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Margaret Ann Lembo is author of *Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Angels & Gemstone Guardians Cards; Color Your Life with Crystals*, more. She is an aromatherapist and the owner of The Crystal Garden — a book store, gift store, and spiritual center in southeast Florida.
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GOLDEN CALCITE AND LEMON ESSENTIAL OIL



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**UNITY'S WORLD DAY OF PRAYER 2016
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12:30 – 6:30pm Sanctuary – Prayer, Meditation

6:30 pm Contemplative Prayer Service with readings, music and silence ending with a candle lighting ritual.

COURSE IN MIRACLES TUESDAYS 6:30-8:00pm beginning 9/13 Facilitator: Tricia Gragg (a student in the Course for 8 years) We'll have fun, we'll laugh a lot, we'll read the book together and have wonderful discussions with lots of love. Anyone is welcome: beginners or long-time students. Please bring your own book! Suggested love offering \$10.

THE LAZARUS BLUEPRINT 5 TUESDAYS at 6:30pm beginning 9/13 Facilitator: Suzette Kachmaryk Uncover the masterpiece hidden for more than 2,000 years. Learn the blueprint for peace, healing and fulfillment. Then apply the six steps to overcome any obstacle, and redesign your life. Suggested love offering \$10.



LIVING COSMOLOGY: DWELLING WITH THE JOURNEY OF THE UNIVERSE THURSDAY 9/15

6:30pm This webcast with **Mary Evelyn Tucker** if from **Richard Rohr's Center for Action and Contemplation**. We are living in a time of immense challenges – social, political, ecological and spiritual. We need a new story, one that has the power to unite us and call forth creative solutions for our planet's healing. Join us for the webcast and discussion: What is your "new story?" "What part are you willing to play?" Suggested love offering \$10.

LUNCH WITH THE MINISTER SUNDAY 9/18

12:30pm If you are new to Unity, Rev. Beth would like the opportunity to get to know you. This is also an opportunity to get to know others who are new to Unity. Please sign up as lunch is limited to 8.

INTERNATIONAL PEACE DAY – NOON CALL-IN MEDITATION WEDNESDAY 9/21

12:00pm (noon) Call in for a 30 minute meditation. The number for dialing in is 712-775-7085 and the access code is 107713.

EVEN MYSTICS HAVE BILLS TO PAY 7 WEDNESDAYS at 6:30pm beginning 9/21

Facilitator: Paulette Mason, Licensed Unity Teacher. In this class we will conduct an experiment in balancing a spiritual life with earthly living. Is this group for you? Ask yourself the following questions: Is life easy for me? Do I have all that I need? Suggested love offering \$10.

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

COMING OCTOBER: WHAT THE MYSTICS KNOW: 7 PATHWAYS TO YOUR DEEPER SELF

Tuesdays 10:00am beginning 10/4 or Wednesdays at 6:30pm beginning 10/5 Facilitator: Maggie Rosche. We will learn what a "mystic" is and identify the mysticism inherent in our Unity teachings and how to place the path of the mystic within your reach. Suggested love offering \$10.00.

NEW MEMBER CLASS SATURDAY Oct 8

9:30am Facilitator: Rev. Beth Head or one of our Licensed Unity Teachers. This class is for anyone interested in learning more about Basic Unity Principles and Unity of Melbourne. This class is a requirement for associate or partner membership in Unity of Melbourne. Love offering basis.

ONGOING EVENTS

Noon Prayer Service Tuesdays and Thursdays

First Sunday of the Month - Reiki Healing Service 12:00pm

Third Sunday of the Month – mini service at WAVECREST 2:30pm

Thursdays – Meditation with Jenny 7pm

Second and Fourth Thursdays – Club CHIP 6pm

Second Friday Night – Craft Night 6:30pm – bring your unfinished projects to work on 321-254-0313 ext 101

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separation**

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Andrea de Michaelis

On the Cover (page 26)
Jaguar Woman
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Co-incidence is meaningful. If you find yourself reading these words, there is a message for you.

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



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

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

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

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Page 3	\$550	\$1455	\$2550
Page 4	\$450	\$1200	\$2100
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12 Steps of Spiritual Freedom

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- 1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
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- 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.
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- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher in 2016

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Welcome to the September 2016 issue of Horizons Magazine.

To begin, no I'm not concerned about the election. I know that no matter who is elected, no matter what the universe throws my way, i'll make the best of it and be so strongly the attractor of my own experience that nothing less than good times will come my way. My experience tells me that it is possible to find heaven in the midst of hell. The reason it's possible to live a completely different life from the people living alongside you is vibrational resonance. I got a reminder of that the last few days. I belong to a Facebook page of people who live around me and some of them can be real hot heads, arguing amongst themselves, threatening vigilante action for perceived wrongs. Some of them listen to the police scanners and update everybody with what's going on. Some call the police regularly for updates then complain it takes so long for law enforcement to respond at a scene (you're keeping them on the phone!) Some drive around looking for trouble to report or get into. Until I joined this group, I had no idea I even lived in the middle of that.

What I experience in my everyday life is that the people within a few blocks of me are all pretty happy. I seldom hear complaints or sob stories, everyone gets along and everyone goes out of their way to help each other. The people I see in the stores, the post office are all friendly and helpful. So I was kind of surprised to find such a gang of malcontents and know that they literally live right here and I never even knew it. The fact of the matter is we ARE living parallel lives, we ARE living in different dimensions from each other, the same as if we were different radio stations playing side by side. So if you think you are at the mercy of the people around you, I promise you that you are not. You are only at the mercy of what you attract by virtue of what you pay attention to and continue to think about. And you always have the option to turn your attention to something more pleasing.

A friend told me: "I avoid Walmart like the plague but occasionally run in and out for a couple one stop shopping items. I can always tell it's not vibrationally in sync and take extra measure to protect myself. Yesterday was one of those times and the worst one yet. I went to see if they carried a clock radio/cd player and figured I'd get the dog treats for the dogs I'm sitting. As soon as I walked in I became highly confused, was approached by a man in the dog aisle who I believe was trying to attach negative hitchhikers to me, changed checkout

lines 3x with my 4 items trying to get out as soon as I could and when I got to my car I really thought I was going to puke and pass out. Once I was out of the parking lot and headed home everything went away and while I was wiped out for the rest of the night I was no longer nauseated or confused."

I responded: "That's an great example! I shop equally at Publix and WalMart and have the same experience at each: friendly, helpful employees, I meet fun people in the store, we dig on the music and chat in the check out lines. That's because everywhere I go, there I am. I take my "vortex" with me. Had I stepped into a store I felt I had to avoid like the plague, I'm sure I would have the same experience you did. By taking extra measures to protect yourself, you're stating your clear expectation and belief to the Universe that there is something that you need protection from. I personally don't care who is "trying to attach negative hitchhikers to me," I don't have to accept them or even be aware they are being offered. I don't freak out about misquitos when I'm swimming in the pool, I know they don't go there, the water would overwhelm them. Same as my good mood. Nothing can attach itself to me unless I've left an opening for them, such as expecting and believing I need to be protected from them. It doesn't matter if there's a monster in the bushes or if I just THINK there's a monster in the bushes. If that's my mindset, I stay out of the bushes."

ALL YOU NEED IS A HANDFUL OF GOOD CLIENTS

"You don't need a gazillion clients. You just need a handful of the right clients. You don't need more workers. You just need the right workers." The first time I head those words, I could hear the bells going off signalling a big, giant truth that had just been revealed to me. And over the years, I've found that to be true. While doing the billing this week, I decided to look at my "card list" for all clients and advertisers. I couldn't believe how many I had. Some of them had just advertised once, perhaps, so I didn't recognize their names. But many names were very familiar to me. I thought about how I've had so many of the same advertisers for the past 10-15 years and how grateful I am that I don't have to run around selling ads to get each issue printed. I would be more industrious if I had more time, and make ad calls, but it's too easy to just keep things the way they are. Comfortable. Manageable. Then I realized, that's it. I am comfortable with the clients and advertisers I have now, and we make a good family and it keeps the cats fed.

So I've found it's very true. I don't need a gazillion clients. All I need are a handful who are fun to work with, who have similar goals and motivations, with whom I feel spiritually connected. Then work and income blossoms from there. Here's the process I used.

I know several business owners who have customers of their own, and these days everyone is looking to expand their business to make more money. I've learned that you don't necessarily need to expand your business to make more money, but you DO need to expand your perception of how much income you are able to glean from just a handful of clients.

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WHY DO YOGA?



The following is an excerpt from *Perfectly Imperfect* by Baron Baptiste. It is published by Hay House (May, 2016) and is available in bookstores and online at www.hayhouse.com

All learning is remembering.
Plato

I'm at the Baptiste Power Yoga Institute in Boston, lying on my back in Savasana. I've just completed an amazing power vinyasa yoga practice and I'm drenched in sweat; it's pouring off my body and into my eyes. My heart is pounding in my chest. I'm flush with a mix of exhilaration, release, and gratitude.

I'm grateful to have just experienced a rigorous and inspiring yoga practice led by a certified **Baptiste Yoga** teacher named **Gregor Singleton**. Gregor has been a part of my teaching team for many years, so I already knew he was a strong teacher whose classes deliver a potent experience, but in this moment, I was overtaken with a sense of profound appreciation. I was deeply moved to have a practice that I've sourced and developed over many years be reflected back to me so powerfully by another human being. I'd always dreamed of being a leader who develops other leaders so they can make a contribution to humanity and community, one pose at a time. Here I was today, lying in Savasana, literally experiencing my dream come true.

As I lay there, I reflected back to what the practice has given me from my early days when I was newer to the practice all the way up until this moment. In my youth, I would often surf underneath the **Golden Gate Bridge** in **San Francisco**. Sometimes the fog would move in and completely obscure the bridge, making it appear as if the bridge did not exist at all. Then the wind would pick up and blow the fog away, and suddenly the enormous beautiful **Golden Gate Bridge** would re-appear.



That's exactly how the practice of yoga has worked for me. Whenever I get lost in a personal fog and have the experience of losing myself and my inner true north, the practice has been like a cleansing windstorm that would dissipate the fog and reveal the inner knowing that's inherently there within me, re-grounding me in what's true. I like to call this experience "trueing up."

You already know what you need in order to live an extraordinary life that you love. That knowledge is within you. Perhaps obscured, but it is still there. Many a time on my mat, or in meditation, I've been hit with a recurring revelation that seemed to whisper into my ear, "Baron, allow yourself to know that you already know what you need to know." Whenever I would take my confidence from that inner knowing and revelation, the entire quality of my life would inevitably be enhanced.

In many ways, yoga is a practice not of building, but of uncovering. It is the ultimate excavation tool for the soul.

At a certain point in the early days of my practice, I realized that I lived my life in a box. As someone who was committed to success and growth, I would persistently explore the opportunities and various pathways to better myself and my life, but only within the limits of that box. I would even explore the different outer edges and the corners of the box, but still I was limited to what's available inside the one box I called "my life as I know it."

What the practice gave me is the ability to create new alternative boxes for my life rather than being limited to just doing more of the same things inside the limits of the same box, or doing the same things better or differently—which is really just improving things inside the same box. I realized that yoga practice is about creating new boxes for yourself that contain as-yet-unseen possibilities for elevating the quality of your life.

Outside our usual box of "life as we know it," we see and hear differently. One of the most powerful skills I began to develop when I stepped outside the box of my own created reality (i.e., "my life as I know it") was the ability to listen and truly notice the details of the world around me. I began to observe people close to me and the people I worked with through new eyes and ears, as if I were watching a film. I began to observe their bodies and movements and the ways they engage in conversations, cook, work, walk, sit. I started to really see how they moved on their mat through poses.

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LIFE IS SUPPOSED TO FEEL GOOD

You would never be discouraged if you knew, as we do, that anything you want must be, and that all you have to do is line up with it. You would never be discouraged if you knew, as we do, that when contrast causes you to clarify a desire, that, in the moment of that clarification, even if you don't speak words about it, Source immediately says yes to that desire and becomes one with that desire. So, there is no possibility whatsoever anywhere in this Universe that your desire is not being answered in the moment that you give birth to it. But if you don't know that, if you're still looking at the gap between your realization that you want it and your realization of the manifestation of it, then, because you have forgotten that it's going to happen for sure, we can see how you might get discouraged.

Feel the difference between something that you want that you know you can achieve, and how exhilarating that is, and something that you want that you feel powerless to achieve. And what we're wanting you to understand, is: You need not ever again feel powerless about the achieving of anything—because when you ask, it is given, every single time.

There is no such thing as something that is incurable; there is no such thing as something that is impossible. There's only vibrational discord with the wellness; that's what illness is. There's only vibrational discord with abundance; that's what poverty is. There's only vibrational discord with clarity; that's what confusion is.

You have Guidance within you that will help you to quantify your journeys. And so, you can tell (if you care about how you feel) whether you're marching, marching, marching towards something that you're going to like when you gets there. People will say, "Abraham, it came out of the blue!" And we say, hardly. You've been beating that drum for a long, long time.

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PARTRIDGE BERRY

(Mitchella repens)

**This evergreen perennial trailing vine is native
to North America, Japan and South Korea.** It
contains resin, mucilage, dextrin, saponins, tannins, alkaloids,
glycosides, bitters and Vitamin C. Until 1947 it was listed as
a tonic, diuretic and astringent in the U.S. Formulary. Early
physicians based the knowledge of Partridge Berry on its long
history of use by Native Americans who primarily used it for the
female reproductive system.

In the reproductive system this women's herb influences
menstruation, fertility and pregnancy. A tea from this herb can
be made for a variety of conditions including severe menstrual
cramps, heavy bleeding, increasing muscle tone and bringing
circulation to the uterus, which helps the uterus prepare for
an easier delivery. The tannins and saponins in Partridge Berry
create a soothing, toning and stimulating effect on the uterus
and ovaries. It has been used for conditions such as prolapsed
uterus, bladder and rectum. It helps to kill off harmful microbes
making it useful for vaginal and sexually transmitted diseases
and to help clear up chronic uterine congestion which can lead
to fertility problems.

In the Digestive System Partridge Berry acts as a tonic and
astringent that soothes the mucous membranes reducing
inflammation, pain and reduces excess mucous in the Digestive
System. This makes Partridge Berry good for diarrhea, colitis,
stomach aches, vomiting, colic, IBS and other gastrointestinal
conditions.

In the Nervous System Partridge Berry helps calm the nerves,
ease nervous tension, reduces irritability and anxiety and helps
with insomnia.

In the Urinary System it can reduce bladder irritation and help
reduce edema.

There are different ways to use Partridge Berry for instance a
poultice of Partridge Berry can be made by mixing the herb
with water into a paste and applied to the chest to help lower
fevers. A poultice can also be applied to the lower back to help
relieve muscle pain. To prepare a tea of Partridge Berry steep 1
teaspoon of the dried herb in 8 ounces boiling water for 10-15
minutes. Strain and drink. Teas can be used 2-3 times daily for
optimum benefit. Just be careful not to use too much of this
herb in one day because for some people it can cause stomach
irritations or irritations to the mucous membranes and if you are
pregnant this herb is too stimulating to the uterus.

THE MEANING OF DEJA VU



Judith Orloff, M.D. is a psychiatrist, intuitive healer, and NY Times bestselling author. Visit her website at www.drjudithorloff.com and www.youtube.com/judithorloffmd.

Adapted from *Second Sight: An Intuitive Psychiatrist Tells Her Story and Show You How to Tap Your Own Inner Wisdom* by Judith Orloff MD

“Déjà Vu” is a common intuitive experience that has happened to many of us. The expression is derived from the French, meaning “already seen.” When it occurs, it seems to spark our memory of a place we have already been, a person we have already seen, or an act we have already done. It is a signal to pay special attention to what is taking place, perhaps to receive a specific lesson in a certain area or complete what is not yet finished.

In *“Second Sight”* I describe many theories to explain **déjà vu**: a memory of a dream, a precognition, a coincidental overlapping of events or even a past life experience in which we rekindle ancient alliances. What matters is that it draws us closer to the mystical. It is an offering, an opportunity for additional knowledge about ourselves and others.

During a trip to **Africa**, **Carl Jung** described a feeling of **déjà vu** when he viewed a slim, black man leaning on a spear looking down at his train as it made a turn around a steep cliff on the way to **Nairobi**. He writes, “I had the feeling that I had already experienced this moment and had always known this world.” Although this world and this man were something alien to him, he saw the whole thing as perfectly natural. He called this a recognition of what was “immemorially known.”

In **Western** culture, we are brought up to consider anyone who isn’t an immediate member of our circle of friends and family to be a stranger. Yet at times, you meet people whom you feel as if you have known for years. You can talk to them about anything and they understand. You laugh easily with them. The tone of their voice, the way they take their coffee, all seem commonplace. It isn’t that they remind you of someone else or that their qualities are simply endearing. You relate to them not as strangers, but as people with whom you have shared history, members of the same tribe.

A patient of mine named **Shannon** knew that she was going to marry her husband the day that they met. She had dated a lot of men following her divorce, but none of them felt right. Then, she met **Bob**. There was something about the way he smiled, the glint of his hair, his voice and the shape of his hands, that made her think that they had known each other before. After talking it was clear that their paths had

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never crossed, but after their first lunch date, they became inseparable. What **Shannon** and **Bob** immediately felt for each other was more than just physical chemistry. It was a natural compatibility and a depth of intimacy that usually emerges after couples are together for many years. They were married two months after they met and have been together now for ten years.

I’m often asked how to tell the difference between a feeling of **déjà-vu** when we first meet someone and an attraction stemming from an addictive obsession. Some addiction specialists say that whenever you meet someone and an explosion of fireworks go off, this is a sign not of true love, but of one neurosis meeting another. They suggest that you run as fast as you can in the opposite direction.

Based upon my work with the recovering community, I agree that there is a strong tendency among addicts and some non-addicts to try to “fix” themselves with love and sex, rushing prematurely into relationships inspired only by intense physical attraction. They often have nothing to do with **déjà-vu**, but stem rather from a basic emptiness that longs to be filled. There is no true bond between the people involved, they hardly know each other, and these partnership attempts fail miserably when the pink glow of newness wears off.

The fact that an encounter feels compelling or immediate doesn’t necessarily mean that it is healthy or unhealthy. The experience of **déjà vu** must always be approached discerningly. However, mostly **déjà-vu** experiences are not obsessive or compulsive. They rather convey a quality that is quiet and solid.

The possibility of having a **déjà vu** is inherent in partnerships of all kinds, particularly the more intimate ones. It can occur in business, friendships and family, often leading to pivotal outcomes that can impact the direction of our life.

There are situations that are glitches in time, when the rules bend and the mystery takes hold. Enchanted moments that sparkle. These are **deja-vus**. They can take place anywhere, at any time and with anyone. Your real estate agent might show you a house that feels so familiar and right, you instantly know it is yours. Or perhaps you are in a restaurant and sense an inexplicable kinship with a woman sitting in the back corner booth. Don’t let these possibilities pass you by. Take notice; investigate. There is no way of predicting where each might lead or what it will teach you. Summoning the courage to take a chance and act on synchronicities, to have faith in what is not yet visible, will make the experience your own.



THE COURAGE TO BE YOUR CREATIVE SELF

Doreen Virtue, has perfected the art of finding her creative side. With over 100 books, card decks and courses to her name, Doreen latest book, *The Courage to be Creative* (June, 2016) shows readers how to gain the many forms of courage that lead to creativity. The following is an excerpt. Visit <http://www.angeltherapy.com/>

Some people walk around all day feeling like there's something fundamentally wrong with them. Perhaps you have felt that way. I certainly have. We feel stuck and insecure, comparing ourselves to those who seem to have it all together.

This is especially true if you've been sensitive or socially awkward for most of your life. Add extra points if you've been teased for being strange.

That describes my childhood and early adult life. Being raised by metaphysical parents who used Christian spiritual-healing principles in the 1960s and '70s, before such ideas were popular, made me very much misunderstood by other kids.

When I'd use words like manifesting, my classmates would roll their eyes and laugh. I'd get bullied whenever I'd mention my clairvoyant visions. So I didn't fit in and didn't know how to communicate in everyday plain language with others. How ironic that I'm now paid to communicate as a best-selling author!

I finally found my niche and tribe through sharing the language of authentic feelings. It turns out that many of us feel like an outsider, as if we don't belong on Earth or with other people. So, I've spent my career exploring—and writing about—these feelings and experiences.

If I'd listened to my insecurities and concluded, Well, I need to feel completely confident before I'm qualified to be a writer, I wouldn't have written my first book.

These days, I do have confidence and feel comfortable with my humanness. I have compassion toward myself and others, knowing that we're all doing the best we can. While I don't feel insecure like in the old days, I do vividly remember the feelings. And I am constantly monitoring my genuine emotions, as they are all muses for my writings.

THE COURAGE TO BE "ECCENTRIC"

Creativity means originality, which usually means nonconformity. A 2010 study found that originality is essential for creativity, as long as it's accompanied by the character trait of consolidation, defined as the ability to put the creative ideas into motion and turn them into a book, painting, song, screenplay, clothing, or other project (McCrea 2010). It's not enough just to dream of your ideas. You've got to put action into their creation.

The same study found that neuroticism (chronic excessive worries and anxieties) leads to the emotional sensitivity required for a successful career in creativity. It's true! Your sensitivity is the gift that leads to inspiration, and the desire to inspire others through creativity.

If you've been teased or criticized for being "too sensitive," "neurotic," or "not normal," chances are that these cruel tauntings came from:

- Well-meaning people who were trying to "protect" you from being an outcast by pushing you to conform
- Those who weren't as sensitive or creative as you
- Those who were jealous because they suppressed their own creativity and sensitivity

Other people's opinions about you are just that: opinions. They don't define your true identity. Besides, when your creative career is in high gear, they'll take back their words. Or not. Either way, you'll know that you've taken the right path of nonconformity.

Creative people enjoy complex and novel situations. Being creative is not a hobby; it's a way of life. It means expressing your vision in all that you do and never squelching that. Live creatively!

The definition of creativity is to make something that is new. The opposite of that is conformity. Therefore, the courage to be creative means the courage to not conform. Embrace your imagination. We've been told "You're just imagining that!" as if it's a bad thing. But imagination is the pipeline to possibility. Be open to all possibilities, noticing ideas without censoring them or worrying whether they're feasible. Don't just think outside the box . . . think like there is no box!

THE COURAGE TO LOOK WITHIN

As a highly creative individual, you're also highly emotional. A study of 27 art collectors found that they were almost three times more intuitive and emotionally based, compared to the general population (Gridley 2004).

...continued on page 13...



THE COURAGE TO BE YOUR CREATIVE SELF

...continued from page 12

Those of us who have been teased or bullied internalize cruel comments and experiences, weaving them into our identity. We believe we really are that weird kid no one wants to play with. We expect social rejection, push people away due to insecurity, try too hard to get others to like us, and sabotage opportunities. We reason to ourselves: Better to not even try, rather than suffer the sting of disappointment.

How would you feel if I told you that these experiences are the perfect foundation for your creativity? All of those heart-wrenching experiences, every moment when you felt like a lonely weirdo, and each pang of emptiness are ideal starting points for your masterpiece creations. So, the first step of creativity involves having the courage to use your own inner life as a canvas for your creations, executed using the palette of your feelings. Whatever the form of your creative project—a painting, book, song, business venture, or something else—you've got the key within your catalog of conscious and unconscious experiences and emotions.

It begins with having the courage to notice currently painful feelings, and sit with them compassionately. This premise is based upon the fact that every painful feeling you've had is shared by countless people. If you're willing to be completely honest with yourself about those times when you feel unlovable, worthless, and like a no-good schmuck . . . and dredge those feelings to the surface . . . you can help others who feel the same way.

Popular music, books, movies, art, photography, dance, and other genres express these darker feelings, helping us recognize ourselves. Art helps us look at our shadows so they can be understood and healed. The most enduring works are those that are authentically real, coming from the artist's heart and soul.

The fearful part of our minds (often called the ego) doesn't want us to notice the shadows, because the ego controls us with unconscious fears. Once we're consciously aware of the fears, the ego loses its ability to control us. So the ego warns us that it's dangerous to look within and take an honest inventory of our feelings.

The ego tries to convince us that if we feel like a bad person, that means we are a bad person. The truth, though, is that it's the ego making us feel that way. In spiritual truth, we're as awesome as our Creator—because we're made in the image and likeness of our Creator.



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It takes courage to look within. There's a deep-seated fear that we won't like what we find, and that all of those fears of being unlovable will be substantiated. When we hang on to secrets that we feel ashamed about, those feelings of shame are like a monster inside of us.

There's also a fear of finding nothingness when you look inside. This is especially true if you've had to adapt in your life because of an abusive upbringing or a chaotic life. Adapting means that you learn how to conform, cope, and get along. However, it also means that you forget who you really are, and you lose touch with your true self and honest opinions.

Looking within can feel scary, especially if you're not accustomed to it. If you're new to probing fragile feelings from an abusive past, it's a good idea to work with a compassionate and qualified therapist. Once you shine the light within yourself, you find there's a light within shining back at you. Instead of encountering a monster or nothingness, you find a person who's been through a lot of painful experiences, who's learned great lessons along the way, and who's been strong enough to stay alive during tumultuous events.

FROM THE HEART



Alan Cohen is the author the many popular inspirational books, including his new release, *The Grace Factor: Opening the Door to Infinite Love*. Join Alan in Hawaii December 5-10 for *Miracles in Paradise*, a retreat to bring A Course in Miracles to life. For more information about this program, his free daily inspirational quotes, online courses, and weekly radio show, visit www.AlanCohen.com.

WHERE TERRORISM ENDS

If the world is our mirror, what is it showing us about our consciousness? We cannot effectively address external terrorists until we face and defeat our internal terrorist.

There is a voice in your mind that terrorizes you. It is continuously hypercritical, telling you how worthless, unattractive, small, stupid, and guilty you are, and how you will never find the partner, success, health, or inner peace that eludes you. That scary voice fabricates stories that the world is filled with nasty, evil people who will take advantage of you and hurt you at every opportunity.

The inner terrorist is far more dangerous to humanity, since it belittles and disempowers all of us from the inside out for much of our waking life, and creeps into our dreams. As Sally Kempton said, "It is impossible to defeat an enemy who has an outpost in your head." You were not born with an inner

terrorist. Babies are not terrified. Infants enter the world with just two innate fears: falling and loud noises. All other fears are learned. Being terrified is an aberration of our natural state, not the truth about who we are, where we came from, or where we are going.

Before we can hope to defeat external terrorists, we must defeat the internal terrorist. It is tempting to say, "the problem is out there and we should get rid of evil people," rather than, "let me look within to find where my own fear lives and heal it."

THREE STEPS YOU CAN TAKE TO END TERRORISM

(1) QUIT TERRORIZING YOURSELF. When you beat yourself up, you are a tool of terrorism. When you rise beyond the inner terrorist and don't allow it to bully your mind, heart, and life, you are defusing terrorism from the inside out. Clarity begins at home.


(2) REFUSE TO BE TERRIFIED by external people or events. When you indulge in fear-based thoughts and feelings, you are adding to the sum total of terror on the planet. When you choose inner peace no matter what the outside world is doing or choosing, you are diminishing terror on the planet. That's how powerful you are and how important your contribution is.

(3) DON'T TERRORIZE OTHERS. When you use fear, guilt, threat, or punishment to control someone who bothers you, you add to the dark mess. Teaching others that they are guilty, small, stupid, or owing are forms of psychological terrorism. When you release others, you release yourself.


Two men were fishing from a river bank when they heard a loud cry, "Help! Help!" They looked upstream and saw a woman caught in the rushing river. One of the men jumped into the river and saved her. They phoned for medical aid and the woman was taken away. Ten minutes later they heard another cry for help, this time from a man being carried away downstream. Again the fishermen saved him and dispatched him to medical attention. A little while later they encountered another person almost drowning, and they repeated the procedure. Stymied about where these drowning people were coming from, the fishermen hiked up along the river a few hundred yards. There they saw a bridge with a man standing on it. When a woman began to cross the bridge the man grabbed her and started to throw her in the river. The fishermen rushed to her aid, subdued the crazy man, and had him arrested.

A crazy person stands on a bridge in your head, intercepting positive, loving, creative thoughts, attempting to stifle or kill them. So far this lunatic has achieved much of his or her dark mission. As long as that insane person is in charge, your positive intentions don't stand a chance. It will do you no good to keep sending more noble thoughts across the bridge. The saboteur will intercept them and they will be tossed aside. Get the crazy person off the bridge and allow your visions to manifest. Then you will be free of fear and fear-based actions, you will know exactly how to deal with external terrorists, and the outer world will show less terrorism because you have changed from the inside out.

Terrorism is running rampant on the planet because it is running rampant in our minds. We must pluck it from our hearts before we can pluck it from the world. Until then we are simply fearing and fighting ourselves. Healing the world is an inside job. There is no other way around it.




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Dear Michelle, I love my fur babies and so I have a really hard time with animal cruelty. I don't understand how a person can look in their eyes and not see their soul. Where do people get off thinking that they are so much better? Personally, I think animals are much kinder than humans. **Horse Lover in the Hamptons**

Dear Horse Lover, Because of our underdeveloped brain, many people assume that humans are superior to animals. This is just not true; God views our souls as equal. You see, humans could not exist on the planet without them. In fact the animal kingdom sustains us on many levels. They play a vital role maintaining the balance of our very important ecosystem of the planet earth. Science has not recognized this fact but with psychic insights I know that through their vibrational communications of roars, trumpets, purrs, breys, neighs, cries, croaks, coos, moos, bleats, tweets, etcetera; animals reverberate a song of harmony that is much needed. They are still used to work and be of service: for transportation, to pull carts, carry heavy loads and plow. Dogs and horses can also preform rescues and assist people with disabilities. Of course animals feed the world and they clothe us too.

Animals are so important that when even a small species goes extinct, this changes the balance of the whole ecosystem and can have long-term effects in nature.

The animal kingdom, they are our brothers and sisters. They love us so much that eons ago, animals made an agreement with humankind, they promised God to help sustain this realm. For that very reason, animal cruelty must stop. We must teach our peers and our children to love them equally in return.

Dear Whitedove, My father was my guiding light, he always gave me the best advice. I pray that he watches over me and that he will continue to show me the way. I ask for signs but I don't hear from him. Why wont my beloved father contact me from the other side? **Deaf ears in Evanston**

Dear Deaf Ears, Your Dad spent many years guiding you. Now that he's in heaven, he is very busy with his own process and he's no longer able to assist you on a moment to moment basis. Human souls are busy on the other side healing, learning and growing. Remember: Earth was created in the

reflection of Heaven so there is much to do. You need to take your prayers to the top: God the creator is all-knowing; there are angel helpers and spirit guides for you to call upon. Many people make the assumption or mistake to pray to loved ones: our relatives are rarely able to help us from Heaven.

We each have an unseen support team that knows our spiritual contract, our mission and purpose; we are their charges. It's their job to watch over you and assist in getting you through this journey as painlessly as possible. Here's the catch, God honors your free-will. So it's important that you reach out and ask for their help because then they have your permission. Ask for their help and be specific. Just don't tell them HOW TO fix your problems, because it's limiting when they have greater solutions than you can imagine. Then pay attention to your intuition, follow the signs and doors that open in your path. Push aside the intellect and listen to your gut or intuition - this is where you will receive guidance. Also prayer and meditation are important tools to communicate with Heaven.

Send your love and gratitude to your father in Heaven. Love travels to all realms. But please stop pulling on your father's soul with your neediness: this interrupts the work that he is doing for his soul's growth.

Dear Whitedove, As I go about planning my days and weeks ahead, thinking about purchases that I need to make and vacations that I want to take, I feel that I get stuck in a negative cycle of thinking about my lack of money. My parents pinched pennies and I find myself in the same boat although my husband and I make decent wages. How can I get out of this rut? **My funds are low – in Louisiana**

Dear Funds: The Universal Law of Abundance and Prosperity tells us that the measure of a person's self-worth and self-love is directly ties to their ability to succeed. Man can only receive what he believes that he is worthy of receiving in equal parts. This includes abundance of all kinds: spiritual wealth, financial, wellness and good health. There is enough for all of us; the Universe is abundant and always expanding. Scarcity is just a state of mind. Think of money as energy, it's easily accessible. It's green paper that is exchanged for goods and services. There is plenty, our government keeps printing it daily! Change your perception and your reality with change too!



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Doreen Virtue is a doctor of psychology and 4th-generation metaphysician who works with angelic, elemental, and ascended-master realms, author of 50+ books about angels and mind-body-spirit issues. www.angeltherapy.com

This card is a response to your questions or prayers about increasing your happiness and confidence. The angels answer is: ***Only conduct activities that you believe are right. This is based on no one else's code of conduct but your own.***

The angels say that engaging in behaviors that you feel guilty or ashamed about erode your self-esteem and self-confidence. Conversely, you can feel great about yourself by only doing that which you feel is right. Again, this is based on your own moral compass and no one else's. The angels can help you change or heal any situation or relationship so that you are able to bring your entire life fully into alignment with your inner truth.

ACTION STEPS

Lie down and meditate in the process normally thought of as 'Daydreaming' - that is, allow your imagination to roam free. Instruct your mind, heart, and soul to show you a mental movie of you living your life as its healthiest and highest levels. Watch this movie, and notice how it makes you feel. Then say: "Archangel Michael, I ask that you help me arrange my life and daily activities so that I am fully immersed and engaged in actions that reflect my higher self. Please help me let go of any behaviors, habits or actions that have engendered guilt or shame in the past; and replace them with actions I feel good about."*

You can also use affirmations to work your way from guilt or shame to where you want to be, by planting in your subconscious mind that you are "in the process" of getting to where you want to be.

Try thanking the angels for helping you reach these goals, and being gentle with yourself throughout the process. For example, if your weight isn't where you would like it to be, rather than negative self talk or asking for help, try affirmative thoughts:



"Thank you angels, for helping me in my process of reaching a healthy body weight. Thank you angels for helping me see the beauty in my physical form, both inside and out. Thank you angels, for helping me make a smooth and easy transition from my current body state to a healthier one. Thank you angels for supporting me while I reach my perfect body weight." This stimulates your mind to catch up to where you are, not the lack of what you want. And, under no circumstances should you be berating yourself with negative thought patterns- if you are in the habit of thinking things are beyond your control, keep a running commentary in your head of positivity: ***I AM in the process of reaching a healthy body weight. I AM in the process of losing unnecessary body fat. I Am in the process of fully accepting and unconditionally loving myself, inside and out.***

Even if the words don't feel right at first, keep repeating them until your body catches up to your intention, because, through the Law Of Attraction, that will happen, and the more you believe it, the faster it will come!

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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. You can join Karen's "Abraham Fun" group on FB and like her FB page, "Soulsongs by Karen Money Williams."
karen@karenmoneywilliams.com.

Soulson #290 - A Law That Can't Be Overturned

When something frustrating or upsetting occurs and I feel like a hapless victim, it's worthwhile to remind myself: Nothing can hop into my experience unless I somehow summon it. A car wreck cannot. An illness cannot. A crime cannot. A disaster cannot. Even an insult cannot.

I summon what I don't want by giving my attention to what I don't want. Over a period of time, there's a build-up in my energy vibration - the invisible signal I ever send forth. Through the universal Law of Attraction, this signal is matched and returned to me in the form of life's circumstances. That's how unwanted events show up.

There are no accidents, no coincidences,
no injustice in the broadest sense.

The same process can bring me my heart's desires. By paying attention to what I appreciate and enjoy, I am inviting more of that type of experience via the immutable Law of Attraction.

As I practice shifting my focus to what I love about life, life will love me back in unprecedented ways.



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THE MAGIC OF RAIN DANCES



Jill Mattson is an Artist, Musician, Author and expert and composer in the field of Sound Healing. She combines intricate Sound Healing techniques with original music. The CD's consist of intriguing, magical tracks using ancient & modern techniques - with sound energy & special healing frequencies to achieve profound benefits. See the sites for free mp3s including Solfeggio Tones, Star Energy, Flower Frequencies,

Fibonacci and nature tones. Gallery and music at www.jillswing-soflight.com, www.Ancient-Music.com www.musicforbeauty.com, jillmattson@yahoo.com.

All over the globe for thousands of years, ancient people performed rain dances. With no successes this practice would die out.

Apparently it worked. I was curious - what is it about the rain dance, the singing and dancing that helps it to rain? Music was a tool that was used in ancient times for many practical purposes, such as making rain for drinking and crops. We have long forgotten the practical value of sound and music.

With my detective coat on and magnifying glasses in hand I went on a venture to discover how does a rain dance work?

Can we affect weather today? Traffic and industrial exhaust decreases on weekends, resulting in an increase of rain by 20 % on weekends. Poor weather conditions have been blamed on the High Frequency Active Auroral Research Program (HAARP). We definitely have the technology to understand how to make it rain. So this goal is obtainable!

...continued on page 29



NOTES from the Universe

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

Don't be afraid. You needn't slay the beast or scale the entire mountain. That's not how it's done.

You only need to move through today. Think of the distance you've already covered. Focus on your strengths.

Let each new step remind you of your freedom. Let your every breath remind you of your power. Seek out friends and guides; they're anxious to help. You're not alone. You're understood. This road has been walked before. Dance life's dance, just a few steps at a time, and in the wink of an eye you will wonder to yourself, "What beast, what mountain? Was I having a dream?"

Love you,

The Universe

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WHY DO YOGA?

...continued from page 8

And I also began to observe myself. I saw that typically people bring themselves to yoga to get fixed . . . to get rid of their problems . . . to get happy. And I saw that I was one of those people, too.

Back then, I had an almost superstitious belief that yoga was the ultimate fixer. By all appearances, my life and asana practice looked pretty good, but way down deep I had a fundamental belief that I wasn't okay. I felt there was something wrong with me, and this disempowering belief was the lens through which I viewed all of life. Skillful at wearing masks, I hid this deep, dark, dirty truth about myself from everyone.

Being a "seeker of growth" seemed like a positive characteristic to have, so I threw myself into my yoga practice and studies. I now know that traveling my spiritual path was a sophisticated way to cover up the feeling that I was broken. I kept seeking, believing if I found the right guru and the right yoga teachings, all would get fixed within me and all my problems would disappear.

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After several thousands of hours on the mat, and years of daily meditation, I reached a surprising and important personal revelation: no one needs yoga. Including me.

The only things you and I need to physically survive as human beings are air to breathe, water to drink, food to eat, and shelter from the elements. To function emotionally, we need someone to love and someone to love us. Spiritually, we need to feel some sense of self-respect and the admiration of others. When these basic human needs aren't filled, we don't do well. Any human being can meet these needs without ever doing a yoga pose.

This insight was huge for me, and it started an inquiry of "Why do yoga?" Really, I wanted to know: What was available from this ancient practice beyond the obvious physical benefits?

I realized that the deeper aim of the practice is not to solve problems and that there is, in fact, nothing to fix. Although many of us have had the experience of having some of our issues dissolve in the heat and flow of moving through poses, the point of the practice is not so yogis can work on or get rid of their problems.

When I went beyond the physical emphasis of the practice, it became about those exceptional and rare times in life when I had the experience of being absolutely whole, complete, and at perfect peace with myself and my surroundings. I don't mean the kind of gratification we experience when accomplishing a goal or attaining something we desire. I am speaking to the experience of being absolutely aligned in oneself, with nothing being "wrong" about what is exactly as it is, and nothing lacking. This is true north alignment.

Each of us has experienced moments of true north alignment in our lives: those moments when we are fully alive in body and being, connected to all of life. In such true north moments you experience that the pose, and all of life, is perfect exactly as it is. In such moments we have no urge for the pose to be different, or better. There is no lack. There is no sense of disappointment or comparison to what should or should not be, no sense that the pose is not what we worked for. In these moments we feel open, undefended with no need to protect.

There is no urge to hold on, consume, or collect. We are aligned with and flowing from our greater purpose. Such moments are perfect as they are, for however long they may last.

As I stayed in the inquiry of "Why do yoga?," I saw that people function successfully in life without such moments, too. Like the practice of yoga, such moments are not necessities. They aren't something we "should" have or do, and they aren't necessarily even "good for us," like taking vitamins or exercising. They do not make us any better or smarter or sexier or more successful than anyone else. These true north moments—these experiences of being perfectly whole—are sufficient unto themselves.

Beyond the physical benefits, and even beyond the true north alignment moments, one finds something else in yoga: the opportunity to discover that space within yourself where such moments originate—actually where you and life originate. You shift from being a character in the story of life to being the playwright authoring the story creatively, consciously, freely, and totally. In an even broader sense, you become the space in which the whole story of your life occurs.



ABRAHAM-HICKS

... from page 9...

And you say, "No, I haven't. I haven't been thinking about that. I didn't think about the specifics of this terrible thing that happened to me." And we say: You thought about enough things that were a vibrational equivalent to this powerlessness that you are feeling (or to this rage that you are feeling) that you activated a vibration that kept you from going in the direction of what you want, and, in fact, took you directly to what you do not want.

When you are feeling ornery, ornery, ornery, ornery, ornery, ornery, you can't end up in Happyville. It's on a different path, you see. When you are frustrated, frustrated, frustrated, frustrated, frustrated, everywhere you go, things that are frustrating in nature are there waiting for you. They are waiting for you with open arms. "You planned us," they say. "You prepared us. You called us from the ethers." And the Universe and Law of Attraction goes to great trouble (it's really no trouble at all; it's just a natural consequence of the Laws of the Universe). Law of Attraction (that which is like unto itself is drawn) will meet you around every corner with the essence of your vibrational nature. It's everywhere you go. That's what we mean when we say: you take yourself with you.

What we want you to come to understand is that, here you are, wherever you are, and out there somewhere, is something you really want, and out there somewhere else, is something you really don't want. In other words, it's like your future is a big long stick with things you really want on one end, and things you really don't want on the other end. And here you are, in every moment of every day, making a decision about which direction you're going. So, it's like there are all of these potential forks in the trail.

Have you ever taken an airline trip or a car trip, or any trip, even a hiking trip, where you have made a direct line from where you are to where you want to be? Or, are your trips always ups and downs and around things? In other words, aren't you just always correcting your course, generally going in the direction? **Jerry and Esther** are amazed sometimes when they look at a map, and they realize that the road that they were on that says **I-10 East** doesn't go east a good deal of the time. It's really interesting how often it is going north, or even south in its general direction of east.

There are many twists and turns in your road, but you must have your Guidance System activated consciously so that you can tell, when you twist and turn, how you're wanting to correct yourself—because, of course, things are going to happen—of course. Something's going to sneak up on you that you didn't see coming because you weren't aware that it was

... continued on page 27 ...

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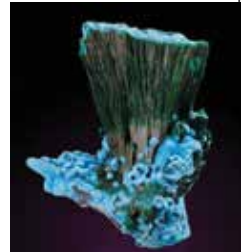
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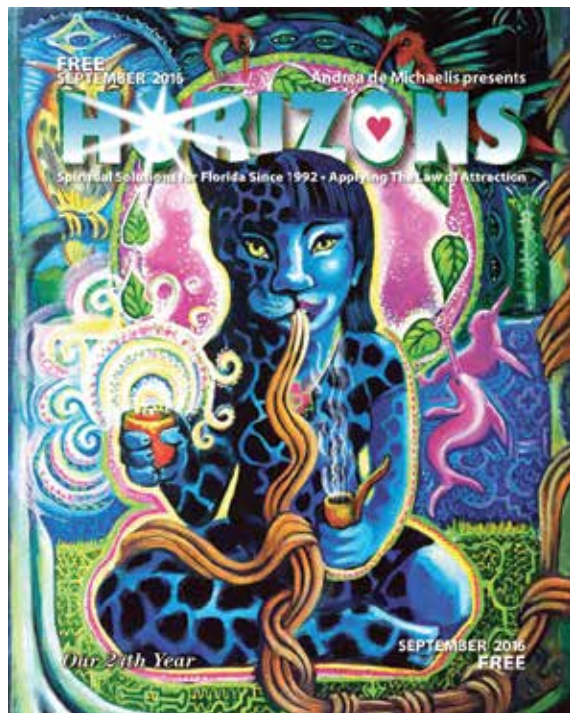
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COVER ART JAGUAR WOMAN

By Katherine Skaggs



Jaguar Woman is an inspired vision that came to me while deep in the jungles of Peru in late June 2015. Her inspiration was the first vision to come on a 14 day trip, without the comforts of home, and yet with the guidance of the jungle totems, plants, animals, birds, dolphins, mermaids, etc. **Jaguar Woman** is the merging of **Black Jaguar**, a protector of mine, and a “medicine” that has worked with me for some time now, and **woman**.

Particular to my own challenges of being in the jungle this trip, **Jaguar Woman** showed up from within my own being, to help me own my power and strength, and to let me know how protected and guided I truly am. **Jaguar** filled me with restorative energy, great strength, power, protection, focus, authority and wisdom, and brought me other medicines reflected within this painting. Into **Jaguar Woman**’s mouth is the **Ayahuasca** vine, or more specifically the **banistropis capi** vine.

Around the **Jaguar Woman**’s head is a circle of **chacruna leaves**. When the vine and leaves are brewed together, they create the powerful visionary **Ayahuasca** brew, native to the jungles of **Peru**. A cup of this sacred brew is held in **Jaguar Woman**’s right hand, with much energy radiating from the brew, reflecting its power of transformation and restoration.

In **Jaguar Woman**’s other hand is a pipe with **tobacco** smoke coming from it. **Tobacco** is a powerful plant ally to the shamans in Peru. It is very good at carrying prayers to Spirit and clearing bad energy and bad spirits. It is also a protective energy, and works well when you honor it as sacred and respect its power. My teachers will tell you tobacco is an amazing healing spirit, who will work with you when you are in right relationship. AND, if you disrespect it and are unconscious with tobacco, it will kill you! So don’t mess with tobacco. Honor and respect it for its power.

To the upper left in the painting is **Owl**, whose medicine brings great power and healing. **Owl** eats fear, and brings the golden light of wisdom into any situation when you have owl medicine. **Owl** is incredibly powerful too, at cleaning up energy that is not serving you, assisting you in waking up and seeing more clearly what is Spirit and what is true, especially when life has been dark or difficult.

To the right of **Jaguar Woman** are two **pink dolphins**, another powerful medicine from the Amazon rivers. During my trip the **pink dolphins** brought me much happiness and joy, restoring my heart when things were not so easy in this jungle environment. The dolphins were reminders to lighten up, don’t take it all so seriously. Restore your playfulness. At the top right you will find **three hummingbirds**, who bring the medicine of joy.

Jaguar Woman sits on a beautiful ground of patterns, which reflects the song vibrations of the medicine of the jungle. Many indigenous peoples in the jungles will tell you were are born as a song, or vibratory pattern. The **Shipibo** in the jungle will create “song” clothes that reflect these patterns and medicines. This pattern of vibrant greens is singing healing into you through the painting! These patterns extend into the waters of the rivers around the dolphins too.

As you look more deeply into the painting you will find **eyes** at the top of the painting as well as one under the far right hummingbird. These eyes represent the **all seeing eyes of Spirit**, and the wisdom of piercing the illusion of 3-D reality. We are multi-dimensional beings! These eyes are bringing greater vision to seeing through this world to the larger reality.

If you have been called to this image, ask **Jaguar Woman** to penetrate your mind, heart, body and soul with her wisdom and healing powers. Call upon the sacred spirit of the Divine Feminine of the jungles and all her medicines to bring you into your wholeness, to remember who you are, and to bring that fully present now. May you be blessed by this image and her living energy and power.

Katherine Skaggs’ shamanic and spiritual adventures inspire and direct her art to awaken and illuminate the soul’s path of love and wisdom. **Katherine Skaggs** lives in the foothills of the Rocky Mountains in Northern Colorado, offering classes, workshops, soul portraits and original art, shamanic healing and spiritual counseling from her studio, as well as virtually and throughout the United States.

To view more of her art go to www.katherineskaggs.com. Contact her directly at support@katherineskaggs.com.



ABRAHAM-HICKS

...continued from page 21

active in your vibration. Sometimes, stuff got activated in your vibration when you were really little, when you were living with somebody else whose activation was very strong, and you didn't even know it got activated until you got old enough that you started watching the manifestational response.

It's a wonderful thing, that what you think and how you feel is always a vibrational match. It's a wonderful thing that what you think and how you feel—and what manifests—is always a vibrational match. But if you wait to correct your course until something is already manifested, it's harder to correct your course. We call that post-manifestational awareness. It's ever so much more effective if you are correcting your course, based upon the way you feel, and that you stop in the middle of an ornery moment and you say to yourself, "I'm marching, marching, marching toward something that I'm not going to like when it gets there. Can I find a slightly better approach?"

Now, this is the thing that we really want you to hear: We do not expect you, because no one has ever done it, to go from an ornery vibration directly to bliss—it doesn't happen. We don't expect you to immediately correct your course. We don't expect you to teleport yourself to where you want to be. This is a physical time/space reality where you have this magnificent buffer of time. So, you have plenty of time to get yourself lined up. And with every effort of realignment that you attempt, you will find a slight enough improvement that you will begin to see manifestations that reflect your effort. Even though you're not all the way to where you want to be, you will see manifestation that reflects your effort. (We're not kidding you one bit about that.)

So, you might see yourself as standing always at a fork in the road because there is always the option of finding a way that feels better. In other words, wouldn't it be nice if? Or, making the best of it. Or, there is also the option of, wouldn't it be awful? Or, making the worst of it. In other words, you get to choose. We see a lot of you making the worst of it over and over again. And do you know why you do that? It's for very well-meaning reasons. You make the worst of it because, at every level of your Being, you understand that you are supposed to feel good and that things are supposed to go well for you. And when they don't, you're, sort of, freaking out on even very deep levels... there's something that makes you want to shout, "Somebody should call somebody about this! Somebody should call somebody, and somebody should fix something, so that my life goes better," because you were born with that promise in place. You were born knowing that you are the center of the Universe. You were born knowing that the resources of All-That-Is would back you up. So when something's going freakishly wrong, we understand your consternation. We understand how frustrating it must be, or

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how disempowering it must feel. But we want to say to you: All you have to do, is make the best effort you can right now, to fork a little bit in the direction of what you want—that's all the work is.

Every moment of every day, you have these forks where you can go closer toward something that you want, or further from something that you want. You want to demand the world give you what you want. And we say, the world cannot give you what you are demanding. The world is giving you what you're deserving. The world cannot give you what you're demanding; the world is giving you what you're offering vibrationally, and nobody can change what you're offering vibrationally—but you... We think the reason that you may not be very good at it, yet, is because you want to change too much, too fast. You want the manifestation to change, right now. And we want you to just take this opportunity to mold your vibration. Because as you take this opportunity to mold your vibration, and this one, and this one, and this one, and this one, not only do you feel better along the way, not only do you have more friendly clerks across the counter, not only do you uplift rather than make people feel terrible, you feel better along your way. Your journey is brighter and brighter. And ah, the manifestations that reach out to you, the people that you rendezvous with, they are equivalent to the vibrational forks that you take in the road. You are the creator of your own reality because you are the chooser of the thought right now.



This month's thoughts about things...

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

... from page 7 ...

BE PROFITABLE WITH JUST A DOZEN CLIENTS

One friend lamented to me last year that she had only a dozen clients left. **Gretchen** has a lawn maintenance business and many of her clients had begun doing their own lawns. She was worried that she wouldn't be able to replace them and that she'd have to fold up her business and go to work for someone else, if anyone was even hiring.

CLIENTS LEAVING ARE NOT YOUR TARGET MARKET

I reminded her that those clients who had begun mowing their own lawns were not her target market anyway. Those were not the people she wants for clients. She wants people who do not do their own yard work and who need what she can do. [She just needed to expand her perception of who her clients actually were.](#)

One of the favorite jobs I do is biggifying and destucktifying. Ok, some people call it coaching, but coaching sounds so - yawn - regimented, when biggifying and destucktifying is the goal anyway. So when I spoke to **Gretchen**, I knew she just needed some B & D. She first needed to understand that the people who used to be her clients, stop focusing on them right now. [Focus on the customers she still has and she how much more she can offer them.](#) I told her to realize it was possible to make a good living from just a dozen clients.

The first thing I did was create a newsletter for her lawn maintenance business to enclose with her bills, which she always handed to the client at the end of the job. On one side was a calendar with her photo and business name and phone number. On the other side was a short newsletter, telling what extra jobs she did, like cutting branches, repairing irrigation, and putting in water gardens. We gave her an "**Ask Gretchen**" advice column, suggesting what jobs should be done in the yard this time of year. We listed her special prices of the month for extra jobs like fertilizing and seeding grass.

In the winter time, **November** through **March** when the mowing schedule is down to once a month, we highlighted her deadfall cutting and limb removal. We had specials on yard clean up and palm trimming. We created a basic water garden package of a 4 square feet landscaped area with rocks, plants, birdbath for a special price. We did the same for a shady corner, with a hammock and hanging spider plants and bird feeders. The **December** newsletter offered special prices on **Gift Certificates** as **Christmas** presents. It also included a sincere **Thank You** letter from **Gretchen**, letting each one know how much she appreciated their business. We also enclosed a stamped return

envelope, to make it easy to send next month's check or buy a gift certificate. She was surprised at how many **Christmas** tips got returned in those envelopes. [There were lots of ways for her to make extra money](#) during her "slow" season, and it was right in front of her all the time. [All I did was hold her eyes open.](#)

Her customers got the first newsletter and told her, "**I didn't know you did ____ and ____.**" She could have been making the extra money all along. Most of her clients were older and she'd known them for years. But didn't know them well. After the newsletter, some of them told her it made them feel like they knew her more now. She began talking to me about them in a different way, a more appreciative way.

MAKING A LIST IS YOUR BLUEPRINT FOR DOLLARS

We sat to make a list and I asked her to name one of her clients, and to tell me what she does at his yard. Then I asked her, *if she could do anything creative to that yard, what would she do? What would it be perfect for?* And we went down the list of each of her clients and answered the same questions. For each one, it gave us ideas of what other jobs to suggest to the homeowner. Not a heavy handed sales pitch, but simply, "**Hey, I was thinking about your yard the other day and had some ideas I wanted to tell you about if you were interested.**" She got dozens of new jobs just from the ideas that came to her by asking and answering those questions to herself.

Suddenly, she began getting calls from homeowners who had seen the sign on her truck. That sign had been there for 2 years with few calls, but suddenly she was being seen and noticed by the neighbors. *What had changed? What put her on the radar?* Law of attraction. She went from someone who focused on "*good grief, what if I lose all my clients, what will I do then*" to "*I am having so much fun doing neat new projects with people who really appreciate and want what I do*". Who wouldn't want some of that action?

Gretchen went from having almost 30 clients, down to having an even dozen, and doubled her income for the year. Go figure.

No, REALLY: Go figure. [Go figure where you might pare away any deadwood clients that are energy suckers. Go figure where you can offer more of you in the most helpful way to your client,](#) at a price you feel is fair. Really fair. Make yourself known in unobtrusive ways to your clients on a regular basis. Become real to them. Don't try to sell them something each time they see your newsletter, just let them know what's available.

Go figure where you can biggify your own business, making the most of the clients you already have, knowing what other jobs you're capable of doing. Go figure where you are stuck and commence destucktifying. Ask yourself, answer yourself, surprise yourself with what you know.

Enjoy our offering this month.

Hari Om.



Andrea



THE MAGIC OF RAIN DANCES

...continued from page 19

What do we know about the basics of rain? All air contains water, but near the ground it is usually an invisible gas called water vapor. When warm air rises, it expands and cools. Cool air can't hold as much water vapor as warm air, so some of the vapor condenses onto tiny pieces of dust in the air and forms droplets around dust particles. When billions of these droplets accumulate they become a visible cloud. Hmmm, if one is fishing for rain, a cloud is like a fish in the ocean of the sky.

As clouds and their water droplets accumulate, the droplets bind together and form even bigger drops. When the drops get too heavy, they fall because of gravity. Bigger and denser clouds allow the shaman to wring the precious water droplets out of the cloud.

How did ancient shamans squeeze water droplets out of the cloud? One helpful thing would be to make the air rise. A fire in the middle of the rain dance might be instrumental - making hot air rise. Long ceremonies of dance and song would also create heat.

The water droplet is sticking to a dust particle until it gets too heavy or it is shaken and falls free. Ancient people knew sound waves blended with all physical things - including their environment. Water droplets were vibrated with singing, drumming and dancing. This helped the water droplet overcome cohesion and release from the cloud.

Ancient stories suggest that there were better times for rain dances. They noticed how at different times it felt different. It feels different at dawn than at noon. It feels different in July than it does on a snowy Christmas morning. Ancient people noticed what it felt like right before it rained. They matched this feeling to create good conditions for rain. Ancient people



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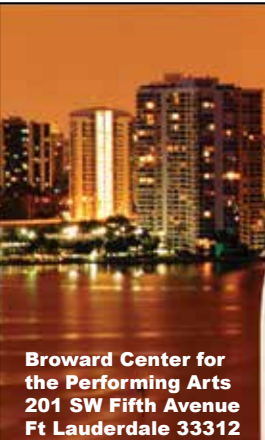


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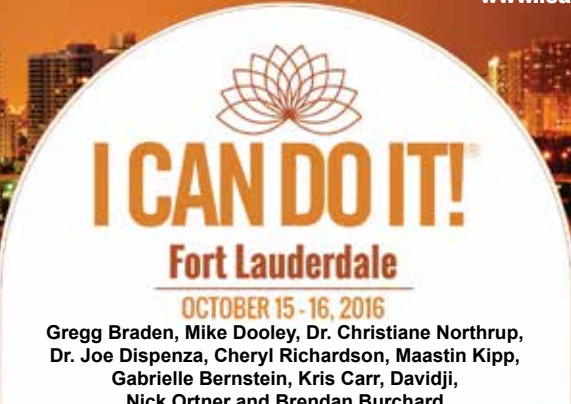
noticed that it felt more like it might rain prior to a full moon when "watery" forces are strongest. This would be an excellent time for a rain dance.

Different groups experimented with types of dances, rhythms, pitches and vowels sounds that were the most effective in creating rain the fastest. Which musical vibration shook the water droplets the most? Even the color of what they wore as clothes or on their faces would subtly add to the vibrational stew. Rain dances were certainly not a superstition activity of primitive people. Rain dancing was a practical art that was perfected over of thousands of years by people who observed nature and used the energy of music to enhance their lives!



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OCTOBER 15 - 16, 2016
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Maya White is a Master Destination Astrologer and one of only 90 people in the world certified in Astro*Carto*Graphy, a specialized branch of astrology which helps people find their perfect place on earth for love, prosperity, and personal growth. She's also the creator of Easy Astrology Oracle Cards published by Hay House. Visit Maya's website and sign up to receive her weekly newsletter. www.MayaWhite.com

HOROSCOPES SEPTEMBER 2016

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

Aries - (March 19 - April 18) After a laggard season of retrograde combined with too much intensity, Mars, your ruling planet is moving rapidly forward. For now, Mars enjoys a brief fling in your compatriot sign of Sagittarius. This double dose of fire places you at risk of burnout. It's also possible to have too much fun this month, and attempts to escape reality will cost you dearly in the long run. Maintain your focus!

Taurus - (April 19 - May 19) Pay close attention to partnerships this month. This is a unique time of balance when you can truly find meaning and relevance in the work that you do with others. Your creative juices are flowing, and it's an optimum time to unite your work with a full expression of your talents, gifts, and potential. You're the leader in this process, but the magic is a blossoming of work done together.

Gemini - (May 20 - June 19) September is a time of cosmic relief for you, Gemini. I know that you're ready for some comic relief too - laughter is good medicine, and the expression of a Light heart is your greatest gift. Practice remaining in the flow with life and cultivate an attitude of appreciation. The pressure valve has been released now, so take it easy; allow the next step to manifest naturally and without struggle on your part.

Cancer - (June 20 - July 21) You need some time alone, time to think, to dream, and meditate. Everything has been moving so fast, but goddess Vesta in your sign asks you to focus on what is important, and to let the rest go. You'll find joy in earnest conversation; evenings spent sharing your heart's desire and thoughts about the future. Planning is in your nature, use this time to establish a matrix for yr true wishes.

Leo - (July 22 - August 21) One thing that remains constant in a life of change is your desire for self-expression and need to

be productive. A new moon Solar Eclipse sets a new template in your 2nd house of earned income. The time has come for you to absolutely adore every part of your life and to enjoy the freedom that comes with financial security. You've done the work, Leo - it's time to claim your prize.

Virgo - (August 22 - September 21) A powerful new moon Solar Eclipse in your sign initiates a fresh start on many levels, so it's critical that you remain steadily in touch with your inner navigation system. You will see an old situation in a new light as you connect deeply

with the truth. Jupiter delivers his best gift just before moving into Libra on September 10th; stay aligned to your heart's desires as you express the joy of gratitude.

Libra - (September 22 - October 21) You may feel like you're watching the re-runs of an old movie as September ripens. With Mercury retrograde, plus an eclipse in your 12th house, the Universe is taking you on a quick trip down memory lane. You will leave this month relieved of the burden of emotional baggage. Facts come to Light as previously hidden motivations are unveiled. And you are empowered and truly free.

Scorpio - (October 22 - November 20) Just when you're reached the goal line, another vision appears on the horizon. Your secret to success lies in continuity - and focus. Do not abandon a project because you've lost interest. The Solar and Lunar eclipses this month can inspire your productivity, or they can lead you down the slippery slope of confusion. Maintain your momentum; completion is essential and it's also the only thing that truly satisfies you.

Sagittarius - (November 21 - December 20) There will be little chance for privacy this month with so many planets activating your public sector. Your sign is generally not good at keeping secrets, and this month puts everything out there for the world to know. So, make it positive. Mars and Saturn in your sign help you get your vision established. A new line of work is possible, but a fresh project is more likely. Follow your inspiration.

Capricorn - (December 21 - January 19) You know that something is coming, but there's not much you can do to speed up the process. This is much about Mars being in a stealth position right now. Enjoy this philosophical zone because you'll feel different when Mars enters your sign on the 27th. You sit in the eye of a storm, but don't get lazy; you have much behind the scenes work to do, and this is your time to do it.

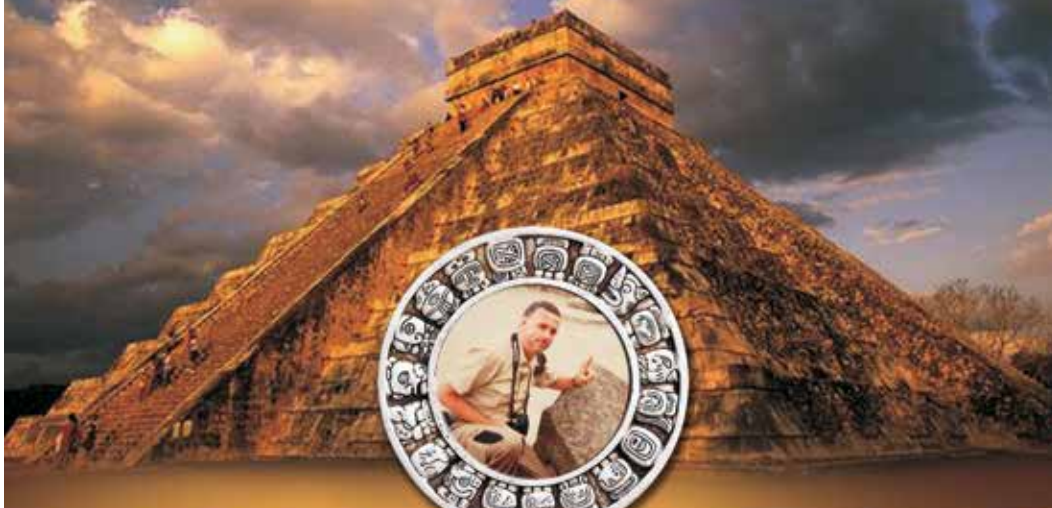
Aquarius - (January 20 - February 17) It's time to re-connect with a forgotten skill or talent. This may be from a previous lifetime, or a more recent past, but Pallas Athena, the goddess of wisdom is calling you to bring forth this gift. How exciting it is to excavate a buried treasure! The fragrant flower of your ability is needed in the world. There is also a great benefit that comes to you by heeding this call; you give, but also receive.

Pisces - (February 18 - March 18) This is a month of revelation for you, Pisces. The solar eclipse of September 1st impacts your relationships, and the lunar eclipse on the 16th is in your sign, so it's all about YOU. Proceed with your eyes open and your heart on level ground. You'll know for sure in time, but this is truly your day to live in the moment. Don't overlook a chance encounter; sometimes love comes wrapped in many different colors.



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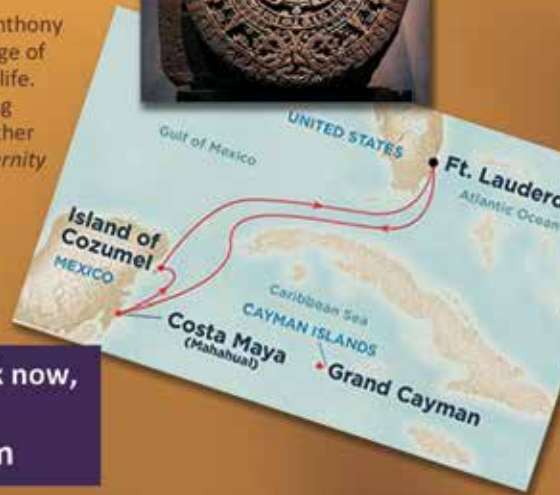
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have the power to change those.

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