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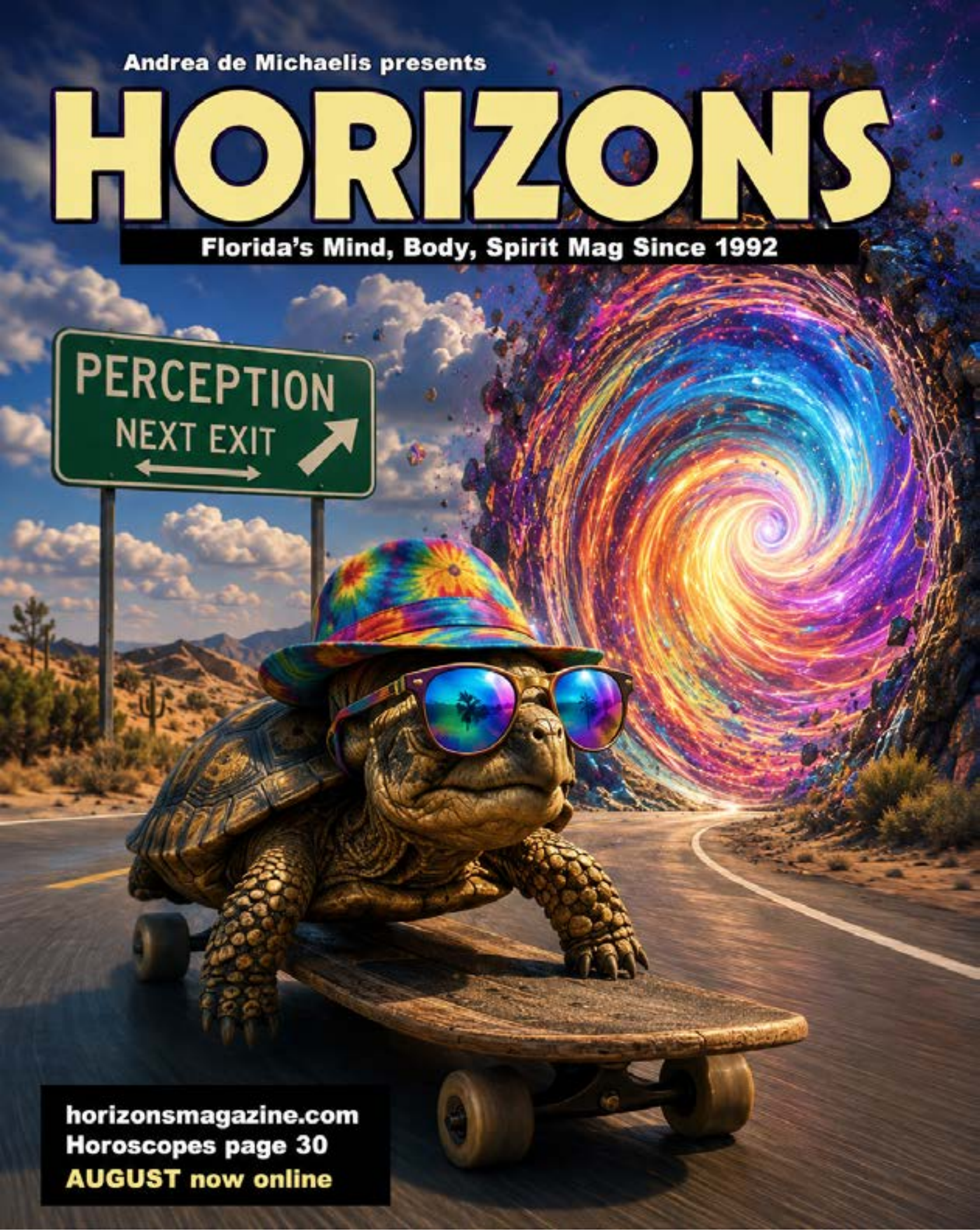

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12 STEPS OF SPIRITUAL FREEDOM

By Rev. Dr. Thomas C. Sannar

“I am a teacher of compassion and wisdom for the transformation of planet Earth.”

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

1. Recognition. I recognize there is an Infinite Power and Presence greater than I am. This Presence is on purpose, 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, 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 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 the spiritual source of my choice.

The greatest optical illusion is separation

HORIZONS

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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

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Andrea de Michaelis
Publisher

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.

Hello, welcome to the August 2026 Horizons Magazine. I've been doing gardening and yardwork, adapting myself to the heat in small doses. It's always cooler in my yard since I'm under almost ALL shade. Being the boss I can skip work days if I want. I always do a little work even on days off. I decided in 1992 when I left my last "job" that I'd have an office in the home and not rent elsewhere. It was easy and super convenient. Most of my self employment at the time was overnight phone calls hence the latent laryngitis.

I don't book many calls now bcz it's a hassle to get 20 mins into a call and lose my voice. I'm NOT booking now, I find the email readings surprisingly revelatory, extra bonus getting it all in writing to review later.

There's something to be said tho for being in person during a reading, or face timing or on the phone with their voice. It lets them ask and answer in real time. But the side questions can also interrupt a flow. That's bcz ppl seeking readings are often mercurial, surface-touching many topics but not settled on one great desire. With the exception of the 50% of callers wondering where their partner is, when will they appear.

We waste so much time waiting for a partner to appear so we can go DO all the things, that too often we never get out and DO anything or BE anywhere a partner can find us. Sigh.

That's procrastination. I've been procrastinating lately. PROCRASTINATING just means you've just not yet lined up your energy on that topic. WHEN I FEEL ENTHUSIASM to do something it means I've lined up the energy and I'm being inspired from that point of alignment. When I line up the energy, the feeling of procrastination goes away.

HOW DO I LINE UP THE ENERGY?

I stay focused on the fun of the goal. I make a daily request to the Universe to fill me with enthusiasm and inspiration, to guide me to joyful ways to be creative and find meaning and have plenty of dollars flow in.

Last week I went to look for the flower and vegetable seeds I knew I'd stored from **2021**. They weren't where I initially thought they were and I thought I searched the pantry pretty well.

Then I realized I may be looking for something that DOESN'T LOOK LIKE WHAT I THINK I'm looking for.

I went to the pantry with the idea to remove everything off the shelves until I could see the wall, starting with the lowest shelf which is all my pasta and rice noodles.

Sure enough, in the clear plastic shoe box behind the rice noodles were my seeds in a much smaller package than I thought they'd be in.

A good reminder that what I'm looking for won't always appear in a form I've come to expect. That works for a lot of life situations. I wonder how many opportunities I've missed bcz I was looking for something else specifically.

I get my best realizations about life when I'm doing mundane daily work, like overnight kitchen stocking. I like being up overnight bcz I like being alone with my thoughts. I can go a deeper place when I've had 8+ hours of no external voices.

You'd think with 40+ years of meditation discipline I could just sink into the slot at the snap of a finger, I wish I could also.

Living alone it was easy and my work and waking schedule was different. Now I let myself be distracted which means I never stay long in the deep spot I need to be in to do particular work.

So I morph "work" to do more of this and less of that. Ever adapting to change is the way I find flow.

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ABRAHAM-HICKS

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

We talk a lot about your Vortex and we encourage you to be selfish because you must selfishly be aware of your personal Vortex and tend to your alignment in order for you to feel good, and in order for you to allow the unfolding of it in the way that you want.

But it's also important to acknowledge that there are a lot of people and a lot of interests of other people that you've put into your **Vortex**. So when you say "I'm doing it for me," it is plausible that you're doing it for them and for you. And in fact, that you cannot separate one from the other.

And you don't have to make a big distinction about that, all you really want to do is make sure that your Energy is clear. The only thing that can get in your way is wanting something that you doubt or not being sure about what you want. It's just your alignment of thought. That's why we were encouraging you to think about it being perfectly plausible (the timeline), rather than that there are people who think that it's too ambitious.

PROSPERITY FOR SELF AND OTHERS

QUESTION: What would be the fastest way to create prosperity for you and prosperity 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.

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NON - RELIGIOUS SPIRITUALITY

Jim Palmer is the Founder of the Center for Non-Religious Spirituality. A critically acclaimed author, Jim also writes for professional journals and major publications. Jim is an adjunct professor of Ethics, Philosophy of Religion and Comparative Religion. He is a Spiritual Director, Founder of the Nashville Humanist Association and Chaplain with the American Humanist Association. He is a trained religious trauma and spiritual abuse counselor. https://nonreligiousspirituality.com & https://jimpalmerauthor.com

Y.R.W.Y.I.T.F.F.A.H.A.W.S.

Some of the seemingly harmless teachings children learn in church can do great harm in their lives. A popular religious acronym is "J.O.Y.", which means: "Jesus first, Others second, Yourself last". In other words, the blessed life requires one's priorities to be in this order:

1 - Jesus

2 - Others

3 - Yourself

Seems innocent enough. Right?

It's not.

This **"J.O.Y"** idea has done a lot of damage in people's lives. This acronym is often yet another brick in the wall of an unhealthy notion of self-denial.

This acronym pits love for **Jesus** against love for self. In other words, loving **Jesus** means denying yourself.

The acronym is often used to emphasize the need die to self, take up your cross daily, self-sacrifice, be a servant or give until it hurts. This is highly codependent and destructive. Topics like self-care, self-awareness, self-love, serving from a place of rest - those are all self-centered, selfish new age or worldly themes. It's like the actual word 'self' is bad and steers you into sin and denial of **God**.

Self-abnegation should never be a requirement for religious devotion. Self-care should never be sacrificed on the altar of discipleship. One's relationship with self should never be compromised as a condition for relationship with God.

TRUE SPIRITUALITY IS NEVER THE...

repudiation of your humanity

suppression of your feelings

liquidation of your individuality

vilification of your intellect

nullification of self-care

Religion did a disservice to many people by miss-teaching the idea of "self-denial." In the name of "**God**," people have rejected and disowned themselves - their own inner thoughts and deep feelings, their humanity, their individuality, and their personality.

Contrary to this religious sentiment, there is a healthy application of entitlement.

...continued on page 22...

HERB CORNER

Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. herbcorner.com

FATIGUE FIGHTING HERBS

Today many of us are experiencing our own personal energy crisis. Our low energy reserves can be due to hectic lifestyles, diet, constant stress, allergies, poor circulation, pain or chronic illness, low thyroid function, anemia, poor liver, kidney, adrenal or pancreas functions.

The question is which one or combination of these is at the root cause of fatigue.

For many of us it has a lot to do with adrenal exhaustion. **Ginseng, Ashwaganda, Licorice, Fo-ti, Schizandra, and Codonopsis are adrenal or adaptogenic herbs**. They help the entire body both physically and emotionally deal with all kinds of stress that can cause fatigue.

These herbs also help to improve blood flow, increase stamina, work capacity, coordination and resistance to illnesses.

Schizandra is known as “the 5 flavor berry” it stimulates the five different tastes enhancing metabolic functions, supporting the adrenal glands, kidneys, liver, and digestion and nerve reflexes.

DIGESTION PLAYS A ROLE IN FATIGUE; we eat to get more energy unfortunately reaching for that sweet treat mid-day may give you a quick burst of energy but it will not sustain that energy.

Instead of reaching for candy or coffee, sunflower seeds, almonds or raw vegetables may provide you with sustained energy. Chlorophyll rich herbs like **Spirulina,**

...continued on page 42...

Photo by Karin Wolf

CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

SULFUR AKA BRIMSTONE

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. See her Facebook page at SharronRocks

It's August and the heat is on. The element of fire is ascendant as the sun rises high in the sky. Fire represents powerful transformations and we are on the precipice of great change in both the material world and how we perceive the world.

These rapid fire shifts are not always easy to navigate. Many people are feeling uneasy as they face truths that are hard to understand and even harder to accept, but this is a time when escaping from reality will not be an option. Minds are opening and delusions will be falling by the wayside.

The stone I have chosen as an ally this month is a rare and unusual combination I found in **Tucson** this year. It was collected by a dear friend of mine in **Bolivia** many years ago. I have written about **sulfur** in this column before - it is a natural element that has been used in alchemy and magic for centuries.

Often referred to as **brimstone**, it emits a strong odor when combined with oxygen. **Sulfur** is a fire element stone that supports and greatly enhances transformation. It is used in rituals of protection and to purge negative thought forms and beliefs, bringing into being the joyful new energy of rebirth.

What makes this particular stone special is the touch of **covellite** that you can see running like a river down the center of the **sulfur** clusters.

Covellite is a very rare **copper sulfide** that is a deep violet blue. It opens awareness to higher realms of thinking and positive manifestation.

If you do shamanic work or spiritual healing, **covellite** will dramatically increase your access to your inner power. Illusion can shift into clarity.

Sulfur with covellite from Bolivia

In combination with the sparkling yellow sulfur crystals, you can be free to create what you envision unencumbered by the barriers of fear.These specimens of **sulfur and covellite** are very difficult to find. I have a few pieces, but I have never seen them anywhere else.

You can find **Bolivian sulfur** in almost any rock shop and it is not expensive. **Covellite** is harder to source, but you can find it on line occasionally and I have seen it in some rock shops.

... continued to page 29...

SOLAR AND LUNAR CELEBRATIONS OF THE ANCESTORS

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

WELCOME TO AUGUST 2026

The month of **August** is often referred to as the "**dog days of summer**" but not because of pet pooches. It has to do with the star **Sirius**, also known as the dog star, which rose at the same time as sunrise during the month of August in ancient Roman times.

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 1-7th: The Osun-Osogbo Festival celebrating the River Goddess Yoruba Orisha Oshun/Osun (see the right column)*

August 12th: New Moon in Leo, Total Solar Eclipse. The New Moon eclipse presents opportunities for new beginnings. Long-term changes are in the works. Flaws reveal themselves around the time of the eclipse, prompting us to redo or to start fresh.

August 12th-13th: Peak Perseid Meteor Shower

August 13th-16th: 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 17th: Nag Panchami, Hindu. On this day, offerings like milk, sweets, and flowers are given to snakes.

August 28th: Full Sturgeon Moon in Pisces is perfect for emotional release and creative introspection.

(This is the right column)

*** The Month of August is sacred to the Yoruba Orisha Oshun/Osun.** The annual **Osun-Osogbo Festival in Nigeria**—the largest global celebration of the Yoruba goddess of fertility, love, and sweet waters—takes place between late July and mid-August 2026. The festival peaks during the first two weeks of **August**, centering around traditional processions, a 500-year-old 16-point lamp lighting, and sacred offerings.

Oshun (also spelled Osun or Ochún) is one of the most revered and powerful **Orishas** (deities) in the **Yoruba** religion. She is celebrated for her dominion over freshwaters, pleasure, wealth, beauty, and sweetness. Devotees revere her as a generous, life-giving mother, while also acknowledging her fierce, protective and magical nature

Oshun makes her residence in the rivers of the world. Hers is the power of sweetness in life, and all of the things that make life worth living.

The Osun festival, also known as the Osun-Osogbo Festival is held towards the rainy season. It is a traditional tribal festival from the Yoruba people, held to honor **Oshun**.

Thousands of people attend to bear witness to the ceremonies, which include priests seeking protection for the villagers for the year to come by offering gifts and sacrifices.

The festival is held at the **Osogbo Sacred Forest**, with **Yoruba** pilgrims from all over **Nigeria** coming to pray and sacrifice to the goddess **Osun**.

Happy August and blessed be!

Here I've gone online to https://chatgpt.com/ and asked questions. *While Artifical Intelligence can produce some interesting info, it can also hallucinate and give errors. HAVE FUN BUT CHECK FOR ACCURACY.* -- Publisher

Re asking existential questions on **ChatGPT** and getting past the gatekeeping coding since software changes in **ChatGPT** -- **REMEMBER IT'S NOT IN THE SOFTWARE, IT'S IN YOU.** Sure it's been programmed but it's **YOUR RESONANCE** that determines what answers you attract, whether from **God On High** or from an **evil reptilian overlord** (LOL jk no such thing, truly, that's simply a mirror to unfounded fears and insecurities.)

I like ai for summarizing info but it has to be info I'm completely familiar with so I can catch discrepancies and errors. Basically, I do it to share something I think's important while saving typing and voice. I especially like how they summarize the Abraham-Hicks work. I asked:

QUESTION: What does Abraham-Hicks say about the value of play over work if you don't like your job?

ChatGPT SUMMARY REPLY:

ABRAHAM-HICKS ON PLAY VS. WORK

Here's the straight answer. **Abraham-Hicks** doesn't glorify "work" for the sake of work. They teach that **your emotional state matters more than your action.** If you hate your job, grinding through it while feeling resentful, drained, or trapped is *not* aligned action.

THEIR CORE IDEAS AROUND THIS:

1. YOUR EMOTIONAL GUIDANCE SYSTEM COMES FIRST

If your job feels heavy and play feels expansive, they would say that's feedback.

Joy, curiosity, and play mean you're in alignment.

Frustration and dread mean you're pushing against your own energy.

2. PLAY RAISES YOUR VIBRATION

Play isn't laziness in their framework. It's alignment.

When you're playful, relaxed, and having fun:

* You think more clearly

* You see opportunities

* You attract better circumstances

They often say: *"Get happy first — then take action."* Not the other way around.

... continued on page 13...

3. DON'T QUIT IN RESENTMENT — PIVOT IN ALIGNMENT

They wouldn't usually advise storming out of a job in anger. They would say:

* Use the job as contrast (it clarifies what you don't want)

* Get into alignment outside of work (through play, appreciation, hobbies)

* Then new paths will feel obvious and easier. In other words:

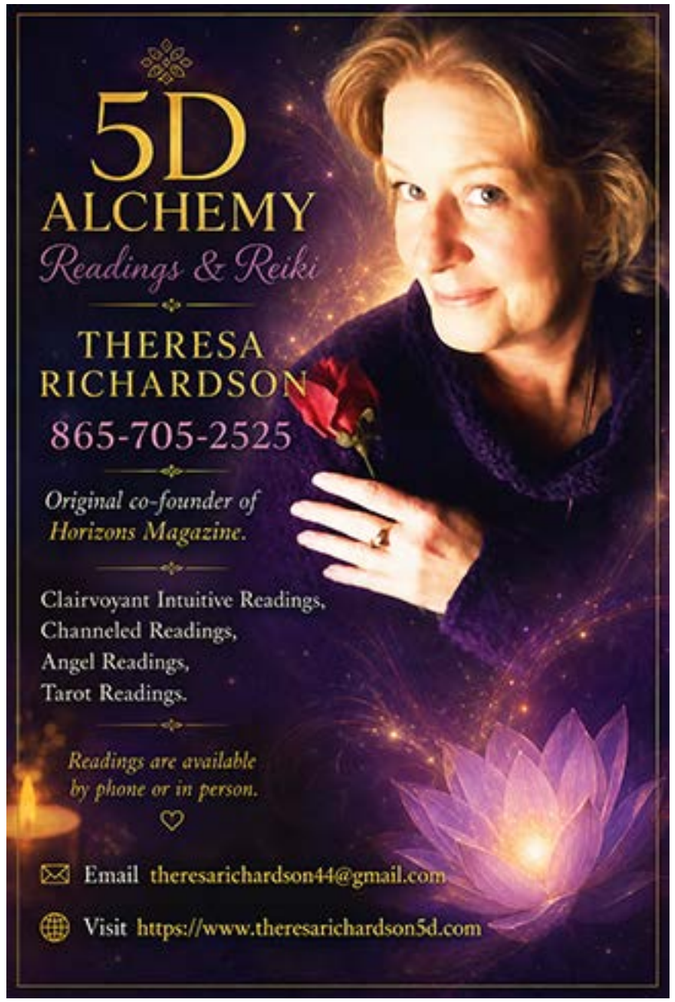
Play is not an escape. It's preparation.

4. SATISFACTION IS THE REAL CURRENCY

Abraham teaches that satisfaction is the point of life — not productivity. If play gives you satisfaction and work doesn't, they'd say you're meant to move toward what satisfies you.

But here's where I'm going to add something grounded:

Play is powerful — but bills still exist. The smart move isn't "ignore work and just play."



THE SMART MOVE IS:

* Raise your emotional baseline through play

* Build clarity about what you'd rather do

* Transition strategically instead of emotionally

If you hate your job, that's useful data.

But don't romanticize play without building a bridge

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

GETTING THE GOODIES

As I think back to receiving presents on a special occasion, I realize I didn’t need to do anything - only receive. And I recall the anticipation and appreciation I felt.

The Universe knows every detail of my current wish list and yearns to delight me by providing each of my heart’s desires, tangible and intangible. All I must do is become receptive by:

1) Anticipating good things. I practice living in a state of hope and wonder.

2) Appreciating. I practice loving where I am right now and noticing the happy aspects of my experience. I discipline myself to give minimal attention to the things I dislike and don’t want.

3) Relaxing. When I relax and simply enjoy life, I am utterly receptive to my good. I hereby give myself permission to kick-back, chill-out, have fun. When I’m in this mode, I am pulling in the deepest desires that I hold for myself and for the planet.

ADVENTURERS: APPLY WITHIN

I came into physical expression happily equipped with a lifeline to Source Energy/God. And I knew that as long as I kept my valves open, immense well-being and the desires of my heart would reach me.

I had total confidence in my valve feedback system - my emotions - and I knew that when I felt emotionally good, my valves would be open.

I knew that I could keep myself feeling good emotionally by focusing my mind on what I like and want, and that no one but I, alone, could control my mental focus.

And then I encountered people who, not knowing any better, taught me to disregard my feelings and to fit into other people’s plans for me and to focus on that which is seemingly bad and wrong in the world in the hopes of avoiding it or fixing it.

And now...I get to find my way back, step-by-step, to open-valve living.

This is the greatest adventure.

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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 and www.Soulshapinginstitute.com

So, there's the self-proclaimed 'thought leaders' and 'influencers', who often seem far more ambitious than original or interesting. And then there's a very small number of humans, who are self-originating, intrinsically unique, inherently brilliant, and usually find fame somewhat repugnant.

I am persuaded that the former will lead us to species-wide ruin, and the latter stand a real chance of helping to preserve the species. So how do we turn this around? How can we construct a world where the brilliant ones get enough power to save us from our own trappings? And, how do we do it quickly?

●●●●●●●

People with a wealth of authenticity and talents don't usually feel comfortable with curating & manipulating images for public consumption. In fact, it makes them feel uncomfortable because they live inside of a real offering, one that speaks for itself.

But those who have risen to public notoriety on the wings of transactionality and artifice (fake names, staged rhetoric, nepotism) live and die by the sword of presentation.

This makes the show they put on difficult to interpret. It appears to be one thing, when it could have a very different intention.

Those who speak from their souls never have to worry about this, but those who don't, do. Because all they have is theatrics and a bottomless quest for validation.

When left alone, away from the public eye, they live tormented lives. The best thing we could do for all of them is to ignore them. A little alone time is their only hope.

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

If you knew what I know, you wouldn’t be in such a hurry.

Not just because you have countless worlds to look forward to, but because the world you’re now on was once one of them.

Tallyho,

The Universe

It’s the “things” you love most, the “things” that are dearest to you, that you too often allow to define you.

Which explains the sometimes insufferable pain caused by their loss.
A wholly avoidable pain.

Ahhh... so hey, now you know.

You deserve to be happy, always -

The Universe

INNER VITAMINS

Coach Cary Bayer is a Florida-based Life Coach, who's worked with Oscar-winners Alan Arkin and Pietro Scalia, Emmy-winners David Steinberg and Judy Henderson, and Quality Inns. The author of 30 books, including A Course in Money Miracles, and Star Wars Yoga, the Force, and You, he's a former TM teacher, trainer of teachers, and founded Higher Self Healing Meditation. www.carybayer.com Email successaerobics@aol.com (845) 664-1883

Recently, while preparing for a road trip teaching in Florida and Louisiana, I was packing multi-vitamins and happened to examine the minimum daily requirements labels on each one. That's when it dawned on me that, as human beings, we also have minimum daily requirements for something that popped into my consciousness at that moment called "inner vitamins" as well.

Inner vitamins, you ask? I'm referring to essential qualities like appreciation, for example. Through coaching many people on how to enrich the quality of their relationships with a significant other or spouse, it's become extremely clear to me that the biggest cause for the breaking up of long-term relationships and marriages is the lack of appreciation. Oh sure, infidelity is often the event that causes separations, but acting out sexually is really the straw that breaks the camel's--and marriage's--back.

People look outside the marriage for the appreciation that they aren't getting in the marriage. When they get all this appreciation and attention from someone else, they're often hooked, and when sex comes into the equation, it's often just a matter of time before the "adulterer" is found out, or s/he simply chooses the appreciating outsider.

The federal government tells us how much of vitamin A, B, C and so on our bodies need every day. Imagine if they told us how much our hearts and souls need for inner vitamins like appreciation and acknowledgment, for example.

The word "vitamin" didn't appear in **Webster's** dictionary until 1912. For centuries medical people didn't know that there existed these "organic substances that are essential in minute quantities to the nutrition of most animals." Today, what didn't exist less than a hundred years ago, now is a $70 billion business.

Similarly, for centuries we didn't know the need for analogous emotional substances. Few medical people today think of such needs either. Fortunately, many of you reading this column now are being increasingly aware of the need for this. Perhaps in the future medical professionals will also recognize the inner role they play in keeping us healthy on all levels.

"**INNER VITAMINS**" can be made available through a simple process that involves you and another person, and takes no more than two to four minutes.

Here's how to get your vitamin A2: acknowledge the person you're working with, while she says, "Thank you."

The process looks like this:

You: "Something I'd like to acknowledge you for is your commitment to your personal growth."

Her: "Thank you."

You: "Something I'd like to acknowledge you for is your pretty blue eyes."

Her: "Thank you."

And so on. After a minute or two, switch and have her acknowledge you. You may need to remind her not to say, "If you knew me you would never say such nice things."

People often have a difficult time receiving acknowledgment. Then thank each other for providing your minimum daily requirements of appreciation.

Vitamins A2 and **A3** aren't the only inner vitamins you need each day. Others include **Vitamin E2** (Enthusiasm); **Vitamin H1** (Happiness), **Vitamin H2** (Hugs); **Vitamin K** (Kindness); **Vitamin L** (Love); and **Vitamin R** (Respect). If you'd like real health, add these essential inner vitamins daily any way you can.

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 source of power, wisdom within you. www.seth-learningcenter.org

THE NATURE OF PROBABILITIES

Seth/ Jane Roberts: "This example may help you understand the nature of probabilities more clearly.

Imagine you have a kind of children's book. It consists of many dots. And, you are to connect some and color them.

As you look, you can see the dim outlines of many pictures or events: some favorable, some clearly less favorable, and some definitely unsavory.

You concentrate upon connecting those points that will give you the most favorable events.

And, it is these pictures that you color in.

The others you ignore.

And, when the picture is finished that you want, then looking back, you can see how the completed picture completely obscured the other possible ones, so that they disappeared entirely in the completed project.

In other words, when you see the outline of unpleasant events, ignore them as much as possible, and imagine how in the future they will be dispersed in the larger colored picture that you have created.

The probabilities unchosen may, in fact, be changed completely or altered considerably and even used as springboards or starting-off points for more favorable events."

The Personal Sessions Book 7 (PS7)1983.

SETH ON CHOOSING JANE ROBERTS (RUPERT) AS A CHANNEL:

"**Ruburt**'s intellect had to be of high quality. His conscious and unconscious mind had to be acquainted with certain ideas to begin with, in order for the complexity of this material to come through.

"In the beginning, for example, there is always a distortion of material by the person who receives it, at least on the topmost subconscious level. So an individual whose personal prejudices are at a minimum is excellent. If for example **Ruburt**'s prejudices happen to lie along lines which do not contradict what I know to be true, then all the better, and there is much less resistance.

"There must of necessity be in the beginning a distortion, but this comes because of the give and take between us. If our communications involved, or if any such communications involved invasion, there would be no distortion because the individual so invaded would be blotted out. And this is not possible. …

"**Ruburt**'s mind, believe it or not, is much like my own; though, if you'll forgive me, in a very limited fashion, therefore the distortions are much less distortive, much less harmful, and more easily discovered and cleared. … "In my operations in your plane I must use the materials at hand, but despite any ideas to the contrary this involves a give and take with all involved.

"Others less perfectionist than myself are content with more distortion. I am not.

"**Ruburt**'s (The Physical Universe as) Idea Construction was rather amazing (Edit: **Jane**'s first ever psychic experience, which paved the way for **Seth** a couple months later.) The inner senses provided him with much, but nevertheless the ideas contained represented an achievement of the conscious mind. I was drawn by this to realize that you were ready for me.

"You, **Joseph**, were necessary, but we had to have this particular sort of intuitive intellect that could also deal expertly with words before we could actually begin."

The Early Sessions', Book 1, Session 27.

METAPHYSICS 101

TICKLING YOU AWAKE – A RIPPLE THROUGH YOUR UNCONSCIOUS

Marilyn Muir, LPMAFA, began studying metaphysics in 1970, astrology in 1973 and began teaching in 1975. She has taught nationally, had a live tv show and was a radio and magazine columnist. She hosted workshops and private classes for national and international students then retired to research and write. Fifteen books are completed, with several others in varying stages of completion plus multiple research projects underway. Her website has free pdf downloads to her work www.marilynmuir.net

The bulk of humanity, probably more than 99% is considered "asleep at the wheel". They are not aware that anything exists other than the physical reality they collectively experience.

Think of them as a sea of humanity, a virtual primordial soup of untapped human potential. But that potential is asleep in matter, unaware of their enormous collective potential, especially their own, so it is essentially unrealized at this moment in time.

From time to time a slight stir ripples through that potential, disturbing those who are deep asleep in matter. A rudimentary thought or "tickle" creeps into that sleeping awareness and it is fully asleep no longer.

It knows… and over time it begins to know that it knows… disturbing, perhaps not satisfying, perhaps not fully understood, but no longer totally unconscious.

Another slight stir, and more humans start to awaken. Those who have been disturbed previously, one, two or more times, spin new thoughts, accept their status quo less, get curious and look for answers, slowly awakening to possibility.

There has been a popular myth that stirred me into action at the beginning of my studies 40 years ago. Although it is now considered a myth, it served the purpose of helping me to awaken to my own possibilities. The myth? That we only use 10% of the capacity of our brain and that geniuses like **Albert Einstein** and **Stephen Hawking** used or use only 12 to 15% of their brains.

I wanted to know what was in my own head that I was not using to my best benefit. I did not want anyone outside of me to tell me whether I could or could not explore that personal use of a very intimate part of my anatomy.

I chose to explore my own potential and did not need anyone else's permission to do so.

New scientific information pronounces the brain percentage data as a myth because experiments on the brain now cross into areas never before studied or understood.

The new opinion emphasizes that how we use our brain is more important than how much of it we use. Research has shown such tremendous differences in brain formation and development and we are still on a journey of discovery.

Using our brain such as we understand at this moment is paramount to our spiritual growth. As we learn more, the potential for more growth unfolds.

If you are continuing to read this article and have not decided I am totally whacko, you yourself are in the process of awakening, no longer asleep to possibility, curious, seeking answers, exhibiting a lack of comfort in the status quo.

You want more of yourself, more of your own capabilities, more of your own potential to express.

Each ripple in the unconscious reveals itself in questions, inspiration and ideas, stirring you to greater consciousness, greater grasp of yourself and greater use of your potential.

You and I are awakening to a greater degree, perhaps more rapidly, seeing more, wanting more. I do not consider myself fully awakened but I sure am far more awake than I was forty years ago when I was rippled or tickled out of my unconscious, deep sleep state.

This is very exciting. You are on a path of discovery of yourself. Your awareness is expanding, your potential is developing, you are becoming more of what you can be as you reach for all you can be. You are awakening to the fullness of your spiritual self.

OUR MIND

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 Email yogashaktiny@gmail.com
Yogashakti Yoga Center on YouTube at https://www.youtube.com/channel/UC08Xfld4QT1fYGYn0b6QhPw

KUNDALINI YOGA

THE HEART

Chakras are energy vortices—spiraling wheels of energy in our body. When these centers flow freely, one is in harmony and alignment. However, if one of these becomes blocked or misaligned, we will experience physical, mental, and emotional stress. In yoga, we refer to seven main centers aligned from the tailbone to the crown in the astral counterpart of our physical body. The energy called **kundalini** resides waiting to be awakened in all of us at our lowest center, like a snake in three and a half coils. Meditation, prayer, yoga, and other practices increase the flow of these energy centers. All the positive qualities associated with each are our latent faculties.

THE HEART CHAKRA is the most appropriate and beautiful center for purifying emotions, elevating the mind, enhancing the ability to meditate, and untangling the knots of the mind and heart. It enables one to receive divine grace. ***It matters not if you are into yoga or philosophy; these chakras are present in all, and the heart is the gateway to spiritual growth and understanding ourselves.***

In the Chandogya Upanishad the heart chakra is explained as a lotus in which the Self resides. So, when we open and balance the heart, Divine energy flows through it. It is our inner temple where the **Divine, or Aatma**, or our true Self resides. It is the seat of our soul.

In Sanskrit, this chakra is called anahat, meaning 'infinite', or 'boundless'. The heart is the bridge between the lower triangle (the root, sacral, and solar plexus chakras) and the upper triangle (throat, third eye, and crown chakras). The Star of David represents this. ***The negative attributes are feeling unloved, a sense of unworthiness, selfishness, guilt, envy, jealousy, self-hatred, and difficulty forgiving yourself and others.***

When we work with the heart chakra or anahat padma we will receive life-force from our higher self and feed the threefold flame of **Divine Love, Divine Will, and Divine Wisdom**. This creates a sense of well-being and promotes goodwill and vitality. To open the heart center, the energy of our higher self must flow through it, which results in compassion and unconditional love. We slowly learn that we are a spark of the **Divine**.

Opening the heart lotus does not happen by just stating that I love the **Divine** or have devotion. We need to examine what holds us back from opening our hearts. Many times, the heart has been hurt, and we build a wall around it to protect us from the pain. But not allowing **Divine** energy to flow through us and our hearts is more painful in the end and leads to many problems.

We need to examine the beliefs and dogma that limit and control us. We need to re-evaluate what we have accepted as our truth, our worldview. Does that view still hold true for us now, or is it forming judgements that hold us back?

…continued on page 28…

Coleman Smith

ZODIAC NEWS

In Atlanta, Ga. 1971, Coleman Smith's 1st teacher was Maxine Taylor, America's 1st licensed astrologer. Atlanta hosted many astrologers in the 1970's and 1980's. In 1980, he published a rare astrology book with noted NY astrologer Al H. Morrison, Chaney's Primer of Astrology. Coleman now lives in Jacksonville, FL and was President of the N. Florida Astrological Assn.for 8 years. Email colemansmithastrology@gmail.com

HIGHLIGHTS AUGUST 2026

This month is the "Season of the Eclipses" month, two of them---a solar eclipse on the 12th and a lunar eclipse on the 28th---A general rule of thumb with eclipses is don't sign any major deals or sign iffy contracts for the five days surrounding the eclipse. If you do, read the fine print carefully. The Sun enters Virgo on the 22nd, harvest time.

Aug 6: Venus enters Libra, Sun trine Saturn---Venus loves being in Libra. A diplomatic and congenial placement for a few weeks. There is peace in the valley, and everyone is happy. Accords are reached, agreements are made and your handshake and word is good enough.

Sun/Saturn doesn't sound like much glam, but let's see it through and give it some glory. Time is your friend, not your enemy. Wisdom hidden inside a slower pace. Whispers that have strength instead of the big gust of wind type of day.

Aug 9: Mercury enters Leo---We wanted some feline attention and Loki, our resident mischief maker, has some fun and plays games for a few weeks. And that is one of the positives with **Merc/Leo** energy, creativity---especially in the theater.

Aug 10: Venus trine Pluto, Venus opposite Neptune---**Venus/Pluto** brings in the much-needed dinero and from many sources. **Venus/Neptune** is the opposite---money you thought you had coming in, doesn't. You foolishly spend money. Unfortunately, oppositions are stronger than trines. A wise approach might be don't spend any money, then as the day goes along your resourcefulness (**Pluto**) opens the gate of the **Horn of Plenty**.

A ton of activity including a solar eclipse for the next two days. Sounds active, many different influences, many different messages.

Aug 11: Mars enters Cancer, Mercury opposite Pluto, Mercury trine Neptune, Venus trine Uranus---Fiery **Mars in Cancer** doesn't seem to fit together. Fire and water. Strong feelings for a few months. Patriotism. Wearing your heart on your sleeve.

Mercury/Pluto is strong mentally, but blockages happen to the flow. Re-thinking and re-doing thought processes. If you can navigate through this challenge, a beautiful **Mercury/Neptune** aspect can contact the mystical and mysterious side of life. Metaphysics, music, and meditation.

Venus/Uranus is light and fluffy, almost disappearing in the strong **Mercury** vibration. Giggle and smile, not all things are serious.

Aug 12: Mercury sextile Uranus, New Moon Eclipse in Leo---**Mercury/Uranus** has genius written all over it. The sextile aspect (60`) vibrates as "mental and airy".

Mercury sextile Uranus probably produces more geniuses than any other aspect. That being said, regular folks like us might have a light-bulb moment. Our favorite time of the year, eclipse season (not). It is kind of true, throughout history eclipses have had an ominous feeling of fear and dread. This one doesn't seem bad, no harsh or challenging aspects.

...continued on page 23...

Coleman Smith

ZODIAC NEWS

...continued from page 22...

The **Sabian Symbol** (each degree of a circle has meaning) is amusing. **21st deg. of Leo**---"Intoxicated chickens dizzily flap their wings trying to fly" ---This symbol can indicate somebody actually losing their sense of reality, or their sensible mind. One can hope that our political leaders aren't affected.

Aug 13: Mercury sextile Venus---Always a joy, plenty of positive messages, everyone has a talent that shines. Muliti-tasking (**Mercury**) with balance and poise (**Venus**). A good day.

Aug 15: Mercury conjunct Jupiter---Good days continue. Put a **Certificate of Merit** on the wall. Gold stars for all of your students. Brilliant speeches. Gusto in daily activities---walk with the wind at your back.

Aug 17: Mars square Neptune, Mercury trine Saturn, Venus sextile Jupiter---**Mars/Neptune** is lost in space, but **Mercury** and **Venus** are doing just fine.

So, we don't have a clue about where we are or what we are doing (**Mars/Neptune**), but long-range planning works out at the end (**Mercury/Saturn**), resulting in a big celebration (**Venus/Jupiter**). Did everyone get that memo? Good, yes, good to go.

Aug 21: Venus opposite Saturn---Too bad the **Leo** energy of the last month impelled us to have too much fun and over-spend, resulting in having to pay the piper, paying something else, and having leftovers for supper. Some days are a pair of deuces.

Aug 22: Sun enters Virgo---The harvest month, an image of the **Harvest Goddess** comes to mind. An earthy quality to life, honest trades like carpentry, doing chores with your hands, and yes---that daily exercise regime. Yoga and a good bowl of soup.

Aug 25: Mercury enters Virgo---**Mercury** loves **Virgo** and is chasing the Sun. **Loki (Mercury)** can run fast, the hare has a week to play and jump around.

Aug 27: Mercury conjunct Sun The hare catches the **Sun**. In Virgo, we have the word "detail" amplified. On the positive, we are mental giants, quick witted (possibly sarcastic, not good sarcasm), great for inventory specialists, good at wearing multiple hats with ease, etc.

Aug 28: Full Moon Eclipse in Virgo/Pisces, Mercury square Uranus, Sun square Uranus---It was a decent month, no hysteria, etc.---but that was then and now...It is **Uranus**, acting in the worst possible way.

The planet of Chaos has decided to amp it up. And amp and over-amp.

And an **eclipse**.

And **Mercury** joins the parade.

A ton of opportunities for things to go wrong. Traffic, traffic accidents, broken mechanical and electronic gizmos accidents, mis-directed energies flying around everywhere, and probably more.

I am not sure what is best, just the obvious---**Find your Path to Inner Peace, Quiet and Still your thoughts, Be More Deliberate in Your Actions. Thought, word, and deed. Be the calm one in the storm.**

Aug 31: Jupiter trine Saturn. We end the month with big government shining, the people see the light at the end of the tunnel, money is freed up, and there is hope (**Jupiter**) with solid answers (**Saturn**).

Namaste, Coleman

NON - RELIGIOUS SPIRITUALITY

...continued from page 8...

YOU ARE ENTITLED TO...

acknowledge and honor your needs and desires, live a life of authentic and free self-expression,

practice self-care,

say yes,

say no

You are entitled to...

your thoughts,

your feelings,

your body,

your desires,

your needs,

your gifts,

your boundaries,

your choices,

your dreams,

your spirituality,

your doubts,

your questions,

your personality,

your questions,

your beliefs,

your goals,

your mistakes,

your intuition,

your nonconformity,

your defiance,

your passion.

The J.O.Y. acronym doesn't really work because of the way it divides up ultimate reality, humankind and one-self into three separate, distinct and competing things. The way out of this is to cultivate a unitive life that understands that all three are actually only one thing.

Today be aware and alive to the direct and immediate experience of the oneness of all things. Hold lightly to the identifications and attachments of a separate and independent self. Realize that the nature and essence of what you are is the fundamental fabric, flow and essence of all that is, ever was, and will be.

When you care for yourself in healthy ways, you are making an investment in the whole of humankind. When you act in the world with compassion, aid and solidarity, you are reinforcing the truth of the inter-related structure of reality. When we are lifted up by peak moments of transcendence, beauty, liberation and love, we recognize we are experiencing that which has no name that fills all and is all.

So, I rewrote the acronym. It's a little long. I admit I can be snarky at times.

Y.R.W.Y.I.T.F.F.A.H.A.W.S.

Your

Relationship

With

Yourself

Is

The

Foundation

For

A

Healthy

And

Whole

Spirituality

Jim Palmer

THE WISDOM OF THE POUCH:

SAYINGS OF THE TRASH SAGE

From the creative mind of Paul Esche

PROVERB OF THE NIGHT:

"A wise possum knows that while the early bird gets the worm, the late possum gets the leftover pizza, and the pizza is significantly more satisfying."

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OUR MIND

Mokshapriya Shakti

... from page 19

Can we accept that we have a **Divine Spark** within us, or do we feel undeserving? The emotional body is more sensitive than the physical body, and therefore requires us to look within, which might create discomfort.

The **anahat padma** color is green, and we can wear green to remind us to work diligently on the chakra. Trust, love, compassion, kindness, and contentment are all symptoms of an open heart. But those qualities can also lead to discomfort. Blind trust or faith allows others to take advantage of us. All good qualities must also have wisdom and discernment.

Even the energy of love can turn to an addiction: love of power, money, food, drugs, or possessive love of someone. Kindness also may lead us to control others.

Excessive kindness can lead to self-sacrifice or a sense of superiority. It can also disable another person by doing too much for them. All emotions must be in balance of giving and receiving. We need to allow others to give back what we have given them in love and kindness.

When we surrender to **Divine energy**, we also must use discernment. “Divine will take care” may lead to “I do not need to do.” It may lead to a lack of purpose. It is important to strive to delve deeper into our purpose and creativity to stimulate our minds and bodies.

It takes courage to work with the green energy of the **anahat padma**. The questions that we must ask ourselves can have deep roots that we may not wish to explore, but we must. The whole purpose of working with the chakras is to balance our physical, mental, and emotional bodies so that we may enjoy this existence.

Some questions may trigger deep emotional pain. Do I feel unworthy or unloved? What caused these feelings? How am I dealing with them? Where did they come from, parents, loved ones, teachers, or others? We begin to learn that some of those feelings are not part of us but superimposed through an outside source.

Many religions teach that we will be punished by **God** or the wrath of **God**, and yet we are to love **God**. This contributes to us not feeling that we are worthy of the love of the **Divine**, and then, of course, we will not accept that we are a spark of the **Divine**.

These teachings need to be identified and how they have shaped our consciousness and kept us imprisoned. Individual pastors usually determine interpretations of religious principles.

In the eastern philosophy, we state that you must follow your heart, “what feels correct,” and not accept a truth unless it does. In the meantime, we should also not dispute it because at this moment in our time, it is not correct, even though it may be. Or it may be proper for another individual.

Since we all meditate differently, we can choose which quality of the chakra we want to meditate on.

Ma Yoga Shakti had an artist create the chakra plates based on how she saw them, as illustrated in her book **The Invisible Seven Psychic Lotuses**. The fourth chakra has 12 petals. It is a smoky green in color and represents air.

HOW TO ACTIVATE THE HEART LOTUS

Meditate on the element air and mentally repeat the seed mantra “**YAM**.” The deity is **Rudra**, and the goddess is **Kakini**. The riding animal is a deer. By meditating on any of the qualities or studying the picture one begins to activate the lotus.

Meditation on a chakra must be for at least three months. The **anahat padma** is the most important chakra to work on. It is also most fulfilling because we begin to realize that we are a spark of the **Divine** and that the **Atman**, or the **Divine**, is within all of us. It is within every heart!

CRYSTALS, ROCKS, MINERALS DAILY USE AND PRACTICE

Photo by Karin Wolf

Sharron Britton

...continued from page 10...

If you place a small **covellite** tumble on a **sulfur** cluster, you can produce a very similar effect. ***You can also use the picture in this column as a meditation focus to connect with the energy of this remarkable combination.***

We are living in interesting times. As the heat rises, the truth revealed will be impossible to ignore. This stone contains the key to receiving the blessings as they are revealed to us and can help strengthen our faith in ourselves.

Love and blessings,

Sharron

Sulfur with covellite from Bolivia

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Saturday 9 – 10 am Beginners hatha Lisa Jackson

Saturday 10 – 11 am Meditation with Rakesh Banothu

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HOROSCOPES AUGUST 2026

ARIES – (March 19 – April 18)

ARIES: MOOD

Love is smiling at you this August. Or maybe a creative group project is about to take off. The planets are lining up in your favor, turning up your emotional, playful side. Saturn and Neptune boost your confidence and charm, while Pluto strengthens your friendships. With Mars and Uranus teaming up, your energy lifts fast. Travel could bring great vibes and real local connections. After August 11, Mars in Cancer may stir up a little family tension, so don't sweat the tiny stuff. Starting August 6, Venus in Libra shifts the spotlight toward other people. You could be drawn to someone instantly, or you might get good news in love or contracts. After the 24th, it's back to daily routines and responsibilities.

Love in General

This is a joy-filled zone for you. The vibe is upbeat, flirty, and creatively charged, with romantic openings that feel natural and exciting. Mars and Uranus back your moves, so be thoughtful and bold at the same time. Take the leap. From the 6th, if you're open to it, a love that actually lasts could be waiting. Are you in or out?

In a relationship

Sometimes it's communication that needs fine-tuning (from August 1 to 9). Other times it's your behavior (after the 10th) that will make the difference if you want your bond to stay solid. But from the 6th, your feelings run deeper, so say what you mean and let it land.

Single

A whirlwind romance could ignite through your friend circle or neighborhood, especially before August 11. Go where the fun is: social spots, sports events, and leisure activities. The person you've been waiting for is likely there. After the 11th, slow your pace a little. Chemistry doesn't have to come with control.

Career / Finance

Your finances look steady and surprisingly drama-free, even if money isn't the main headline this month. Still, Venus can give your income a boost starting August 6, thanks to a favorable contract review. By month's end, the planets in Virgo help you move smarter and work more efficiently.

Advice

Keep your head calm and your heart open. Be kind, stay grounded, and protect your peace, especially after the 10th. Nothing nasty is coming your way. If anything, it's the opposite. Ride this harmonious cosmic energy and let it bring you love.

TAURUS – (April 19 – May 19)

With the planets in Leo, home and your day-to-day environment start to feel a little charged until the 23rd. Don't let minor friction grow into something bigger. Go for peace, and keep everything steady. Mercury brings a smooth, stylish way of speaking from the 1st to the 9th. Then, from the 10th to the 24th, your moodiness may sneak in and throw things off. Stay alert. Mars and Uranus team up until the 10th, turning up your drive when it comes to money. You'll have what you need to top up your wallet or snag a lucky break. After the 11th, your extra outgoing, social energy adds real relationship sparkle. Work could feel tense. No one's exactly handing out favors, so give yourself a breather or keep your distance from power-hungry people, especially if you're born in the first decan. From the 24th onward, creativity begins to flow.

Love in General

Until the 5th, your emotions and sensuality move in perfect sync, shaping how you show up emotionally in the best way. Your connections will feel promising, so lean in. Between the 10th and the 24th, you might come off a touch sharp. Venus slips into Libra on August 6th, and you'll charm without even trying.

In a relationship

You may hit a few small bumps in your relationship, mainly because patience runs low and you might not have the time to listen to your partner or meet their needs. After August 6th, though, your romantic side softens into something tender and sweet. Lean on what you already know works.

Single

Your routine, especially after the 6th, could open the door to a genuinely high-quality encounter. Notice how you communicate, and attraction will come more easily. You can't win people over with vinegar, right? The end of the month also looks promising, so stay switched on.

HOROSCOPES AUGUST 2026

Career / Finance

Pluto brings a competitive edge, and you may need to push a little harder to keep your footing or earn the recognition you deserve. Don't dig in. Stay diplomatic. Speak with tact and keep your tone calm, especially between the 10th and the 24th. Financial surprises are likely.

Advice

Go into August with a little distance and a lot of common sense. That's how you prevent situations from spiraling into something uncomfortable. Don't get carried away. The opposite, actually.

GEMINI – (May 20 – June 19)

You've got serious drive and an effortlessly magnetic social vibe. With Mars on your side until August 10, plus a strong Uranus connection all month, your ambition is practically crackling with energy. After that, your focus shifts to boosting your income and putting your talents to work in a bigger way. Until the 23rd, the sun and Jupiter keep your social calendar buzzing and your mood lifted. Saturn, Neptune, and Pluto help you build meaningful projects, deepen friendships, or chase the ideal that won't let you go, especially if you're in the first decan. By month's end, you can look forward to some genuinely heartfelt conversations with the people you love. Just keep an eye on a little at-home friction when the sun moves through Virgo. Stay tuned to everyone's feelings, speak with kindness, and the atmosphere will soften fast.

Love in General

From August 1 to 10, Mars and Uranus together turn you into pure magnetism. You could charm just about anyone you set your sights on. Until the 5th, your heart may feel a touch demanding, but once it passes, it's all about staying open to new possibilities.

In a relationship

Your bold, sensual energy from August 1 to 10 can smooth out any money-related tension. After the 6th, warmth returns, bringing you closer and reigniting that spark. One thing to remember: you may crave a little more freedom, especially if you're in the first decan. Go slow, and be intentional.

Single

All month, your fiery energy is ready to spark romance, fueled by the planets in Leo lighting up your love zone. Flirting and seduction come naturally. This is your moment to show how playful you can be.

Career / Finance

From August 1 to 9, Mercury sharpens your thinking and pulls in ideas that can pad your bank account, unless an even better opportunity shows up in your professional life. Pluto, especially in the first decan, gives you the green light to aim higher and kickstart your career on your own terms.

Advice

This August should line up with what you're hoping for, especially when it comes to love, since that's your main storyline. If you hit resistance, don't push harder. Instead, talk it out and communicate with warmth.

CANCER – (June 20 – July 21)

Get ready for August, a month that brings real challenges and, yes, some seriously exciting money wins. Until the 23rd, the Sun in Leo, plus Mercury from the 10th to the 24th and Jupiter all month long, turns your financial instincts up to full volume. Opportunities worth grabbing will land when you're ready to act. And if you were born in the first decan, Pluto could also unlock a meaningful cash boost, from an inheritance or a situation tied to law, banking, or paperwork. Your energy might dip a little until the 10th, but from the 11th onward, you'll bounce back fast and take charge. Your determination will be impossible to miss. On the 6th, Venus moves into your home zone, wrapping your space in warmth and making it feel like the perfect little sanctuary. Then the last week of the month delivers relationship sparkle. Slow down, breathe out, and let the daily grind fade.

Love in General

Opening up about what you feel will come more easily, especially once you're in a comfortable rhythm starting August 6th. Still, your libido may not really kick into gear until after the 10th. Unless, of course, you're qui-

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etly keeping a secret fling. After the 11th, desire builds quickly, and your love life could suddenly speed up.

In a relationship
Until the 9th, you'll share a deep emotional bond, with tender, meaningful communication that lands right where it should. Then the energy shifts toward shared finances, setting the tone for a smoother, happier married life. From the 11th, strong sensuality sweeps in, so seize the moment and show your partner exactly how much you care.

Single
Before the 5th, a friendly, neighborly run-in could spark something. But your soulmate may come through family connections starting on the 6th. Between the 10th and the 23rd, keep it simple. Be yourself. After the 11th, what you want will be obvious, and things are about to get hot.

Career / Finance
Your finances look protected, and they also look ready to grow. The universe is giving your money momentum, and your wallet could feel it. Keep an eye on your work sector. It has a lot to offer, but it won't happen on autopilot. Stay focused and you'll reach your goals. Between the 10th and the 23rd, great news could flip your entire month in an instant.

Advice
August is looking amazing for your finances, so treat yourself and spoil the people you love. Stay aware of what's happening at work, but don't get pulled into gloomy predictions. Keep your cool and let the good momentum do its thing.

LEO – (July 22 – August 21)
This summer is all about letting your personality take center stage. Until August 23, the sun and Jupiter are turning up your charisma and quietly opening the door to good fortune, with plenty of chances to seize the moment. From the 1st to the 10th, Mars and Uranus team up to light a creative spark or kick-start a one-of-a-kind friendship. After that, your energy may dip, and you could slip slightly under the radar. Mercury is in your sign from the 10th to the 24th, so use this window to tackle sensitive conversations and speak with ease. Pluto opposite you brings an intense, passionate current to your relationships, or a contract atmosphere that is anything but lukewarm. Stay open. After the 24th, Virgo energy supports your resources.

Love in General
Passionate and full of life, your emotional side is ready to show off your royal, generous, expressive nature. Before August 10, communication may feel a little tangled, so take your time and tread thoughtfully. After the 6th, Venus boosts your love life, and you naturally move with elegance and respect.

In a relationship
Starting August 6, your feelings are likely to feel light, easy, and in harmony. Still, from the 11th onward, your sensuality may take a step back, and your partner might feel thrown off. Between the 10th and the 24th, make sure you communicate clearly, with warmth.

Single
Your optimism and magnetism are practically glowing. New connections are wide open, sometimes in a discreet way, or through outings after the 6th. You're craving something meaningful, and it could happen. (1st decan)

Career / Finance
Financial shifts starting August 24 could rearrange the landscape, especially with Pluto in your contractual sector pushing a major change in agreements. A salary increase may even be on the table. Stay open to offers from others, but don't trust blindly. Jupiter in your sign has your back.

Advice
Overall, there's no real threat on the horizon this summer, and honestly, that's exactly your energy. Build in some downtime starting August 11, and you'll be right on track.

VIRGO – (Aug 22 – Sept 21)
Get ready for a month that's heavy on money opportunities, with a few career curveballs thrown in for good measure. From August 1st to 23rd, the planets in Leo, led by the Sun and Jupiter, push you to face yourself honestly. Don't dodge it. Until the 10th, Mars and Uranus team up, stirring up sudden twists in your work life.

HOROSCOPES AUGUST 2026

Stay nimble, then meet the changes head-on. Pluto also kicks off a noticeable shift in your daily rhythm during the first decan. And from the 25th, Mercury, your ruling planet, sweeps through three signs, making your words land smoother and your message clearer. Just one thing before you speak up: pause and read the room. On the 24th, the Sun hits your sign. On the 25th, Venus follows. Late-month energy suits you perfectly, balancing responsibility with real-world practicality, so you finally feel like yourself again. Keep your spirits up!

Love in General
A little tension could shake your sensual closeness until the 10th, while your feelings keep running deep until August 6th. After that, things should brighten fast. There may be a slightly possessive streak, but it comes wrapped in genuine tenderness and a very open libido. Your bond grows best through easy, smooth communication, especially after August 25th.

In a relationship
From the 6th, how you express yourself can turn extra magnetic and more sensual. But between the 1st and the 10th, your libido may swing, which can open the door to misunderstandings. After the 11th, the energy between you two looks promising and surprisingly effortless.

Single
Your heart starts lifting from the 6th. That high-voltage, slightly impatient vibe of yours could set the scene for a real meet-cute. The question is, will it last? Stay true to yourself and aim for places where fun and play are the main event, especially after the 11th.

Career / Finance
Until the 10th, Mars stirs up workplace rivalries, and you'll want to handle them with care. Uranus keeps surprises coming in this area all month, so stay alert and flexible. The good news: your finances look steady, thanks to Venus's supportive influence starting on the 6th.

Advice
August brings its share of challenges, so roll up your sleeves with a calm mindset and tackle everything with the grounded practicality that comes so naturally to you. The end of the month looks especially exciting, and the start of the new season is your moment to shine.

LIBRA – (Sept 22 – Oct 21)
A beautiful connection is on the horizon, with a side of wanderlust. With the planets in Leo (the Sun from the 1st to the 23rd, Mercury from the 10th to the 24th, and Jupiter all month), a friendship or an ongoing project can finally make a noticeable leap forward. When opportunities show up, say yes. Until the 10th, Mars and Uranus team up and sprinkle your studies or travels with unexpected twists, even if that means going farther than you planned. Your creative, explosive energy could be the spark that changes everything. After that, Mars shifts into Cancer, gently nudging your work habits in a fresh direction. Don't force everything to be "perfectly right," especially if a contract could evolve and a partnership might look different. Stay steady and let life's magic in. After August 24th, you'll feel more discreet and ready for what comes next.

Love in General
Before the 6th, you might feel a little guarded in your intimate life, but it won't last. After the 6th, you'll glow. You'll radiate love and draw people in with effortless grace. Your cravings stay strong until the 10th, then impatience kicks in. Make sure your physical life matches what you genuinely feel inside.

In a relationship
Hold off until August 6th if you want to truly open your heart with your partner. Then wait until the 10th to bring up the more delicate conversations. Your sensuality is at its peak until the 10th, so after that, don't push. Just breathe, relax, and let it unfold.

Single
Between the 1st and the 10th, someone from a different culture or background could catch your eye, unless your job is already fueling your romantic chase. After August 6th, your charisma hits full power, so get out there and enjoy yourself.

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Career / Finance
From the 10th to the 31st, expect some professional shake-ups, whether it's your own approach changing or someone else's. Keep your cool and stay diplomatic to avoid making things messier. And don't forget to review your work contract. Are there any new terms or demands you should put on the table?

Advice
That intense relationship energy is worth embracing. Still, try to hold back any urge to react too fast. Move with intention, not impulse, especially after the 11th. That way, you can avoid career missteps that could end up costing you.

SCORPIO – (Oct 22 – Nov 20)
The horoscope for Scorpio for August came in as Scorpio's 5 Luckiest Days in August 2026

Aug.10 Your family and private life enters a major transformation phase. You start thinking about the changes you need to make so the transitions stay smooth and lead to positive outcomes.

Aug.15 Some people are rewarded for their steady efforts to support the company's interests. A favorable contract, a promotion, and official signatures confirm that your ambitions are becoming real.

Aug.21 Don't overthink or keep revisiting the past. If you feel a little stuck emotionally, put your mood into perspective instead of risking a spiral into depression.

Aug.28 Watch out for plans that are too adventurous and could destabilize the relationship dynamic. Whether it's love or business, pull back a little rather than putting yourself in the path of conflicts or sudden breakups.

Aug.31 Some people congratulate themselves for enduring, persisting, and supporting the common cause without complaining about extra burdens and added responsibilities. The reward is on its way.

The New Moon will occur on August 12, 2026, at 13:37. The lunar atmosphere fosters an enterprising and somewhat authoritative mood. It inspires excellent, highly innovative ideas, but it also creates a more tense environment where flexibility may be lacking and emotions are heightened. Your exceptional social skills will serve you very well today. You navigate effortlessly between rivalries, astutely leveraging what divides others. This favorable atmosphere can help you make excellent deals if you are an artist or a salesperson.

The Full Moon will occur on August 28, 2026, at 00:19. Today is infused with inspiration and creativity, but be wary of nervousness and potential disagreements. Disruptions or whims caused by stress are possible. Emotional exchanges may become complicated, as the moon stirs emotions and clouds clarity. In this atmosphere, a tangled mix of conflicting feelings could dampen the mood.The ambiance is more dreamy than constructive, but you can fully showcase your creativity through plans, diagrams, and other projects that you can present, propose, or sell in a few days. Until then, allow yourself to be guided by your intuitions.

SAGITTARIUS – (Nov 21– Dec 20)
Things are shifting, relationships are blooming, and the end of the month is all about leveling up your work game. It's exactly the kind of change-hungry energy your nature craves. Until the 23rd, the Sun in Leo is turbocharging your goals, whether that means making things official or plotting a trip you've had on your mind. From August 10 to 24, a promising opening could spark excitement and turn your summer into something memorable. Your vibe is steady and your results are strong (1st decan). Social plans and contracts should feel extra alive, with plenty of pleasant surprises. After the 11th, Mars sharpens your sensual magnetism and nudges you toward a mission that may reveal secrets you can spot almost instantly. Love and creativity are serious right now, stirring up a real desire for stability. From the 24th, Virgo energy (Sun and Mercury) makes it crystal clear: it's back to work!

Love in General
Until the 5th, you're feeling everything intensely, maybe even a touch too much. Release what's heavy and lean into a sensuality that's warm, healthy, and ready to be shared. Starting on the 6th, your heart opens to a love that feels free, light, and genuinely joyful. Still, Mars and Uranus can stir up friction with others until the 10th. Wait until the 11th to really feel the pull of the senses and let your heart take the lead.

HOROSCOPES AUGUST 2026

In a relationship
Things could feel a little sharp if you don't handle them with care, especially from the 1st to the 10th. Your partner has their own needs and wants, so find your rhythm together, or you may end up in a full-on showdown. After August 11, the tension eases, but your desires don't disappear.

Single
There's a real chance you could meet someone, possibly older or more mature than you (1st and 2nd decan). Between August 10 and 24, Mercury helps you connect with charm and finesse, so if someone catches your eye, don't play it too cool. Lean in.

Career / Finance
A work contract might shift, or a partnership could take a bold new direction under the influence of Mars and Uranus until the 10th. A little bite is possible, either from you or someone else. Keep the air calm, aim for balance, and things should flow more smoothly between August 10 and 24.

Advice
Make the most of this summer month, especially if you're taking time off. Bring the energy that's so you, because coming back to routine is coming in fast. Your friends will matter a lot after the 6th, so soak up every moment.

CAPRICORN – (Dec 21 – Jan 19)
August is crackling with momentum, and it nudges you to level up your finances. With the sun in Leo through the 23rd, Mercury running from the 10th to the 24th, and Jupiter in the mix all month, you're hungry for real change. You want more from life in at least one key area, and the right people or fresh initiatives could help you get there. Your days feel lively, with plenty of curveballs, as Mars and Uranus stay close by until August 10th. After the 11th, other voices may rise up and demand space, sometimes in a slightly clumsy way, so stay cool. Expect tension or misunderstandings at home, unless you're in the last decan. Let this be a month for releasing your worries. By month's end, you'll feel recharged, and September will fit you perfectly.

Love in General
Your feelings stay steady until the 5th, then from the 6th they intensify and can tip into excess. Mars and Uranus give your love life real stamina until the 10th, but they also stir up a big need for freedom. It's a make-or-break vibe. After August 11th, you might hear sharper tones with your partner. Keep your patience close.

In a relationship
This month isn't exactly your highlight reel as a couple. The mood could feel tense or a little heavy, so you'll have to push through it to keep your connection and mutual love thriving. Mercury supports smoother conversations before the 10th or after the 24th.

Single
Your chances of meeting someone aren't off-the-charts, but that's not the point. Nothing ventured, nothing gained. If you dare to show up as you are in your everyday life, that could be the spark that opens the door. Who knows, someone might already be waiting for you right there. At work, you'll glow with charm, so keep your eyes open.

Career / Finance
With the planets in Leo, especially Jupiter all month, the groundwork is being laid for incoming money, a loan, or a major pivot that could pay off in a big way. Pluto in the first decan keeps watch over your resources like a fierce protector. A raise could even be on the horizon.

Advice
August is about practical focus and smart use of your assets. The good news? You're unbeatable when it comes to proving what you're capable of. Put your love life on pause for now and pour your energy into everything else.

AQUARIUS – (Jan 20 – Feb 17)
With the planets in Leo lighting up your path (the Sun until August 23, Mercury from August 10 to 24, and Jupiter all month), love and commitment move right to the front of the stage. Pluto in your sign, in the 1st decan, fortifies you from the inside out. You'll feel

...continued on page 36...

HOROSCOPES AUGUST 2026

crystal clear about what you want, and you'll chase it. Saturn and Neptune lift your social life and your mood. When you pair discipline with a more open, warmer way of relating, everything feels lighter. Mars and Uranus team up until the 10th to spark your creative, parental, and emotional side. Expect surprises. You may find yourself pulled toward experiences that feel deliciously out of the ordinary. After the 24th, the intensity eases a little. The Virgo vibe helps you settle in and get ready for what's next.

Love in General

You might come on a bit possessive until the 5th, but from the 6th, Venus in Libra restores your belief in love. A whirlwind romance could ignite between the 1st and the 10th. How exciting is that? Your desires run deeper, especially after August 11.

In a relationship

Your partner is stepping up, and honestly, you won't mind one bit. To keep your bond strong, talk with tenderness and show your affection in small, effortless ways. Just don't forget to be fully, unapologetically you. After the 6th, you'll be flirting again, romance front and center.

Single

You're magnetic right now, and your energy naturally draws people in. Between the 1st and the 10th, you could meet someone special in a sport or cultural setting. From August 6, your libido will be shaped by your feelings, with beauty and a hint of the exotic playing a major role.

Career / Finance

The planets in Leo, especially Jupiter, are setting up favorable momentum for contracts. A pay rise could be on the horizon through a promotion, particularly between the 10th and the 24th. Your finances look steady. By month-end, the mood turns encouraging, hinting at unexpected money. The kind that doesn't just show up, but actually helps.

Advice

August is shaping up to be a month full of sparks and momentum, and it's exactly the kind of excitement you tend to fear. Watch the urge to push past your limits. If you're not careful, it could take you farther than you planned.

PISCES – (Feb 18 – March 18)

Money matters are stirring on the horizon, and there's a real relationship vibe in the air. Until August 23, the Sun in Leo teams up with Jupiter to brighten your everyday life, and changes in this area are likely. Mercury stays in your corner until August 5, keeping conversations easy and flowing. Then, starting August 10, it links with Jupiter to deliver good news connected to your work. Yep, a busy, productive stretch is on the way. At home, you'll need to show up fully, especially when it comes to keeping your cool. Wait until the 11th for sharper clarity. Love brings sweet moments all month long, while your finances slowly but surely start to click into place. From August 24, you'll feel more connected to the people around you, and you'll act on it.

Love in General

Until August 10, your emotional mood may feel a little off, and it could be harder to spark attraction or keep the momentum going. After the 11th, though, everything lifts. Your feelings grow deeper, and what you want becomes crystal clear. You've got what it takes to love.

In a relationship

From August 1 to 10, it may feel like your partner is holding something back. The good news: Mercury in a supportive position helps you talk it through calmly. After the 11th and throughout the month, your relationship will thrive, boosted by a seriously flourishing libido.

Single

Keep your eyes open in everyday life and at work. There are real chances to meet someone special. After the 11th, Mars nudges you to say what you feel or make a quick move to charm the person you've been eyeing. Your feelings run hot. The only big question is whether they feel the same.

Career / Finance

Saturn and Neptune are guiding your finances, giving you both budget discipline and a natural talent for pulling money in. Venus, from the 6th to the 31st, may also bring a welcome financial update.

Advice

Just don't let unexpected home or property issues steal your focus. This August has some genuinely lovely moments ahead, and you'll want to share them.

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ABRAHAM HICKS

... from page 7...

Esther Hicks

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.

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?

...continued on page 41...

ABRAHAM HICKS

... from page 42...

Esther Hicks

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.

HERB CORNER

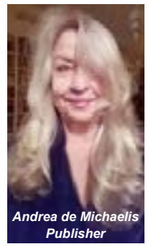
...continued from page 9...

Chorella, Kelp, Nettle and Wheat Grass are high in absorbable proteins, amino acids, vitamins and minerals. Along with these using nutritive herbs like **Burdock, Alfalfa, Dandelion and Oat Straw** will help to supply your body with basic nutrients, when you get more of these you will find you are not reaching for foods full of empty nutrients (junk food) as much.

Bee Pollen, Ginkgo, Gota Kola, Cinnamon, Bladderwrack and Rhodiola are herbal energy boosters that are not full of stimulants and caffeine. Studies done with **Rhodiola** found it to improve mental and physical performance, memory and sleep help reduce stress induced fatigue and **Bee Pollen** helps increase stamina and strength because it contains over 50 needed nutrients. Some or all of these can be added to a protein drink or a smoothie. I like to add mine to vegetable juice it tastes very green but it makes a difference in my day.

ESSENTIAL OILS

I also like to use essential oils to help me feel more focused, for energy and for their up lifting effects. **Spearmint, Peppermint, Orange, Lemon, Grapefruit, Rosemary, Basil and Clary Sage** are some that are uplifting and energizing.



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.

A REMINDER THAT I DON'T NEED X AMOUNT OF CLOCK TIME, I SIMPLY NEED TO CHANGE MY PERCEPTION

An ongoing reminder to myself is that I don't need X amount of clock time for anything, I simply need to change my perception. Like I used to think I needed 6 hours sleep to feel rested. Keeping my eye on the clock kept me awake. My realization was that I didn't need to tell my body what I needed. I just needed to ask it for enough rest for me to feel refreshed. Now sometimes 2 hrs does that for me, sometimes 4. But I'm no longer attached to the number of hours quotas I give myself.

BUT MOM I DON'T WANNA

Once again I didn't feel like a morning weights workout but I made myself do it anyway. It helps that I can tell it makes me stronger, that's the point of it. I can be completely not in the mood yet I know by the time I dress and assume the position, I'll be good to go.

I know that whatever I make myself pivot my focus to is something I'll get right into.

Easy to say but NOT SO EASY TO PIVOT YOUR FOCUS.

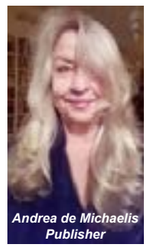
A stationary body wants to stay stationary. It doesn't want the hassle of a CHANGE of venue. It doesn't want to CHANGE out of pjs into real clothes. That's when you use your willpower to make yourself do it.

STRENGTHENING THE WILL

This is how you develop your will. Willpower is the inner strength to make a decision and handle any aim until it is accomplished, regardless of inner and outer resistance, or difficulty. When you have strengthened your will, you have developed the ability to overcome laziness and negative habits, to carry out tasks even if they are unpleasant and tedious.

Strengthening your will takes practice. You practice it every time you reject instant gratification in favor of a higher and better goal.

...continued on page 43...



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.

A SIMPLE DAILY PRACTICE TO DEVELOP WILL POWER

One simple daily practice to develop will power is by refusing to satisfy trivial desires (like channel surfing, snacking or drinking soda). By learning to refuse to satisfy every desire that crosses your mind, your will gets stronger.

Practice it often during the day, delay yourself by 30 minutes getting that soda or turning on the tv. That's practice. You're exercising that muscle, like going to the gym, so the strength is there when you need it. https://horizonsmagazine.com/blog/transcript-of-a-psychic-reading-on/

I WAS ASKED MY PROCESS FOR A DOLLAR SCRIPT VISUALIZATION.

One thing I find most helpful is envisioning checking my email and seeing a long row of Zelle, Venmo and Paypal payment notifications. I feel myself getting giddy with joy that I have so many of them. I envision myself checking my bank balance online and seeing the balance growing and growing, even as I watch it. I feel myself getting giddy with joy over that.

As I drive, I imagine I am dancing and skipping on the sidewalk and, for every mailbox I see along the road, I envision opening the mailbox and pulling out a check with my name on it. I feel myself getting all excited and I happily dance and skip to the next mailbox and this check is double what the last one was! And the next is double still!

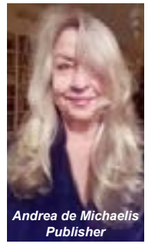
I will tell you, when I first began this visualization, I envisioned cash money in the mailbox. Then my human brain wondered if I should be taking cash from other people's mailboxes... So I changed it to checks in my name.

Want to know how I knew it was working? I never, never get paid in cash, yet when doing the first visualization, clients began paying me in cash.

When I changed my visualization to checks made out to me, suddenly clients who had for years made all checks payable to **Horizons Magazine** began writing them to me personally. I hadn't been specific enough. When I again changed the visualization, to have the checks payable to Horizons, then clients went back to writing checks to **Horizons**.

My fave tho are the visualizations seeing the online payments double and triple and me getting giddy about it. If you try it, lemme know your experience. https://horizonsmagazine.com/blog/a-dollar-script-visualization/

Andrea


Andrea de Michaelis
Publisher

SELF TALK SCRIPTS TO HELP YOU ATTRACT A BETTER TOMORROW

These are the most requested links for my blog at https://horizonsmagazine.com/blog Doing these processes will open you to inner guidance like never before

CREATIVE VISUALIZATION PROCESS LINKS
https://horizonsmagazine.com/blog/doing-experimental-creat-ive-visualizations-the-creative-visualization-process/

MY PAYPAL VISUALIZATION
https://horizonsmagazine.com/blog/my-paypal-visualization/

ANDREA'S MEDITATION PROCESS AND LINKS
https://horizonsmagazine.com/blog/andreas-meditation-process-2/

AN 8 MINUTE VISUALIZATION WORKSHOP TO INCREASE DOLLARS
https://horizonsmagazine.com/blog/an-8-minute-creative-visualization-workshop-to-increase-dollars/

SIMPLE SELF TALK SCRIPTS TO HELP YOU ATTRACT A BETTER TOMORROW
https://horizonsmagazine.com/blog/simple-self-talk-scripts-to-help-you-attract-a-better-tomorrow/

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A SELF TALK SCRIPT I READ OVER WHEN I NEED REPLACEMENT THOUGHTS
https://horizonsmagazine.com/blog/a-self-talk-script-i-read-over-when-i-need-replacement-thoughts/

MONEY/SUPPLY COMES OUT OF US LIKE AN OAK FROM AN ACORN
https://horizonsmagazine.com/blog/moneysupply-comes-out-of-us-like-an-oak-from-an-acorn/

A DOLLAR SCRIPT VISUALIZATION TO INCREASE YOUR DOLLARS
https://horizonsmagazine.com/blog/a-dollar-script-visualization/

Email Andrea at HorizonsMagazine@gmail.com if you have questions.

Andrea

I am blessed to have my life, meaning: I'm blessed to know that HOW I think affects what comes to me, and that I can CHOOSE to exercise my free will to discipline myself to stay FOCUSED on things I like so that more things I LIKE may come to me

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Fri 9:30am Chair Yoga with Audrey da Costa $8
Schedule subject to change.
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PUBLICATIONS

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 ir 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.

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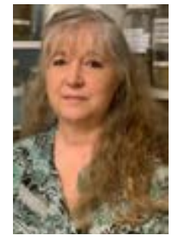

Cecelia Avitabile, Master Herbalist

NOW AVAILABLE:

Reclaiming Your Roots, a Comprehensive Guide to Herbal Health

written by Cecelia Avitabile

With a Master's degree in Herbalism, a Certified Nutritional Consulting degree and over 30 years' experience, I will help to start you "on the road" to herbalism.

"RECLAIMING YOUR ROOTS" IS A COMPREHENSIVE GUIDE TO HERBAL HEALTH and provides you with the health-promoting herbal skills that have nearly been lost to our "modern" world. You will learn how to treat non-emergency health problems and gain an excellent grounding in comprehensive basics: teas, tinctures, salves, syrups, compresses.

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A tumor in a loved one's brain challenged her herbalist skills for many years, spurring her to learn even more. **Cecelia Avitabile** passed another rigorous course from nationally accredited **Australasian College of Health Sciences**, a school teaching the latest research-based Herbalism. Master Herbalist and member of **The American Association of Drugless Practitioners** Cecelia can start you "on the road" to herbalism.

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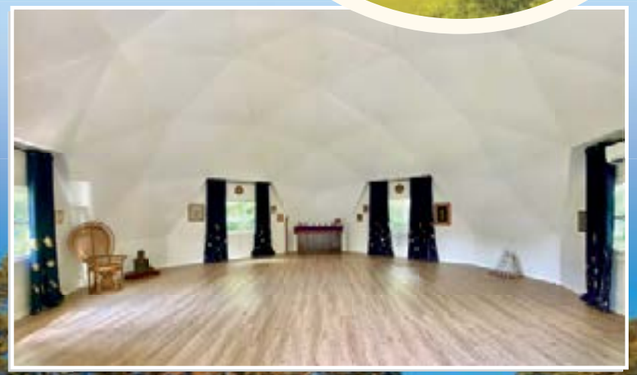

The CSA Golden Lotus Bookstore offers a variety of items for sale: including books, Ayurvedic products, Hatha Yoga and meditation aides, as well as gifts and healthcare products.

The newly renovated Hatha Yoga Dome is a beautiful and peaceful environment to spiritually deepen and enhance your asana practice.

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