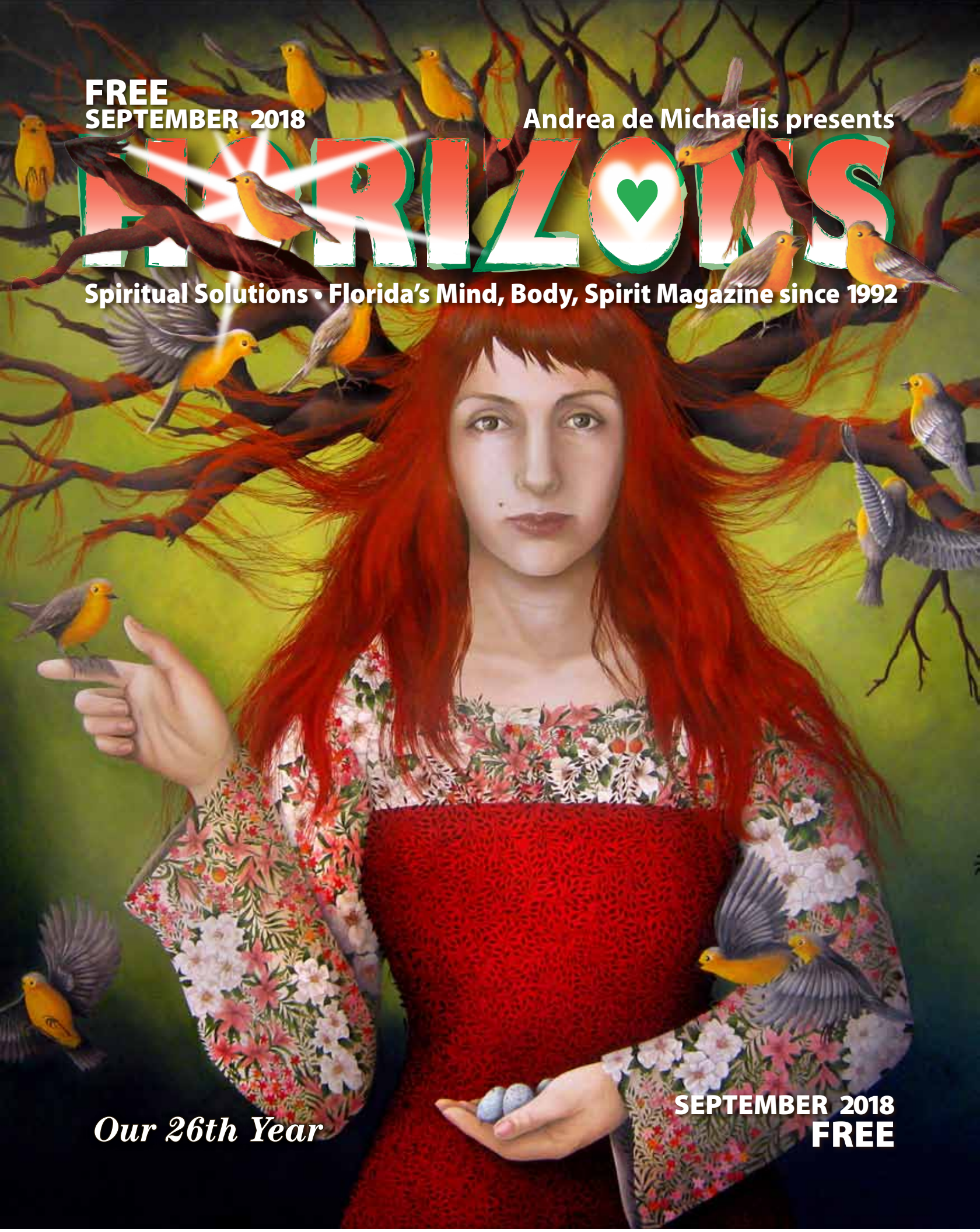


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THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones Crystals; Animal Totems and the Gemstone Kingdom, and Angel Gemstone Oracle Cards. She is an aromatherapist and the owner of The Crystal Garden—the Conscious Living store and center of the Palm Beaches. Visit her online at www.MargaretAnnLembo.com

Animal Ally Spider and Vibrational Matching Stone Picasso Stone

Spider totem is an ally for writers. It has been said that the first letters of the alphabet or the written word were inspired by the various designs found in the webs of spiders. Writing is one of the tools for creating reality **Spider** made itself known to me. Unfortunately, I first recognized **Spider** showing up because I was bitten by **Spider** at almost every *Sacred Circle Gathering*—a medicine wheel event—that I facilitated for over a decade. After that, **Spider** would show up in more amicable ways. Most of the time, **Spider** is quite large and obvious when it has a message for me.



When connecting with **Spider**, it is good to know about **Spider Woman**, a deity in the **Navajo** religion and **Hopi** cosmological teachings. **Spider Woman** is considered the creator of humans and a great benefactor.

There is an old **Hopi** story about the people who had many differences and had forgotten their connection with the creator. They had lost their conscience to act with integrity. Those who remembered how to walk in balance on the earth and harmoniously with each other were guided by **Spider Woman** to survive earth challenges.



Spider's vibrational matching gemstone is **Picasso Stone**. Picasso stone helps you get up and get moving. If you perceive blocks, real or imagined, use Picasso stone as a tool for transforming your emotions and achieve life-enhancing self-transformation. When mental confusion arises, contemplate the lines mapped within this stone. Use it as a tool for focus. Just as **Spider** must build and rebuild her web, you, too, must hold a clear vision of what you want in your web and what you want it to look like. If a piece of your world becomes tangled, both Picasso stone and Spider medicine can help you untangle the confusion so that you can rebuild.



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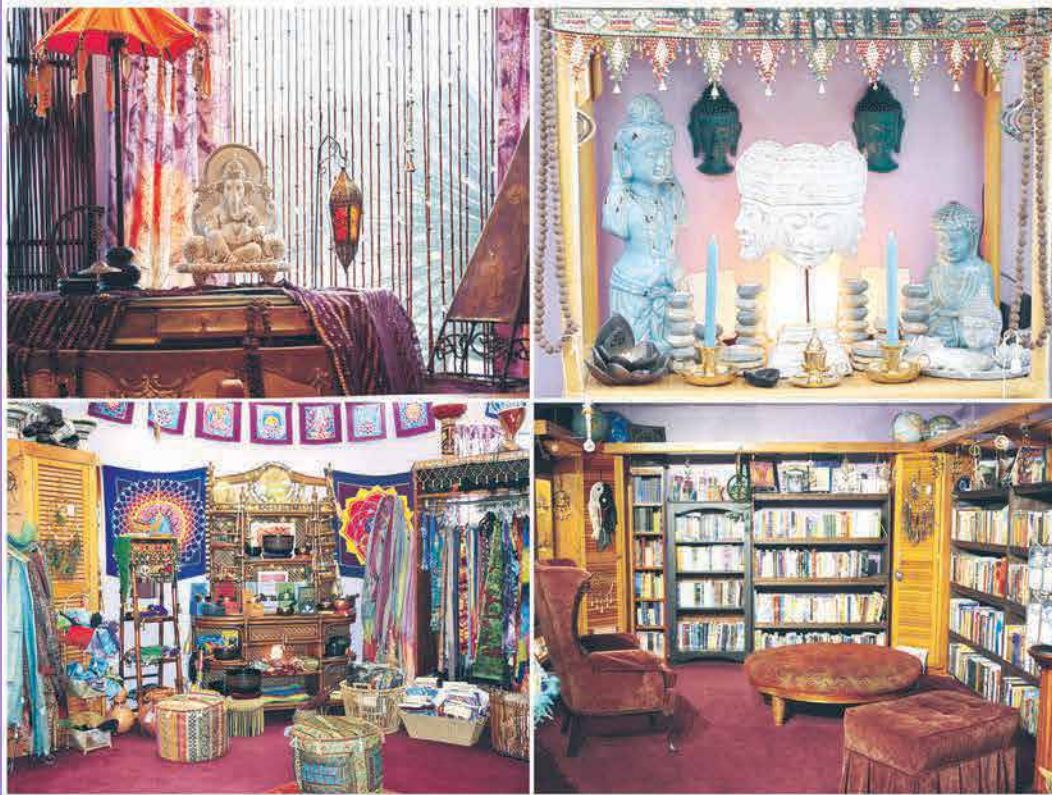
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9:30 and 11:00am
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Sunday, September 2nd 12:30pm
SOUND ALCHEMY & YOUR DIVINE BLUE-PRINT with Joshua Inacio

Joshua is an accomplished sound and vibrational healer from England. The session begins with sound clearing with the gong and didgeridoo to remove the static and blockages from our energy field. He will then connect us with our individual divine blueprints with angelic tones and energetic frequencies. Exchange: \$30 Joshua will be available for individual sessions later Sunday and on Monday.



Wednesdays, September 5th thru October 3rd 9:55-11:45am COMPASSIONATE FORGIVENESS Facilitator: Dorothy Zeviar

This highly interactive and experiential conversation about the steps of forgiveness can benefit you for the rest of your life. We can use the process to create true freedom – letting go of baggage that no longer serves us, and affirming our true selves as Children of God, as Universal Lights make in God's image and likeness.

Sundays, September 9th – October 7th 9:30 and 11am BRAVING THE WILDERNESS Sunday lessons: Rev. Beth or Rev. Val

On Sundays we will be talking about Brene Brown's bestselling book, *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone*. We will be exploring Dr. Maya Angelou's statement "You are only free when you realize you belong no place – you belong every place – no place at all. The price is high. The reward is great."

Various times BOOK STUDY GROUP: BRAVING THE WILDERNESS Sign up to discuss Brene Brown's bestselling book, *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone*. We will talk about what we can do to truly belong to our self – to know and speak our truth – while staying in relationship with those who have a different truth.

ONGOING EVENTS

First Sunday of the Month - Reiki Healing Service
after both Sunday Service

Noon Prayer Service Tuesdays and Thursdays

Tuesdays – Course In Miracles 7:00pm

Wednesdays – Melbourne LGBT AA 6:30pm

Sunday, September 9th 12:30pm NEW MEMBER ORIENTATION

Facilitator: Paulette Mason If you are interested in membership with Unity of Melbourne or just want to know more about Unity and our congregation, this class is for you. Come and bring your curiosity and questions.



Monday September 10th 7:00pm
SOUND HEALING Facilitators: Vashti Saint Germain and James Trufan

Time for Heaven on Earth. Lay back and journey with the hypnotic sounds of Sacred Grandmother Drum (Rainbow Warrior) and the vibrations of a Paiste Symphonic Gong. Between Father Sky and Mother Earth, you will be transported to a new realm of inner peace.

Thursday, September 13th 1:00-6:00pm
WORLD DAY OF PRAYER with Unity of Melbourne Chaplains and Rev. Lulu Logan

Unity of Melbourne's chaplains will be holding sacred space for you to come in for a time for silence

between 1-6pm. We will be holding the affirmation "I am a healing presence."

Thursday, September 13th 6:30pm
WORLD DAY OF PRAYER – THE COURAGE TO HEAL
Facilitator: Rev. Lulu Logan and Unity of Melbourne Chaplains

Join us for an evening of music, message and meditation as we celebrate Unity's World Day of Prayer.

Thursday September 27th through October 25th 9:30-11:30am OVERVIEW: HEBREW SCRIPTURES with Paul Esche

Come to this class to learn the stories of the Old Testament – who wrote them and how they were written. Paul will also be teaching this class at Unity of Vero Beach on Thursday evenings from 6:30-8:30pm.



*Join Unity of Melbourne in using this affirmation
as we enter the search process for our next minister:*

*We see all those involved in the selection process of our next minister as being filled with the spirit of divine love and wisdom, guided and directed towards the employment of the right minister for the highest good of this ministry. And so it is.
Thank you God.*

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**The greatest
optical illusion is
separation**

HORIZONS

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Andrea de Michaelis

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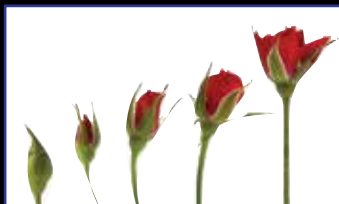
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Co-incidence is meaningful. If you find yourself reading these words, there is a message for you.

"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.

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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.

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

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

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

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine



Andrea de Michaelis
Publisher in 2016

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

HELLO AND WELCOME TO THE SEPTEMBER 2018 HORIZONS MAGAZINE. 79 degrees and 88% humidity but the weather is feeling cooler already. I had some major overhead tree branches trimmed last month. I was worried that cutting branches on my big oak tree might let in too much light, letting the roof get hot. But we cut them so now there's a nice high shade. Plus I can see the sky from my bedroom for the first time in a decade. In fact, with the branches cut I was able to stand at my bedroom window and watch the launch from the Cape! I used to have to go out into the backyard.

I love it when dollars go out because that creates the space for them to flow back in. That's the belief and expectation I reinforce each time dollars go out. I did several big dollar projects last month at home and also at the rental, plus an unexpected dental visit. Those are always fun! I initially freaked when I chipped a crown but ended up scheduling scraping and scaling. I had zero discomfort from it. I was glad I had it done.

Watching **S4 E12** of **Once Upon a Time**. This is the first fantasy fairy tale type series I've watched, fantasy/sci-fi is not typically my thang. I like how the story goes back and forth correlating a past life in olden times with a present life in modern day, using fairy tale characters as archetypes. It took me 2 seasons and Googling a lot of the story book characters to really be able to appreciate the complex, layered writing.

THEIR TV SCRIPTS CONTAIN ACTUAL MANIFESTATION INSTRUCTION

The stories also contain actual instruction on manifestation using consistent intent and focus. There's a lot of reading between the lines for a student of esotericism. Good visuals to give you a feeling place of being physically and mentally able to do more than you do now. The story reveals what superpower each character in the modern day time holds and leads the observer to wonder what their own superpowers might be.

Watching the show unfold in this way is good food for thought for those practicing creative visualization and manifestation. In **S4 E12** they are seeking the author of a book of fairy tales they discovered that seems to tell their story. How did the author know? Through a secret door, they stumble upon a huge library with shelves filled with tens of thousands of the same looking book. However all these books are empty with stories waiting to be written.

*Oh, the possibilities. A magic book that lets you write in it how you want the story to unfold. What would you write? How would your story unfold if you could write it as you wanted it? **There is magic in this world if you know where to look.***

HOW DO YOU KNOW WHERE TO LOOK?

It's not simply a matter of knowing where to look, it's a matter of training yourself to expect and believe that increasingly better circumstances are on their way to you.

HOW DO YOU TRAIN YOURSELF? YOU PRACTICE CREAT-IVE VISUALIZATION

I talked to someone new recently who was unfamiliar with the concept of using **creative visualization** to attract something into her life. She has a happy enough life but like most of us would love more money. As I listened to her questions and concerns, I realized hers was not a matter of having resistance due to paying attention to troubling things in other parts of her life. She had always just made \$2,000 per month and she never really thought about making any more than that.

Essentially she set her sights too low. She knew she would make \$2,000 a month easily but then when the economy changed that wasn't really enough. She has no investments and lives paycheck-to-paycheck however \$2,000 month lets her squeak by.

ALL WE HAD TO DO WAS EXPAND HER EXPECTATION AND BELIEF OF WHAT COULD BE POSSIBLE FOR HER REGARDING \$\$ COMING IN

Like many of us, she erroneously thought that her income had to be solely dependent upon her skills and the whim of what her employer wanted to pay. *I introduced her to the idea of **God or the Universe**, whatever you want to call it, being her invisible supply* and everything being funneled through her expectation and belief about that being possible.

Her dollars did not have to be tied to her skills, but she could expect dollars to flow when she used her skills. *God is her Supply* and one way he funnels that Supply to her through her skills. Her skills were just one avenue thru which dollars can flow to her. Her dollars did not have to be tied to what her employer paid her. *God is her Supply* however her employer is being used to funnel dollars down to her.

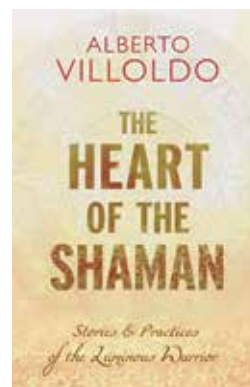
It doesn't matter if you think you have no other skill or other income coming to you, you don't have a rich relative to leave you money, you don't have a college degree, you don't have Investments. None of that matters. *God is your supply. What matters is that you have reasonable expectation and belief that dollars can come to you from out of thin air, from some place you could never expect and just show up in a check in your mailbox in your name.*

...continued on page 21...

UNCOVER THE DAYDREAMS HOLDING YOU BACK FULFILLING YOUR MISSION ON EARTH



Alberto Villoldo, Ph.D., is a medical anthropologist who comes from a long line of Earth-keepers from the Amazon and the Andes. The author of numerous best-selling books, Dr. Villoldo currently directs The Four Winds Society in Park City, UT, where he trains people in the practice of energy medicine and soul retrieval. <https://thefourwinds.com/>



There are three kinds of waking dreams: the nightmare, the daydream, and the sacred dream. Of these, only the sacred dream can help you fulfill your mission here on Earth. To live within a sacred dream requires that you understand that daydreams can feel pleasant but will turn into nightmares as the circumstances of your life change. As for the nightmares we all wish to avoid, they always begin as daydreams, but have since reached their expiration date and gone bad. This is an excerpt from his book, *The Heart of the Shaman*

How do you recognize when you are living under the spell of a daydream? Daydreams keep you looking for something outside of yourself to make you feel complete. It can masquerade as your hopes and aspirations, as your goals for getting your life in order. Things like writing down your success list, planning to improve your relationship, or strategizing about creating circumstances you tell yourself will be good for you and make your life better all hide as daydreams.

They keep you searching out of the corner of your eye for your true soul mate even after you are in a relationship. They have you continually looking for a new guru, a new diet, a new health regime—and wondering if there may be something out there in the world you are missing out on.

Daydreams also always contain a contract or agreement you make with life that goes like this: “When . . . then.” “When I have more money . . . then I won’t be anxious.” “When I am happy . . . then I will be grateful.” “When we have new leadership . . . then we will be able to have a truthful conversation.” Or perhaps, “When I find my true love, or my true calling in life, or the perfect house, or job . . . then I will.”

For example, a few years ago, I received a challenging medical diagnosis. In my travels through the Amazon, I had picked up a dozen varieties of parasites. Until then, I was convinced that other people got old or sick but that surely would never happen to me. Now I was sick and in danger of dying and feeling like an old man. In my prayers, I said to God, “When I get well, then I will dedicate my life to being in service and helping others.”

But God does not like these bargains. I began to wake up from the daydream when I turned the “When . . . then” agreement around. I discovered that: When I am grateful, then I am happy. When I dedicate my life to service, then I become well. When I speak truthfully, then I become a true leader. I had to re-dedicate my life to a mission greater than myself before I could recover my health. I had to transform the nightmare of ill health to discover my sacred dream that would allow me to experience a new sense of purpose and meaning; even though I had no guarantee I would survive my illness or how long I would live.

What agreements with life are keeping you in a daydream?

The agreements you have been making with life have been slowly turning your daydreams into nightmares. In order to flip the contract, stipulating when you will be happy or healthy or at peace, you must locate these agreements and examine where your wishes contain conditions.

...continued on page 21

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Q: In the books that you've published make mention of the fact that Source grows, is ongoing, is developing, and we are contributing in some aspect to that development.

A: You are part of Source, and you are a Leading Edge factor in the expansion. In other words, many humans we know think that Source is complete and perfect, and that man is imperfect and trying to catch up with perfection. But when you think about coming to a place of perfection, you just have to acknowledge that that is a place of no more expansion, which must be endedness, where instead, you are the Leading Edge of that Source Energy, out here in the more risky contrast, coming to new preferences, developing new desires which Source is then answering. What an important part of this eternally expanding experience you are!

Q: It was very uplifting or exciting to get that idea.

A: And once you get it, you realize that nothing else makes sense.

Q: I remember that once I was confronted with a situation in which I could either lie or tell the truth, and I decided that I'm going to tell the truth just because it's who I am and this is what I represent, and if you don't like it, it's too bad. But the experience was one of empowerment when I did it. I felt whole about myself and who I was, that this is who I am.

SO MY QUESTION IS: We make choices and they contribute to our development or our growth, or whatever it is that we are. We all came from the same place, and I'm confused by the behavior of people. What happens to people like a person who may be deceived into blowing himself up for somebody else's political purposes, a suicide bomber, what happens to a person like that? What has he done, not physically, but to his soul, his spirit, for having performed a behavior like that? Or other mass suicide or leaders, or combinations - what have they done to themselves and to the, I don't know, the whole of what-is with those kinds of actions?

A: Well, there is no negative repercussion to them or to anyone else. And we'll talk about that in more detail in just a moment. We want to start by saying, when you think in terms of this Emotional Scale, how do you think a person is feeling when they make a decision to do something like that? Are they feeling appreci...

Q: I feel they're uplifted; they're excited about it because why else would they do it? They think they're doing something good - conned into it.

Rev. Andy Conyer

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A: Or, are they in such utter despair at their seeming dis-empowerment that it is the only act of anything that they can think of that gives them any sense of power back?

Q: That's true, too.

A: And so, when you think about that kind of despair, imagine (well, don't try too hard), but imagine believing very strongly in something, as you do, and seeing the world responding very powerfully in a way that feels opposite to what you believe, and someone else seeming to be powerful enough to restrict your behavior and deny you the activity that you believe you should be allowed.

...continued on page 28...



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

Has your child been labeled hyperactive?

School is about to start again and the laid back days of summer are almost over. Parents and children are preparing to make adjustments getting back to the routine of getting up early and doing homework. For some children that's not easy. These children have a harder time focusing on school work, they daydream, they're easily distracted, they have poor self control, they chat or they can't sit still causing them to fall behind in their school work because they seem to not be paying attention. Eventually these children are labeled with **ADHD** (attention deficit hyperactivity disorder). In my opinion these are very creative children. It's just that they've not found what sparks their creativity yet because they're young. When these kids are interested in something they tend to be extremely focused, so focused that they think of nothing else.

Medication may not always be the answer, we are far too quick to medicate. I am a parent of an **ADHD** child who was on Ritalin for a few months because I was lead to believe that this was the only option; and for him to do well in school he needed to be on **Ritalin**. He changed so abruptly from a bubbly little boy to a zoned out little zombie with no life in him. I decided that between the zombie-like effects and the possible liver and kidney damage that **Ritalin** was not what I wanted for him, so I began to do some of my own research.

In my research I found that about 3-5% of our school aged children have **ADHD** and that most of these children are boys; I also found that **ADHD** is the fastest growing neurological disorder of young children with the numbers of children diagnosed getting higher and higher each year.

When reading about dietary concerns I found that for many children a simple change in diet could be the answer.

Avoiding foods that contain saliicylates (almonds, apples, cherries, cucumbers, tomatoes or oranges), sugars artificial sweeteners, coloring, flavoring or preservatives, caffeine, gluten, casein or chocolate because these foods can trigger hyperactivity in some children.

I also found that herbs like Oat Straw, Lemon Balm, St. Johns Wort, Skullcap, Passion Flower, Chamomile or Catnip can be helpful for children with ADHD. These herbs help to calm down and tone the nervous system without sedating it plus they help the body to cope with the excitability within the nervous system. I have a combination for my son with Chamomile, Oatstraw, Rose Petals, Slippery Elm, Peppermint, Licorice, Catnip and Passion Flower this blend can be used either hot or cold to replace all of those drinks that are highly sweetened and full of preservatives. I also used a tincture of **Catnip** and another tincture that helped him to focus when he was doing his schoolwork.

I encourage you to read more about **ADHD**, diet, herbs and supplements; there are so many possibilities out there.



SETH ON HOW TO GET ANSWERS

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

SETH: "THE TRICK IS NOT TO TRY TOO HARD, TO REALIZE THAT THE ANSWERS ARE AVAILABLE, THAT THEY ARE THERE, THAT YOU CAN FIND THEM."

Seth: "Now, dear friends, you all dwell in the same unlimited dimension....you simply have not opened your eyes to see it. You think that you are blind and so you do not see. The universe in which I dwell is the universe in which all of you dwell. Some of you have better eyesight than others and the vision is not physical. Now. You have done well with theories; Now, I tell you forget them. Forget the self that has the theories and begin to EXPERIENCE. To do this, follow the directions that I have given, but also get in the habit of looking about you morning, noon and night, and realizing that there is more within every environment than each small room that you see.

Realize that there are personalities that you cannot see physically, yet they are there. And look positively for them. Realize that there are voices you cannot hear with your physical ears, and listen for them inwardly.

Now. I have been in my many pasts an intellectual gentleman and a frivolous female. And yet I will tell you, that as a frivolous female who loved to play with a ball in the bright afternoon and had no chores to perform, seemingly an idle life and seemingly a quite useless personality, I was not burdened with intellect, and yet in that one particular life I learned more about the nature of spontaneity and joy than in many of my ponderous intellectual existences.

THE TRICK IS NOT TO TRY TOO HARD, TO REALIZE THAT THE ANSWERS ARE AVAILABLE, THAT THEY ARE THERE, THAT YOU CAN FIND THEM. All that is necessary is given to the flower. And all that you want will be given to you, but you must want what you want desperately enough, wholeheartedly enough. An intellectual curiosity will give you some answers but it will not give you the deepest answers.

You must be willing, quite willing; not only willing but anxious to travel in dimensions that you are not acquainted with on an egotistical basis.

And into this reality, you do not go as a grown man with preconceived ideas. You go as a wonderer without preconceptions. And you become acquiescent and the answers are given to you.

Session 483, Book 9 of the Early Sessions



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DO DOGS HAVE ANGELS?

An expert on past lives and pets, Jenny Smedley is also a renowned spiritual healer, advisor and therapist, and prolific author of *Soul Angels*, *Pets are Forever: Amazing Stories of Angelic Animals*, *Soul Mates: Magical and Mysterious Ways to Find True Love*, *Angelic Healing*, *Pets Have Souls Too*, *Forever Faithful: Dogs That Return*, *Past Life Angels: Discovering Your Life's Master Plan*, *Angel Whispers: How To Get Close To Your Angels*, many more. See author Jenny Smedley at www.amazon.com She lives with her reincarnated dog, KC. Visit her at www.jennysmedley.co.uk/

There's a lot more to dogs than meets the eye. It's very easy for some people to dismiss animals as 'stupid', but I'm always sad when this happens because it means that many dogs out there are not being allowed to fulfil their real potential! Look at it differently, and you'll see that in many ways dogs prove themselves to be more than mere 'animals' in so many ways.

If you believe that people have angels, then you have to accept that perhaps dogs have angels, too.

Some of the stories that are sent to me seem to suggest that dogs can become divine beings, sometimes for a while and sometimes for the whole of their lives, while some people believe that dogs can and do become angels.

If you think your dog was guided into your life, perhaps by an angel, think carefully about how your life has changed since you got him. Have your finances or prospects improved? Did you suddenly find a partner and embark on a wonderful relationship? If so, what part did your dog play in these events?

You may also have been led to your dog by a series of synchronistic events, or maybe you entered your dog's life, nudged there by a series of angel-inspired messages?

There is a reason for everything and you and your dog coming together is no exception. Try making a list of the things in your life that have been affected by your dog or the things in his life that have been changed by you.

IMMORTALITY

Dogs will often lead us to them when they're reborn and want us to find them again. So, if you're hoping for this, watch for signs.

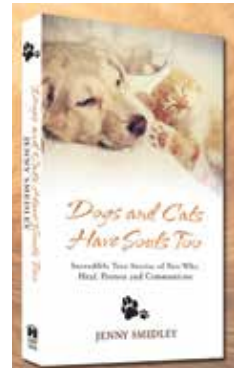
These can take the form of strange 'coincidences' relating to your old dog's name, or date of birth or passing.

You might keep seeing the same number everywhere you look or be woken at a certain time night after night. You might keep seeing the same combination of colours, telling you what colour coat to expect.

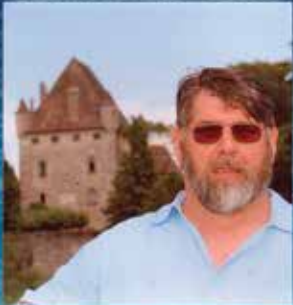
In my case, one thing was an advert for puppies that I kept thinking I'd thrown away, only to find it back on the table. All these things can add up and lead you to the right puppy.

But if you think you've found him, how will you know for sure? Not everyone's lucky enough to get the physical evidence that I did, but I believe the eyes really are the windows to the soul.

So if you think you're re-encountering the same dog soul you've known before, there will be recognition there. Take time to make eye contact and try a little telepathy by mentally asking the puppy to do something specific.



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IF I CREATE MY OWN REALITY, WHY DOES MY LIFE SUCK?



John Culbertson is a psychic, shamanic practitioner, metaphysical minister, spiritual counselor, author, and spiritual teacher of over twenty years. He offers private sessions and classes. You can learn more about him and his work at his website <http://mysticjohnculbertson.com>

QUESTION: Can you explain how we create our own reality and destiny? Why does my life suck then?

ANSWER: So how do we create reality? Ultimately, it is created by what we choose to believe and how we integrated the material/physical world into our belief system.

We could talk about the **Law of Attraction**, and we could talk about **Creative Manifestation** and both of those have a place in reality creation - but ultimately, reality is governed by thought and belief. Our thoughts, each other's thoughts, and even the Divine's thoughts all work to create reality in some aspect. When two realities come into contact with each other - a common reality - what we call ordinary reality or the "real" world will develop.

The term "real" here is misleading, though. For that common reality is no less or more real than any other we experience. How we choose to experience and ultimately the meaning we choose to give to the experience is far more important than the experiences in and of themselves. This, the how, is determined largely by the soul state we have obtained by the time of the experience.

Likewise, people have a tendency to not consider the spiritual "real." When they meditate or pray or go to a spiritual class or workshop, or even go on a retreat or vacation, they leave saying to themselves "Well that was nice, but it's back to reality now." How destructive this is! The reality is what is real to an individual at any given moment. While realities may be different, one should not be seen as better than another or an escapist from another.

As for why does life suck for some people?

Life never truly sucks. All good and bad are the same energy interpreted in different ways. All good and bad in our lives have reason and purpose even if we can't understand it at that given moment. Even if someone we care about dies, at the highest level there is an understanding that they didn't die,



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but just transformed states of being. This doesn't necessarily take away the human response of pain. We will all feel pain. Pain will never stop. It's just part of the human experience. As the old saying goes pain is a given, suffering is optional. The trick is not to keep reliving the same pain over and over again - this is when pain becomes suffering.

What we may at first believe to be the worst thing to ever happen to us could, later in retrospect, be the most important life-changing miracle we could have ever been granted and participate in.

...continued on page 26...

FROM THE HEART



Alan Cohen is the author of many popular inspirational books, including the forthcoming *The Tao Made Easy: Timeless Wisdom to Navigate a Changing World*. Join Alan in Hawaii December 2-7 for Transformer Training to develop your skills and/or career as a teacher, healer, or leader. For more info visit www.alancohen.com.

Where Healing Lives

My friend Mark has been a physician for over 40 years. Recently he told me a story that helped me understand what real healing is. While Mark was vacationing in Maui, his nephew, a younger man vacationing in Honolulu, had a heart attack. Upon learning this, Mark flew to Honolulu and sat with the nephew's distraught wife in the Intensive Care Unit for 24 hours, until her husband had stabilized. Mark went not in his capacity as a doctor, but as a friend.

As Mark recounted this story, I recognized the distinction between a doctor and a healer. A doctor treats symptoms. A healer treats the soul. Mark's commitment to the well-being of his nephew and his wife went far beyond fixing the man's body. His intention was to soothe their souls.

Of course doctors, like Mark, can be healers too. When the two vocations show up in the same person, you have a divinely-appointed combination. If you are such a healer, you are blessed, and so are your patients.

Another friend of mine, Don, is a radio personality who has hosted his popular show for many years. In addition to playing hit songs, he daily reads an inspirational message on the air. He is known and loved in his community.

Recently Don went through a severe bout with depression. One day he revealed to his radio listeners that he was depressed and having a tough time. A few days later Don received a letter from a psychiatrist who is the director of a psychiatric hospital. She told Don, "Thank you for courageously sharing about your current emotional challenge. I know this can be a very difficult process to go through. I am certain that you helped many of your listeners who are dealing with the same experi-

ence, giving them permission to authentically express their feelings, the first step to healing. I have enjoyed your show for many years, especially the inspirational quotes you share. I hope you will continue to progress and feel better."

When Don sent me a copy of her letter, I was touched. This person, obviously busy in a position of high importance, did not have to take the time and caring to send Don such a supportive letter. But she did. I told Don, "This woman is a real healer."

Regardless of your profession, the vision you hold of your clients makes all the difference in how successful you will be with them, and the amount of personal satisfaction you receive from your work. If you see customers as bodies or dollars only, you will operate at a very shallow level of existence.

You can get results and make money, but in your quiet moments your soul will ache and you will wonder what you are doing with your life. If, on the other hand, you recognize that your customers are so much more than their bodies or what they can pay you, you have the golden key to success. Within the body lives a spiritual being who yearns to be acknowledged and supported. Pay attention to that person's inner self, and you will sleep well at night, make a contribution to the world, and your material needs will be met.

Doctors are busy and have many pressures and demands. Most doctors really want to help their patients, and they do. They hear about people's problems all day long, which can be daunting and cause a physician to become impersonal. Yet the creation and maintenance of relationships, however brief, is the building block of real satisfaction.

A Sufi story tells of a poet who went to a doctor and complained of all kinds of physical symptoms. "*I don't sleep well, I get headaches, I have this rash,*" and on and on. The doctor asked the poet, "*Have you recited your latest poem yet?*" "*No, I haven't.*" "*Then would you please recite for me?*" The poet did so. "*How do you feel now?*" the doctor asked. "*Much better,*" replied the poet.

All healing is not as simple as reciting one's latest poem, but the dynamic of recognizing and honoring the needs of a client's soul is a much greater element of healing than most doctors recognize. What's happening in our body is intrinsically linked to what's happening in our mind.

Richard Bach said, "*Your body is your thoughts in a form you can see.*" To really be healed, we cannot simply address the symptoms. We must address the source of disease, which always has something to do with a blockage or imbalance of our life force, and denying our spiritual expression. Restoring that expression leads the restoration of physical health.

Doctors are instruments of God. The doctors I most remember most are those who have touched my soul. We all have the capacity to heal each other and ourselves at the deepest level, and we must. Let us meet where we really live.

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DEAR WHITEDOVE,

I'm over 40 and I'm falling into the trap, I have an addiction to my digital devices and it's not good!

Dearest,

It's time to get out of the matrix and handle your spiritual business! People want to stay comfy in their little routine, just hanging out with their new best friend: their personal computer, smart TV, tablet and phone. Everyone is submerged in this high tech realm of distractions. Don't believe the lie, the system, the matrix, the world governments; they want you to feel engrossed and powerless.

So do the opposite, when you are on the web, search out positivity, only engage with the stuff that feeds your soul like learning a new skill, write words of encouragement, do charity work, help with go fund me projects and join a likeminded tribe that you vibe with. And by all means please be present and connect with the people that are in the room with you - interact with those that show up in your real social life!

Just remember, the matrix, the telly, the phone, the computer, the nest, every electrical gadget from mankind, you're being tapped in, tracked, you're being listened to, you're being watched and it's saved, recorded and downloaded. If anybody thinks they're deleting their texts, guess what? I hate to burst your bubble but TAG, you are in the Matrix.

Are you allowing these polarizing little devices to run your life...and what about your spiritual life? Can you set them aside to pray and meditate? Contrary to belief, Google does not have all of the answers. Go within, get back to the basics and take personal accountability. Look up from your smart phone. The world is changing, people are raising their consciousness. Ask yourself, Am I?

...continued on page 29...

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WHAT TO BRING: Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook.

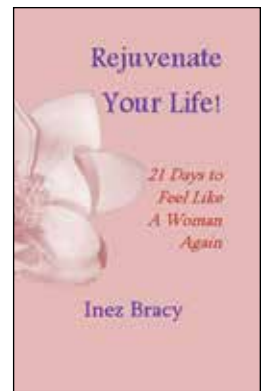
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REJUVENATE YOUR LIFE IN 21 DAYS

Inez Bracy is author of *Rejuvenate Your Life: 21 Days to Feel Like A Woman Again*. Inez empowers businesses and individuals to be more creative, set better goals, make better decisions, and coaches them into turning ideas into meaningful work. This is an excerpt from her book. Visit <https://inezbracy.com>



When you look at your life, what do you see? Do you see problems that need fixing, challenges that need addressing, opportunities to explore—or a mystery to unfold? Do you remember how —things used to be when you had a definite aim for your life? Has your life gotten out of control because you allow others to define your purpose?

The way you view your life will determine your attitude about it. If everything tends to be a problem, or even an annoyance, that constantly needs fixing, you will stay in a state of chaos or crisis.

This causes all types of health problems, such as eating or drinking too much or too little, high blood pressure, overall fatigue, and a feeling of being incomplete or never finishing anything. Imagine what your life would be like if you could recapture some of the thoughts and attitudes of your youth, the thoughts you had when you defined yourself and lived your life on purpose!

When you live your best life, life takes on new meaning. You develop and feel a new attitude of ease, knowing that you are in control of what you can be and in flow with what you can't.

Using your imagination as a focal point, begin to look at the issues that arise as a mystery to unfold, so that you can rejuvenate your life and live in a state of high expectations and enjoyment.

This gives you an overall feeling of happiness and goodwill, a feeling of completeness, a feeling that you are on purpose and that things have been handled and are finished.

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ABRAHAM FUN



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

Soulson #208 High on Life: Fun With a Purpose

I came to Planet Earth to feel good. I came here to enjoy myself - whether I'm saving an endangered species, building a business, devouring a hearty meal, or learning to dance. I came here to savor and appreciate this flesh and blood, cartilage and corpuscle experience.

When I feel satisfied, hopeful, grateful, or joyful, I'm fulfilling my overriding purpose. I'm allowing my joyful divine nature to flow freely in my experience. I feel well, and things by-and-large go well.

I do, however, live in a world of great variety, filled to the brim with that which I desire and that which I clearly do not desire, that which I like and that which, well, downright stinks. That's OK - I am the master of my destiny, and I get to affect what enters my air space.

As I train my mind to turn away from upsets and focus instead on what I like and want, I draw more of the same to myself. I feel increasingly happy. I align with my divinity. I fulfill my purpose. I soar.

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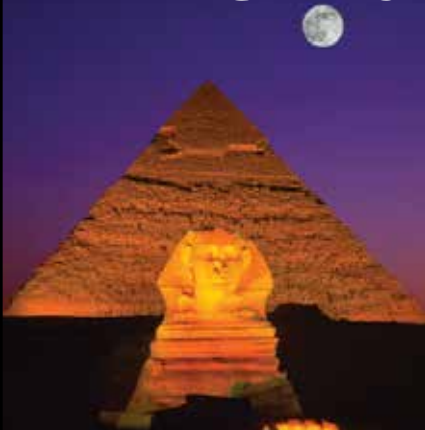
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CALENDAR OF EVENTS

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

Mondays and Thursdays SEBASTIAN 7pm, \$11 Intuitively guided Journey Meditations with Psychic Medium Marchelle at Into The Mystic.1614 US Hwy 1, Sebastian. 772-480-4344

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

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

Thursdays 7pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 308 Pine St 32796 321-543-3674

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$5 Members, \$10 others. Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

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

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Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

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

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August 31 thru Sept 2nd - Retreat with Moksha Priya Shakti at Yogashakti Mission, Palm Bay, FL (see page 26 for details). The Ashram was created by [Ma Yogashakti](#) and is purified and energized by her. Take part in 3 Hatha Yoga classes; Learn Deep Relaxation. Six home-cooked vegetarian meal will be provided. Accommodation is shared or you may bring a tent. **REGISTRATION:** In advance before June 30th - \$130 per person, families \$180. At the door \$140 per person or \$200 for families. **WHERE:** Yogashakti Mission 3895 Hield Road, Palm Bay FL 32907. (321) 725-4024 **WHAT TO BRING:** Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook. **E-MAIL:** yogashaktipalmbay@gmail.com to register or call 321-725-4024

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NOTES from the Universe

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

Most people don't know there are NO TESTS IN LIFE. Not knowing this, they react to unpleasant circumstances, which perpetuates them and attracts more of the same, life gets harder, they feel powerless, and they call it "being tested." To believe in tests means you believe there are some things outside of your control that are thrust upon you. There are no tests, but the unexpected circumstances you've created are "inviting" you to discover the truth about how powerful you really are, how far you can reach, and all that you can have; to remember that you are of God, adored, and fully capable of creating fantastic transformations in every area of your life. The truth will set you free,

The Universe



SPIRITUAL GRAFFITI

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

Empathy is an interesting word, often mistaken for something quite different- unhealthy boundaries, not knowing where we end and the other begins. Our empathic capacity can be as misdirected as any other ability. Just because you can feel where someone is coming from, doesn't mean that you have to put yourself at risk. When we allow 'empathy' to keep us invested in that which brings us suffering, when we confuse it with a boundaryless way of being, it becomes just another word for misplaced faith and self-hatred. It is empathy run amok. It abuses your gift. Better to not turn your compassionate nature against yourself. Empathize with humanity, but shield yourself from harm.

A great door opens every time we walk our own way. Not the way of the world, not the way of the other, but the way that is encoded in the bones of our being. It is not easy to open the great door in an inauthentic world, but open it we must. On the other side of the door, our real life awaits. There are many great doors to come as we shed our cloaks of falsity and embrace our deepest truths. Walk with your head high and your heart open. The universe responds to authentic transformation. Nothing false will do. Out with the old, in with the true



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21 STEPS TO OPEN THE FLOODGATES OF ABUNDANCE

Mike Dooley is a former tax consultant turned entrepreneur who's founded a philosophical Adventurers Club at www.tut.com that's now home to over 500,000 members from over 182 countries. His inspirational books emphasizing spiritual accountability have been published in 25 languages. He was featured in the international phenomenon, *The Secret*. Today Mike is best known for his free Notes from the Universe and his New York Times bestsellers *Infinite Possibilities: The Art of Living Your Dreams* and *Leveraging the Universe*. Visit www.tut.com

Everything is spirit. Material things all the more so because they've been thought about and believed in so much that they've shown up! The notion that people with money aren't spiritual is simply not a "rule." Just look at what you could do with lots of money. Is it unspiritual to have raised \$10 million, so that you could give \$2 million to a charity serving the hungry? What if you used your money to set up college scholarships for your children and grandchildren? Or to take them on international trips to witness firsthand different cultures around the planet? Or to create a business and employ people while accumulating wealth for your family? Or, after a great run of 5, 10, or 20 years as an investor-entrepreneur, to incorporate your own nonprofit organization that brings technology, computers, and the Internet to underdeveloped parts of the world? Not that you even have to give anything away; there's nothing wrong with making tons of money just because doing so makes you happy. These are freedoms that only money offers. Not that wonderful things can't also be done without money, and, of course, you can definitely be happy without it. It's your life, your prerogative to pursue abundance or not. Either way, it's time to clear up the notion that material wealth is somehow not spiritual.

Here are 21 steps to help you open the floodgates of abundance in your life:

Step 1: Dream! Define your desired end result. Thoughts become things, so it's incumbent upon you to start dreaming. Make a list of details about whatever you're dreaming about—get into the specifics. List, list, list, list! Define abundance in your terms. Not how you're going to create it, but what your life will be like after you have it.

Step 2: Visualize daily. Give yourself a few minutes every day to think thoughts of living the life of your wildest dreams, as if you're already living it.

Step 3: Create vision boards, scrapbooks, post quotes up around your home. Another way to steer your wandering imagination to the kind of "things" or circumstances you'd like to physically experience in your life: put pictures on your refrigerator, your bathroom mirror, in your purse, in your wallet, in your car. This is feeding the fire.

Step 4: Until you know what to do, master what's before you. What's the alternative? Quit your job and wait? Until you know what you're going to do and you can do it, keep your day job. Not forever. Not to settle for less. But because quitting, to do nothing, would be most unproductive. And since you

don't know what to do, quitting to do something else you're uncertain about would be similarly pointless. Under your circumstances, to be clear, not only should you stay put, but you should master what's before you. In other words, keep doing what you're doing, but do it better. This is how to free yourself from it.

Step 5: Do the obvious, constantly try new things. The greatest way to spark new opportunities and possibilities in your life is to be constantly trying new and different things. The more you do, the more the Universe can do for you.

Step 6: Align your beliefs with abundance. Name as many beliefs as you can that would support you and your dreams, and then behave daily if possible, as if those beliefs were yours.

Step 7: See everything you do as a stepping-stone to greatness. Perspectives rule, and you always get to choose what yours will be. It's not settling for less when you go to a job that's not your dream job if you choose to see it as a stepping-stone to "better," to see it as temporary, to see it as enabling the Universe to reach you in ways it couldn't otherwise.

Step 8: For direction, consider all you like and love. Too many people want to be the next version of their favorite rock star, instead of just being the best version of themselves. You have what no one else has, you feel what no one else feels, and you can dream of things that no one else can—seize this!

Step 9: Go! Start! Now! Today! If you want change, you have to physically take action.

Step 10: Don't attach to details or insist upon cursed "hows" or "whos." In all things, let the Universe connect the dots, manage the details. By all means, visualize your desired details as they fit into the mosaic of your abundant, rocking life, but do not insist upon the details, only upon your rocking life. Visualize the details to get you excited about your end results, not to be your end results. Allow room for "even better."

Step 11: Get a little logical. Getting a little logical, or even a little practical, is an excellent way to stir up life's magic. With logic you can map out or deduce where your next opportunity may lie, you can go to these hot spots, you can calculate which stone to turn over, you can judge which door to knock upon.

...continued on page 26...



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

To ease yourself into this expectation and belief, you just practice some dollars visualization for a very few moments several times a day. Remind yourself that dollars can come to you from all corners of the universe that the Universe can delight you by an unexpected windfall of dollars. Imagine what it would feel like if that happened, feel the sense of giddiness and delight bubbling up inside your chest kind of like when you fall in love or win the lottery. Get that feeling going as you're imagining dollars flying into your bank account. God is your supply and gets a kick out of giving you what you ask for.

We did a little visualization of all the dollars in the world circling around the globe just flying around in the air, because there are lots of dollars out there. Then we did a little visualization, meaning we imagined in our mind's eye, a large silver funnel over her physical bank location. We imagined all the dollars flying around in the sky and a whole lot of them being funneled down into her bank account. She giggled when I said that which was a good sign because it showed she had no resistance to it.

YOU CAN'T SPEND HOURS A DAY READING CONSPIRACY THEORIES ON THE 'NET AND ENGAGING IN POLITICAL ARGUMENTS AND EXPECT TO ATTRACT PLEASANT SCENARIOS INTO YOUR LIFE

A Facebook friend into conspiracy theories and faux gurus, posted: "I'm uninterested in positive focus, I'd rather be authentic." He fully believes that positive thinking is some airy fairy notion. In my experience, positive thinking is choosing to find something good in every situation, even if the good is only that the situation is temporary and better things are on the way. Positive thinking has nothing to do with ignoring the woes of the world, it has to do with focusing on what is optimistic in every situation.

IF YOU WANT A RESPONSE, YOU HAVE TO ASK

The theme for the month seems to be having faith that things will work out even tho you see no evidence of it. A couple of friends are energetically poised for career advancement. They're in that place where they know something's happening but they're not sure if things will work out for them. *In cases like that, I think it's important to ask the universe to guide you towards your next step. Ask the universe to put people and circumstances in front of you that represent opportunities that you will not miss. And keep your eyes and ears open and see everyone who comes toward you as having part of the answer for you.* The process of your hopeful expectation is an important part in attracting what you want.

Enjoy our offering this month.
Hari Om.

Andrea



UNCOVER THE DAYDREAMS HOLDING YOU BACK

...continued from page 8...

The following "When...then" exercise will help you discover three core agreements you have made with yourself and which need to be broken today. Take out a sheet of paper and a pen and fill in the blanks for yourself for the following statements:

When I _____, then I will _____.

When I _____, then I will _____.

Now, cross off the beginning of each sentence so that it starts with "I will":

I will _____.

I will _____.

You now have new goals —ones that you can achieve in this moment getting you out of the daydream turned nightmare and closer to your sacred dream.

How do I know if a daydream has become a nightmare?

The daydream that turns into a nightmare can be the relationship or job that was so seductive but that now has become a dark hole you cannot get out of or change. The nightmare does not offer you much hope for things to be different. When you are trapped in it, you come to believe that the poor health you are experiencing is just part of getting old and you may as well get used to it, or that the boredom and frustration of your job or marriage is the price you pay for security. Or you might believe there is nothing you can do to change the divisive political climate or the violence happening in the world.

The nightmare keeps you paralyzed.

A daydream may seem benign or even quite pleasant but is almost always a formula for disaster. And while daydreams sometimes do not turn into nightmares, they can keep us comfortable but not growing—and soon our lives feel stale and purposeless. Sometimes daydreams fool us, mimicking yet forestalling the courageous dreams that are most rewarding. We think we are leading a life of meaning, and then one day we realize it doesn't seem that way at all. However, if we are courageous enough not to settle, transform our dreams from nightmares and answer the call of the sacred dream - our true quest begins.

...continued to page 27...

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IF I CREATE MY OWN REALITY WHY DOES MY LIFE SUCK

...continued from page 13

AS A CLOSING, LET ME USE AN EXAMPLE FROM MY OWN LIFE. MY MOTHER WALKED OUT ON ME WHEN I WAS A YOUNG CHILD. AT THE TIME I THOUGHT IT WAS THE WORST THING IN THE WORLD. I was filled with guilt, fear, anger, and sadness. How could a mother leave her child with an elderly woman (my great-grandmother) who was so strict and mean? How could she give up her own flesh and blood? Why didn't she love me?

I cried about this for years. I suffered from this for years. I attended many therapy sessions to try and understand how a person's own mother could do this. I never got any real answers.

Many years later, in the seeker stage, I came to understand that my Mother left me because she was involved in an abusive relationship and that was the only way to save me from the abuse which she endured. It was because she left me I was allowed to grow up in a middle-class family instead of a family of poverty. It was because she walked out that I was able to attend a Catholic school and have the friends that I would have and the education I would have. Had she never walked out, my life would have been very different. Again, from the perspective of spirit, that difference would not have been bad or worse - but it would have been different.

Now I look at my mother not from a perspective of betrayal - not from a place of hurt and pain - but from a loving adoration. That one act, which years ago I had condemned and thought was the end of my world - that one act was done from her perspective out of a place of total love and hope. Hope I would have a better life and that I would be a better person. I can proudly say that her hopes were not only realized, but her gift of love given at that moment and time in my life was the catalyst for all that is today.

She walked around for years with this feeling of shame that she had done something wrong. Worried I'd never forgive her. I never knew this. In fact, neither of us, in our states of Ego, could see the bigger picture. We could not possibly have understood the purpose everything served.

So try not to look at events when they occur from the eyes of destruction. See them for what they are - catalysts that can, if you allow them, transform your life far beyond what it could have been otherwise. You too can step into the state of the seer, even the state of pure spirit and you can learn to travel the states of the soul and meet people where they are. It's not done through intellect, however. It is done through life experience and practice. It is done by living and interacting with life at all levels.



21 STEPS TO OPEN THE FLOODGATES OF ABUNDANCE

...continued from page 20...

Step 12: Face fears as they arise. Fear is a tool for revealing you had a chink in your armor that you didn't even know you had, which can now be filled in, buffed down, and made to shine.

Step 13: Playfully prepare the way for your inevitable "arrival." Get ready now! Whatever it is you've ordered, prepare the way. Have a celebration party. Get the new business cards. Do stuff for its arrival, because it's coming!

Step 14: Do not judge your progress with your physical senses alone. Your physical senses cannot see the miracles lining up behind the curtains of time & space. You have to complete the journey and actually arrive in order to know the system didn't fail you. Only then do miracles become apparent.

Step 15: Constantly ask for help, guidance, and ideas. Ask anybody and everybody who's ever achieved as you now dream of achieving for help. Don't be afraid or think it's beneath you.

Step 16: Constantly offer help, guidance and ideas. Similarly, be there for others. This is not to evoke the sympathy and appreciation of "God." There's no such judgmental entity "out there." Don't be helpful to impress anybody; do it because when you help somebody else, particularly with something you would like help on, you get to be the one who makes a difference in the world, and as a mighty perk, thru helping others, you'll see yourself in new light and far more objectively.

Step 17: Surround yourself with like-minded people, and if you can, for the purpose of these steps, wealthier people.

Step 18: Understand you were born to succeed. You are here to play and succeed, joyfully and lovingly, in time and space, without limit.

Step 19: Rest, play, take time off. These steps are not about working longer and harder. They're about being wiser during whatever time you give to creating abundance while living a balanced life.

Step 20: Be exceedingly fair and aggressively responsible. To be fair and responsible in society is to realize that you are all truly One, that everybody is doing their best, life is more than fair, you are powerful, and through cooperation, all win... and so you shall.

Step 21: Celebrate often. As you send out joy, your life draws in joy, and the reasons for your joy will multiply. Celebrate that you have what you have, and celebrate in advance for what's coming, materially and ethereally.



UNCOVER THE DAYDREAMS HOLDING YOU BACK

...continued from page 20 ...

What is a sacred dream?

The shamans of the Andes know and serve the sacred dream, one that guides planets across the heavens and our human destiny here on Earth. They understand it is a map to the future but has no paths you can follow and no trails other than the ones you blaze yourself. It is ephemeral, changing every instant and surprising at every turn.

A sacred dream launches you to a destiny beyond simply not dying, or of being reasonably happy as you strive to avoid discomfort. It encourages you to explore the mysteries of life and of love, to glimpse a reality beyond death and discover a timeless truth for yourself. It demands that you act boldly and courageously, and not collude with that which everyone agrees on and no one questions.

These popular stories are what trap us in daydreams that become nightmares.

How do I know when I have found my sacred dream?

Because it is much larger than you, and it feels impossible to accomplish all that you hope to achieve. A sacred dream launches you on a mission, as it did with Martin Luther King Jr., and Mahatma Gandhi. "But I am not Gandhi," you might say. True, you do not have to set a goal to lead a billion people to freedom, but what if your destiny is to do something far greater than you have imagined until this moment?

Discovering the sacred dream requires courage. You can no longer be a passive (and anxious) bystander watching others have a meaningful life.

The sacred dream will not come knocking at your door: It requires that you leave the familiar and embark on a quest.

It requires that you not compromise your integrity. It demands that you not allow yourself to be seduced by the "easy path." It calls you to fight the lie that your daydream is adequate and will continue to keep you comfortable.

When you are ill, or sad, or depressed, it is hard to think of finding a sacred dream. Your dreams are smaller then. Getting back to where you once were seems "good enough." I remember when I was in my healing crisis and could not take more than 50 steps before becoming exhausted. My dream then was to be able to walk around the block without feeling spent.



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Yet I was called to the greater dream, to be of service to others in whatever small way I could. I discovered that when you hold a sacred dream, the universe begins to actively conspire on your behalf to make the impossible doable. It offers you energy and skills that you never had available before. Soon I was able to walk around the block, and today I travel around the world bringing a little more beauty to everyone I meet.

Finding your sacred dream occurs as you transform your daydreams that have become nightmares. The creative power of the universe, known by the shamans as the Primordial Light, becomes available to you to create beauty in the world, and to heal yourself and others. It is on that path, supported by all of life, that you recognize your destiny and live your purpose as your sacred dream.

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ABRAHAM-HICKS

...continued from page 9

Sometimes people are in that place of perceived disempowerment - perceived because no matter what anybody else is doing, they have no control in your experience, but a lot haven't remembered that - and so the only way to relief that they can find is removing themselves from this physical experience.

And what happens to them when they do that (or when anyone makes their transition into Nonphysical) is, in one fell swoop they leave behind all resistance and they refocus into the Energy. In other words, that's the quantum leap that you keep looking for - from despair all the way into Pure Positive Energy - that happens in the moment. And they don't look back at this experience with regret; the closest thing to regret that you might feel that they are feeling is a humorous acknowledgment of how it went down.

Q: There's no diminishment of themselves or their wholeness? They've done something that's a violation of their basic integrity or whoever they are...

A: Well, man has made that rule in his attempt to control the behavior, and we'll tell you how that unfolded: So here you are, an ornery rascal who wants to live your own life, let's say, and you live in an environment that has convinced itself that they can't have renegades like you running around doing what pleases you because when they look at your behavior, they feel bad. So they have discovered that they have to find a way of modifying or controlling your behavior so that they can feel better because they don't know anything about controlling their own vibration. And they're still living very conditional love - they feel good under some conditions and they feel bad under other conditions. So they have discovered a long time ago that they need to control the conditions.

So they make all kinds of rules which you continue to break (let's say) and they just get harsher and harsher punishments, but it doesn't do any good. You truly are some kind of a renegade. And so then they say to you "Well, maybe you think you can get away with it in this environment, but when you die, that's when your true punishment is going to come." And it still doesn't thwart you at all. And then they threaten you with death and they threaten you with what will come after death, still hoping to modify your behavior so that they will feel better. In other words, it's all trying to satisfy their selfish nature.

And the concoctions of things that humans have come up with to try to control one another - it's an astonishing bag of stuff that you come up with. But you will understand when you make your transition; you will understand what we are giving you here. The thing that is humorous to us, and we don't mean that in any way to be disrespectful of any of your beliefs, but we want you to just contemplate from a rational standpoint the difference between getting run over by a truck or focusing upon something and disallowing your wellbeing to flow and experiencing some deadly disease that takes you out slowly, and then making your transition, or making a deliberate intent and taking yourself out. We know that you're talking about the murder that they are offering to other people, but we want you to understand that even with all of the (what you see as) terrible things that you can think of to do to one another, that love of Source never stops flowing to you because you are an eternal being.

And there is always the desire that you will reemerge back into your purest form. And when you die, every single time, you do that; when you die, every single time you reemerge back into the Pure Positive Energy essence that is really You. Then, when you come forth into your physical body, yes, you can make choices that can cause you to separate or disconnect (too strong of a word) from that Energy that is really you. But the suffering that happens while you're doing that is the length and breadth and depth of that suffering. There is no punishment for what you have already done to yourself.

...continued on page 31

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DEAR WHITEDOVE

...continued from page 15...

Dear Michelle, I was having a conversation with my son and he tells me that “God must be very busy; I don’t think he hears all of my prayers because only fifty percent are answered.” We both laughed. What is the truth of the matter?

Dearest: Well God does have a great sense of humor but the truth is this - - God is not Santa. All prayers are heard, our pleas, our wishes and our gratitude. All prayers are heard but that doesn’t mean you always get what you pray for. You get what you need and only God knows what is needed for your soul. Then, in hindsight, you’ll come into more clarity and realize, God did answer many of your prayers. Was that crisis a blessing in disguise? Or was there a delay because of divine timing? That’s why meditation is important, to sit on certain things, whether it is a problem that you want to sit-on for the solution, or an open meditation just to quiet the mind and listen for divine guidance. God is all-knowing and the Universe will give you what is in your highest good to serve your souls growth. Most importantly, count your blessings and share your gratitude when conversing with Spirit!

Dear Whitedove, haven’t jumped in yet, but cryptocurrency is the latest thing in the global financial market. What does Spirit say about it: is it a good thing?

Dearest: In 2015 Spirit gave me a vision of the future that I didn’t understand but as I was directed, I blogged about this strange concept in my World Predictions 2015. “Monetary Systems Will Change; I predict that in the future, gold, silver, coin and bullion will be exchanged as personal currency along with cash and credit. Around the globe people will utilize these methods plus the barter system until a new monetary system is created by the people’s choice. There will be a new format and

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a new personal device introduced for digital currency or virtual currency that will be exchanged via phones and computers chips.”

To date this future is still evolving, yet I know now that it is cryptocurrency thru blockchain technology (the device) which is transforming the global money markets as a digital currency. This year Spirit gave more insight and said “cryptocurrency was created by the people, for the people. It’s a way for the average person to get ahead, outside of the current corrupt banking systems.” As I write this in the summer of 2018, only half of America’s are familiar with cryptocurrency, the crypto markets are way down so that’s the perfect time to get in and test the waters if you are prompted to do so.



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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 2018

Cusp dates are accurate for 2018. 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 2018.

ARIES - (MARCH 20 - APRIL 18) Surely Mars retrograde from late June until late August delivered some revelations; and now you are all the wiser. Now that Mars is back in direct motion, things will level out for you and you return to your jolly self. Plus, you don't have to feel like you're walking on eggshells all the time. The **full moon Sept 24th** in Aries illuminates a renewal of partnerships. Say what's on your mind

TAURUS - (APRIL 19 - MAY 19) Loyalty and commitment are on the front burner this month. This is about all possibilities, including your loyalty to self. Juno in your sign helps you to examine just where your devotion lies. Are you holding on to an outdated dream? Are you protecting someone who is not worth of your defense? **Mercury in Virgo from September 5th until the 22nd** will assist you in finding clarity. Face the truth.

GEMINI - (MAY 20 - JUNE 20) September is going to fly by, so be prepared. With Mercury, your ruling planet is moving so fast, it's going to be critical that you pay attention to detail. This is an exquisite time for productivity. You'll do best to find a delicate balance, however; get in the flow, but don't over commit. Take time out for healthy, relaxing meals and getting grounded in nature. Things smooth out after **Mars enters Aquarius on the 10th**.

CANCER - (JUNE 21 - JULY 21) There will be minor (and perhaps major) irritations to deal with this month. However it's a matter or what you choose to focus on as there are many favorable forces in place. Keep your cool around **September 12th when Venus and Uranus** stir up trouble in your world. The secret to success this month lies in recognizing that is actually working in your favor; the good things are subtle and so much a part of your everyday life that you may overlook them.

LEO - (JULY 22 - AUGUST 22) With Mercury, Pallas Athena, and the **new moon of September 9th** activating you money sector, no doubt you're thinking about finances this month. Remember, Mercury often delivers money making ideas and opportunities. Plus, Pallas Athena offers good advice on the best way to invest it. Keep your options open. Mars joins with the karmic node late this month to seal the past. Organize all your affairs and look to the future.

VIRGO - (AUGUST 23 - SEPTEMBER 21) September is a great month for you, Virgo, provided you don't procrastinate. Venus has been busy shoring up your finances for the past few weeks. Right on cue with the Virgo **new moon of September 9th**, **Venus enters Scorpio**, a placement that helps you get the best from deep and meaningful conversations. **Mercury in your sign from September 5th - 20th** puts the icing on your success.

LIBRA - (SEPTEMBER 22 - OCTOBER 22) September is a month for reflection, Libra. With the **sun in your solar 12th house until the 22nd**, use these days to deepen your connection to Spirit. Meditation, journaling, and prayer are powerful ways to communicate with your guides and guardians. Count your blessings as you reconcile your energetic state. Next year will be one of dramatic change and you want to enter it without emotional baggage.

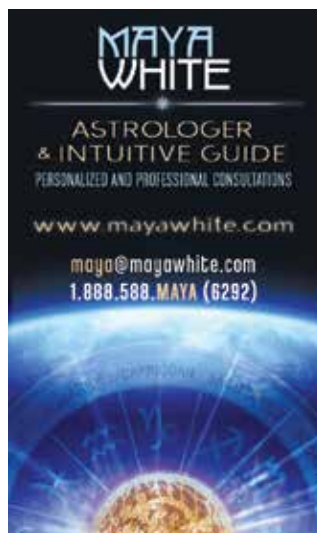
SCORPIO - (OCTOBER 23 - NOVEMBER 21) Yes, you had to deal with five planets plus Chiron retrograde last month. And, yes, Pluto and Saturn are doing a number on your mind. Finally, now, **it just boils down to discipline**. No frills required and no excuses accepted. Keep it simple. It's time to **think like your alter-ego Taurus** the Bull, and just plow through. Fortunately, there is nothing more powerful than your own will.

SAGITTARIUS - (NOVEMBER 22- DEC 20) Sept is a turning point month. It's time to return to your happy self - the one that is totally connected with the Truth of all Life. After years of living in an out of body experience, it's time to return to being grounded and satisfied. **Pluto and Saturn** have been harsh taskmasters, but they've made you incredibly durable. Vulnerability is the prize that comes with your strength.

CAPRICORN - (DECEMBER 21 - JANUARY 18) Your sign has been hosting a stressful **planetary triple header of Pluto, Saturn, and Mars**. The good news is that Mars has moved beyond all that retrograde confusion and as of September 10th, he stays in Aquarius. This is good news for you because it activates and energizes your financial sector. Move beyond the distress and step into your power zone. That's where you belong.

AQUARIUS - (JANUARY 19 - FEBRUARY 17) This month offers a unique time to tune into your Higher Mind. Step deeply into the conscious unfolding of your consciousness. To relax into this state, you must move beyond the awkwardness that the Virgo sun holds for you. Don't allow this tension to overcome you; rather use it to fuel your desire. **Mars adds good energy as he enters your sign on the 10th**. Align with your aspirations, and reach for the stars.

PISCES - (FEBRUARY 18 - MARCH 19) **Jupiter and Neptune have been working their magic on you, Pisces**. These two yield a multicolored array of splendor, and surely you can see it every day right in your home. The message that they want you to hear is that it's time to step into your wisdom as a teacher. This includes being a mentor and role model, and it's likely that a writing assignment is part of the curriculum.





ABRAHAM-HICKS

...continued from page 28

In other words, that's like saying "I'm perfect pure Energy. I eagerly go forth into physical. I get confused, I bang around and I focus on things that cause me to diminish my connection to Source Energy. I feel awful. In my awfulness, I do awful things to others (which is the only time anybody does anything awful to anybody else, when they're diminished from their connection with Source). And then, finally I do the ultimate thing: I blow myself up and a bunch of other people, too."

And in that moment, the pain stops; in that moment, that's the extent of the negative stuff that's happening. In the moment that that focus discontinues - that focus that got you there in that place of disconnection - you reemerge back into the Pure Positive Energy of that which is You.

Friends, you go to a horrible movie and you get up in the middle of it and you walk out, and you don't take that movie and everything that you watched in there with you. You have a life that's bigger than what you saw in that movie, and you have a life that's bigger than any individual life that you are living here.

It isn't the way they've made it out to be. You are not being held accountable for every action, and that negative action that you might have offered doesn't dog you for all eternity - you are too big and too long-living for that. You never get it done and you cannot get it wrong, and the reason you cannot get it wrong is because you never get it done. So you could stand in a horrible place but you're not done - you can still move up the Emotional Scale.

Q: It was kind of like, well, what did that life contribute to? It just seemed to be negative; took everything away. But I hear what you're saying.

A: Well, what it contributed, and here's the thing - you make a very good point here because sometimes people will say to **Esther**, or someone like **Esther** who is tapped into Source Energy and who is expressing it in ways that are meaningful and helpful to others, "Well, isn't it nice to have those like **Esther** (or those others) who are able to contribute in that positive way?" And we say yes, **Esther's** in the place of allowing the answer to flow, but if somebody wasn't asking the question, there would be no answer. In other words, the process is someone has to have lived something that makes them ask.

And part of that stuff that you and others (not so much you, but what you're observing in others) want to condemn - that action, that behavior, that wrong thinking that you would like to condemn or eliminate from the planet - that's that contrast that is causing the question; that's that contrast that puts the eternalness in eternity. That's a huge contribution! That's why it's Leading Edge.

COVER ART

SONGBIRD

by Esmeralda Raven Aponte



SONGBIRD is about our connectedness to nature. Earth, rivers, mountains, trees and animals. If you spend time in nature, you've probably noticed that you feel happier out there than inside.

One of the better known theories, the 'biophilia hypothesis,' suggests that we love nature because we evolved in it. We need it for our psychological well-being because it's

in our DNA. When you're in nature you're focused on the setting around you and behold the beauty. This impacts us below the level of thought.

The urgency, deadlines and 'clock time,' measured by hours, minutes and seconds, melt away. Clocks teach us to abandon the natural rhythms of our bodies and the Earth and conform to a schedule rooted in economic systems which create stress.

However, nature models a healthier pace of life. Trees and plants grow slowly and when you start moving to their natural rhythm you feel that you belong to this Earth. That you are made of the same substance and remember who you truly are. You feel comfortable in your own skin and experience your own quiet peace and strength. You sense the inner you that is the true you and brings you closer to your own spirit and to Spirit. This is why nature heals, and helps us to live lives of meaning and joy.

SONGBIRD symbolically shows the tree growing from her head, her mind, representing a home for the flying songbirds. It is being a nurturer and one with life and it is when we feel that our creativity flows. The eggs in her hand are representative of birth, growth and creation.



To see more of Esmeralda Raven Aponte's art visit her on [EsmeraldaRavenAponte.etsy.com](https://www.etsy.com/shop/EsmeraldaRavenAponte) or [facebook.com/EsmeraldaRavenAponte](https://www.facebook.com/EsmeraldaRavenAponte)

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

When we think that the
world has unlimited
resources, our world
becomes unlimited.
Ma Yoga Shakti

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Roy Eugene Davis was ordained by Paramahansa Yogananda in 1951. He has taught these spiritual growth processes in the Kriya Yoga tradition for more than 65 years in North and South America, Europe, Japan, West Africa, and India. His books are distributed in several languages in many countries.

*An Enlivening Power is Nurturing the Universe
and We Can Learn to Cooperate With It*

