D existence.”

**DeMarco** Three complications, maybe?

**TGU** That would work too. Your choice.

Okay.

# HORIZONS MAGAZINE

## MISSION STATEMENT

*What I'm here to do with Horizons is share a belief and formula for happiness that I've found is true for me and for others I know. To give readers the choice to entertain those ideas, some of which may be an option for them as well. We don't always know what we might prefer, how our life might change for the better if we don't consider and entertain the idea of something new.*

Andrea de Michaelis. Publisher

## OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions.

To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience.

What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind.

We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak. Because we participate in this creation, we have access to as much happiness and supply as we can discipline ourselves to focus on.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation.

Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, truly in the Now.

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

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

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

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



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

Louise Hay

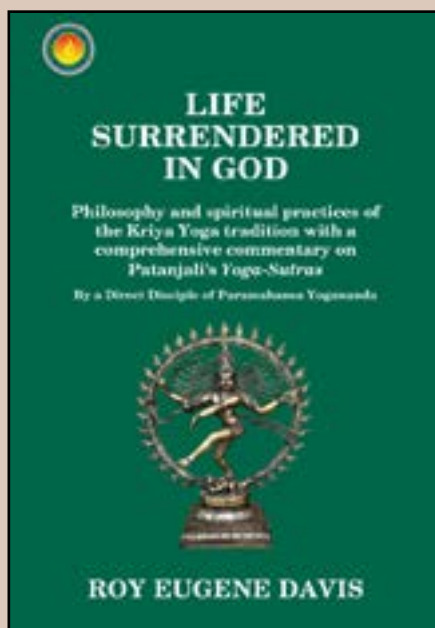
*When we think that the  
world has unlimited  
resources, our world  
becomes unlimited.*

Ma Yoga Shakti



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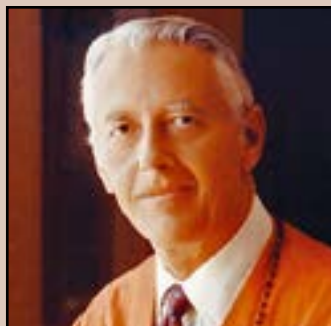
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