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Andrea de Michaelis presents

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Florida's Mind, Body, Spirit Magazine since 1992



Our 28th Year

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THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Essential Guide to Aromatherapy and Vibrational Healing; The Essential Guide to Everyday Angels; Gemstone Guardians and Your Soul Purpose, and many more. Margaret Ann is an evolutionary aromatherapist, the creator of Smudge in Spray, and the owner of The Crystal Garden – the conscious living store of the Palm Beaches established 1988. www.MargaretAnnLembo.com TheCrystalGarden.com

Unlimited Potential: Available to Everyone

Now more than ever we need to turn to all the resources available to us to consciously create a new destiny for ourselves and our planet. Each and every one of us has the power to realize our unlimited potential. We all have a sacred agreement with the Divine that clearly outlines our Soul’s Purpose and the unique life path, or career, we choose in this lifetime to fulfill that purpose.

For as long as I can remember, angels have been part of my daily life. As a child, I felt and saw them in my imagination and called on their help whenever I was afraid or needed guidance. It was normal to imagine an angel, or a group of angels, surrounding me while I slept, ate, walked to school, took tests, and all the things we do as children. This foundation of knowing that everyday angels were always available and at my side has helped me to have a much happier and spiritual life. These core beliefs, established in childhood, are important factors in the spiritually-focused woman I have become.

When we are overshadowed by fear and anxieties, it often feels difficult to connect with angels and guides. Talk with your angels and use your imagination. Hold a gemstone and inhale some aromatherapy around you as you connect. Even if you feel like you are ‘making it up.’

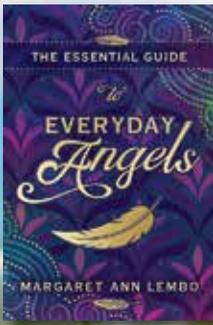
Talking with angels is easy. Simply imagine their energy standing or sitting near you as they listen to what you are feeling, fearing, and hoping. Use your imagination and activate your ability to make believe. Hold a gemstone and inhale an aroma to amplify the angelic interaction experience. Then, tell the angels how you would like their help and support. Be as clear and specific as possible then consider adding this statement, “May this or something better become manifest reality.” Angels aren’t able to intervene until you specifically request their help.



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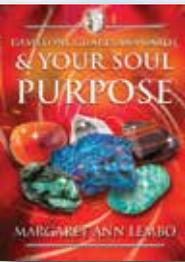
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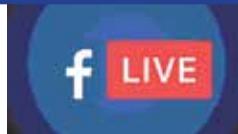
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Instructions for joining our Live services:

- 1. At 10:30 AM go to Unity of Melbourne Facebook Page at <https://www.facebook.com/Unity-Of-Melbourne-280006873905/>**
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- 3. Select the first video. This video will display current date and time above it.**

Join us each Sunday, 10:30am EDT on our Facebook Live stream as we offer uplifting music videos from nationally-renowned musicians, contemplative meditation, and thought-provoking lessons by Rev Val Parson, Unity of Melbourne Senior Minister.

We bless all opportunities to receive your gifts and offerings either through online giving via our secure donation site, <https://www.unityofmelbourne.com/donate/> or traditional mail 2401 N. Harbor City Blvd, Melbourne, FL, 32935.

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

CLASSES

THURSDAY DEEP DIVE

Sept 3, 10, 17, 24 6:30pm – 7:30pm

Facilitator: Rev. Valarie Parson

Welcome to Thursday Deep-Dive! Every Thursday evening we provide a way for the Unity of Melbourne spiritual family to stay in touch, check in with each other and pray. Register in advance for this meeting using the WATCH button to the right at <https://www.unityofmelbourne.com/calendar/1737/2020-09-10/> After registering, you will receive a confirmation email containing info about joining the meeting

TUES AND THURS 12:00pm EDT NOON DAY PRAYER CALL

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Sept 1, 3, 8, 10, 15, 17, 22, 24, 29

Facilitator: Rev. Valarie Parson

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Stay connected with our spiritual community thru the power of collective prayer! Join us every Tuesday and Thursday at 12:00pm (EDT). You are welcome to share a prayer request or simply hold sacred space for others and our world. Now is the time! You are the one! We are better together.

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The greatest optical illusion is separation

Publisher/Editor/Creator

Andrea de Michaelis

On the Cover (page 20)

Crystalline
by Holly Sierra

Contributing Writers:

Rev. Kathryn C. Flanagan
Seth thru Jane Roberts
Michelle Whitedove
Jamie Turndorf, Ph.D.
Cecelia Avitable
Margaret Lembo
Abraham-Hicks
Karen Williams
Mike Dooley
Alan Cohen
Tom Sannar
Byron Katie
Jeff Brown
Matt Kahn

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

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



Horizons thanks everyone willing to take the risk

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

ARTICLE SUBMISSION: You may submit articles of up to 900 words on any area of personal growth and practical spirituality to HorizonsMagazine@gmail.com. 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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Calendar \$.50 per word. page 18
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.com

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

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

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

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

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

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

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

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

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

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

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

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



You are loved and guided more than you can imagine

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



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

Andrea de Michaelis
Publisher

WELCOME TO THE SEPTEMBER 2020 HORIZONS. WHAT A MONTH!

Let's get into it. The hate is getting crazy, the media is filled with it. The thing to remember is that the world is also filled with helpers and people behind the scenes who are in the process of making real change happen. It's happening slowly but it's happening.

The media shows the most flashy pic to get the most emotional reaction. That's how they hook you. The provocative pics stimulate your endocrine system to produce dopamine, a feel good chemical. The emotional body - a/k/a the astral body -- likes to be stirred up and activated to extremes. That's how it controls your mind and thoughts, how news channels make you listen, transfixed.

REMEMBER THAT YOUR MIND AND THOUGHTS ARE SEPARATE FROM YOUR EMOTIONAL BODY, AND YOUR MIND TELLS THE BODY WHAT TO DO

The emotions will speak up and try to overtake but part of your daily spiritual practice is to take a beat and take a breath, just long enough to think before speaking or acting.

I'm off and on Facebook all day and night long, it's how I keep up with what my friends are doing.

A Facebook friend wrote, "I'm going to deactivate my account. Seems "deactivating" is the most effective way for me to stay away from FB; otherwise, I find myself back on it and annoyed with the political BS."

I commented, "I use FB as an important part of my daily spiritual practice. Knowing it's available, knowing it's a choice and seeing how often I make that choice and what my reasons are for it. What my reasons were for not finding another focus that would take me in a better direction if I'm seeing too many posts that aggravate me."

THE PROBLEM WITH LABELS

The problem with labels is they mean different things to different people. If you don't define how you mean a word every time you use it, you're apt to be misunderstood.

LIGHTWORKERS AND HEALERS

Some who call themselves lightworkers and healers have seen the broader vision and are working to soothe and bring comfort to the world.

Some who call themselves lightworkers and healers are working to warn and wake up the world and have found a family in the like-minded.

My experience the last 30 years is those who identify as Lightworkers live in two worlds. Their minds access info from the astral plane and that's a plane of much delusion, like seeing thru a glass darkly. It's where our emotions live, and emotions aren't always easy to filter info reliably thru.

It's easy to mistake something and have personal feelings and emotions be triggered and be tricked into thinking it's real. If it's scary, as a Lightworker you want to WARN other people about it. But that's not how it works.

When well meaning Lightworkers share inaccurate and false information and conspiracies, they bring other people into that fold, into that vibe of being afraid, being on alert for a threat.

You're having them practice the emotion of being afraid. What we practice, we attract more of, so you'll have them attract MORE false info, MORE negative memes and articles from unreliable websites. I'm sure that's not what you mean to do.

AN EXERCISE: FOR 5 MINUTES, FEEL THE WAY YOU WANT TO FEEL FOR THE REST OF YOUR LIFE

I love what Mike Dooley has to say on page 19.

Okay, for just five minutes forget the bucks. Forget your soulmate, too. Forget the new car, the "home run," and being on Oprah. Forget your fears, your problems, and your pain.

And during those five minutes, feel the feelings you most want to feel, for the rest of your life.

It might seem awkward, that's okay. It might seem silly, too. And I can just about guarantee, at first, it'll feel utterly futile... until your entire life begins to change.

If I were a beggar, I'd beg you. If I prayed in question marks, this is what I'd ask for. And if I could implore you to do anything, let this be it.

Because nothing else that you might ever do will have as profound an effect on your fortunes, friendships, and happiness; in navigating the illusions, manifesting what you want, and avoiding what you dread; as this little five-minute drill performed just once a day, on as many days as you remember to do it.

During those five minutes, feel the feelings you most want to feel, for the rest of your life. Mike Dooley

...continued on page 29..



5 WAYS TO CONNECT WITH LOVED ONES AFTER THEIR DEATH

Jamie Turndorf Shares The Methods That Enabled Her To Speak To Her Husband Days After His Passing

Known to millions as "Dr. Love" through her website www.AskDrLove.com since 1996-Jamie Turndorf, Ph.D., has been delighting readers and audiences for three decades with her engaging blend of professional expertise and humor, and her remarkable ability to turn clinical psychobabble into easy-to-understand concepts that transform lives and heal relationships. She writes a column "We Can Work It Out" for Psychology Today online. Her Ask Dr. Love radio show can be heard on www.WebTalkRadio.net, which broadcasts in 80 countries worldwide.

Christians are taught that once in heaven, a spirit being is permanently out of reach and therefore unable to engage in ongoing—or any—contact with the living. Because our experiences are governed by expectations, the belief that ongoing contact is impossible is sufficient to prevent people from being open to the signs demonstrating that our loved ones in spirit are continually reaching out to us. However, my experience when my beloved husband Jean passed away was very different.

WHENEVER I TELL MY STORY, REACTIONS FALL INTO FOUR DISTINCT CAMPS

1. Those who are frightened by the prospect of connecting with the spirit realm.
2. Those who are immensely relieved and comforted to discover the truth. Simply knowing that continued contact is possible allows them to begin their own process of healing and reconnecting.
3. Those who experience a sense of jealousy, despair, hurt, or anger. "Why is your husband in contact with you and mine is not?"
4. Those who are afraid that opening the door will allow evil spirits to enter in. For these people, I offer the analogy of call blocking on a telephone. We have the ability to set boundaries for ourselves. Just as we can screen our incoming calls and refuse access to unwanted callers, the same can be done with unwanted spirit presences.

I WOULD LIKE TO GIVE YOU SOME TOOLS YOU NEED TO PREPARE YOURSELF TO SEND AND RECEIVE SPIRIT COMMUNICATIONS.

You need to turn your entire being into a receiver that is in tune with the communications that are being sent to you. All your sensory organs also need to be acutely attuned so that you can see, hear, smell, taste, and feel these communications.

1. Cultivate The Ability To Be Still And Quiet

When communicating with spirit beings, create what I refer to as "pockets of peace." I discovered this requirement as soon as I returned from Italy without Jean. Within the first week, I was guided to turn off my television and every other electronic device. Without consciously realizing it, I was being advised to sit in silence so that I could hear Jean.

Now I'm not saying that you must convert your condo into a convent. Just cultivate your own "pockets of peace"—moments in which you tune out the world and turn down your conscious mind. When your conscious mind is quiet, your brain is able to perceive what it cannot hear during the daily humdrum of ordinary activity.

2. Surrendering To All Your Emotional States

For years I have tended to openly acknowledge my feelings and not back away from pain. I discovered that pain is a purgative that opens our vessel. It literally breaks us down emotionally and physically to lift us up spiritually.

If you want to open your vessel (that is, your mind and body) to send and receive communications with spirit, don't run away or bury your feelings in soul-numbing or distracting behaviors.

While being open to your feelings heightens receptivity, it's only part of the equation. Paradoxically, intense emotions block receptivity, so you also must be careful to keep yourself in check. The engulfing grief and anger that often mark the early stages of loss can dead bolt your heart and deafen your ability to hear.

You need to cultivate the ability to consciously observe yourself. To do this, you must fortify a part of the psyche that's called the observing ego. One way is to imagine yourself like an eagle, watching yourself from above.

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ABRAHAM-HICKS



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

ABRAHAM ON POSITIVE EXPECTATION

We're asking you to trust in the Well-being. In optimism there is magic. In pessimism there is nothing. In positive expectation there is thrill and success. In pessimism or awareness of what is not wanted, there is nothing. What you're wanting to do is redefine your relationship with the Stream. We do not ask you to look at something that is black and call it white. We do not ask you to see something that is not as you want it to be and pretend that it is. What we ask you to do is practice moving your gaze. Practice changing your perspective. Practice talking to different people. Practice going to new places. Practice sifting through the data for the things that feel like you want to feel and using those things to cause you to feel a familiar place.

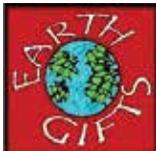
In other words, we want you to feel familiar in your joy. Familiar in your positive expectation, familiar in your knowing that all is well, because this Universe will knock itself out giving you evidence of that Well-being once you find that place.

ABRAHAM ON SHOWING HOW IT'S DONE

If you are selfish enough to care about how you feel, then you will be able to focus yourself into alignment with the wellbeing that you seek for them. But if you are not selfish enough to care about how you feel, then you may focus upon their plight, which means you have no power to assist them.

So, this is the thing that's hard for so many to understand people think that in their selflessness, and sometimes sacrifice of their own alignment, they will be of more value for someone else. But you cannot get sick enough to help sick people get well, you cannot become poor enough to help poor people become prosperous, you cannot become confused enough to bring clarity to something.

You have to maintain your alignment with clarity and with abundance and with wellbeing in order for your projection to the Vortex of someone else to be of any value to them. So it turns out that your selfishness is also the only avenue toward your value or upliftment; that your humanitarianism really is about alignment with this Energy that creates worlds and then focusing upon something.



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ABRAHAM ON ATTENDING TO YOUR INNER BEING OR THE PROBLEMS OF THE WORLD

Let's start by looking for the positive aspects, let's start talking about what feels good about all things. Let's get into that high-flying, light-hearted place.

Notice the difference between the way your body feels when you are depressed and look at the way your physical body feels when you are enlivened or feeling appreciation or when you are in love. Start noticing the emotional factor, the emotional factor, which is the indication of the vibrational factor. Get to the basis of creation, and stop messing around with everybody else's idea about what you should be doing about which they have no idea about who you are or what you are wanting or where you stand in relationship to it. It's like saying to others, Hey, I've got an Inner Being who knows exactly where I am in relationship to where I want to be regarding every subject in the world, but I've decided to block that off while I argue about this. And we say if you could just stop arguing for a little while, stop worrying for a little while, about a week is enough.

...continued on page 28

HERB CORNER

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

Aiding Back and Joint Pain Naturally

Pain anywhere in the body is an indication that we need to change our activities or movements so the body can heal. Unfortunately, in America many people are using opioids and other pharmaceuticals for pain, masking their pain giving a false sense of healing; but they do not repair or address the cause of the pain. Unfortunately they do more damage and lengthen recovery time because you haven't changed your activities and you keep reinjuring yourself.



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Cecelia Avitabile, Master Herbalist & Certified Nutritional Consultant

Research has shown that chronic pain left untreated or improperly treated can be destructive to the body, destroying connective tissue and increases the hormone cortisol; overtime this affects the immune and circulatory system and reduces kidney function.

Most back or joint pain is in the “hydra” of the nerves and has a neuropathic component affecting the muscles and connective tissue. When pain and inflammation is chronic it blocks the uptake of nutrients needed to support the connective tissue, this allows toxic inflammatory cytokines to surround the joints causing further damage.

Fortunately, there are many herbal options that can get to the root cause of the pain. **Analgesic herbs like Ginger, Turmeric, Prickly Ash, Jamaican Dogwood, Basil, Birch or Oregano** contain substances known to relieve severe nerve and muscular pain that will just not go away. **Birch, like aspirin contains salicylates which reduces pain;** because it also has diuretic properties it helps with the removal of toxins and inflammation that surrounds the joints. **Antispasmodics like Crampbark, California Poppy, Black Cohosh, Kava-Kava and Lobelia** help relieve muscle tension throughout the body. **Anti-inflammatory herbs like Turmeric which contains curcumin, Boswellia and Ginger** which contain gingerols, **St. Johns Wort or Devils Claw contain iridoid glycosides** that have strong anti-inflammatory properties aiding in the removal of toxic debris surrounding the joints. **Solomon Seal, Black Cohosh and Mullein help reduce stiffness,** dull the ache, providing hydration to disks and joints. Herbs that soothe the hydra of the nerves and restore proper function to the nerves reducing neuralgia pain and muscle tension that causes pain would be **St. Johns Wort, Kava Kava, Skullcap, Valerian, California Poppy and Jamaican Dogwood.** There are also nutritive herbs like **Nettle, Oatstraw, Horsetail, Dandelion and Plantain** which provide nutrients to the joints getting the body back into balance so it can heal.

Externally, herbs like **Arnica increases circulation** to the tissue surrounding the joint, easing swelling and inflammation. **Cayenne, which contains capsaicin, Turmeric and Ginger** can be used to block “substance P” the neurotransmitter that transmits pain signals. And **Balm of Gilead** which contains salicin which your body changes to aspirin for the reduction of pain. Together these can be made into a massage oil for the relief of pain.

Beyond herbs **Omega-3 fatty acids** help make the connective tissue surrounding the joints more pliable and aid the body in making anti-inflammatory prostaglandins. **Bromelain** the enzyme in pineapple helps the body reduce levels of prostaglandins, **Silica** an important component of all connective tissue, helps aid in the uptake of **calcium, magnesium, potassium, iron and boron** which provide the joints with strength and flexibility. **Calcium, Magnesium malate, and Vitamin-D** work together providing support, reducing muscle spasms and tension and for reducing pain. Just remember to rest when your body says you need to rest and heal, it's the best medicine.



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HOW HAS THE QUARANTINE LOCKDOWN AFFECTED ME?

Rev. Kathryn C. Flanagan is an Ordained Minister in the Order of Melchizedek, an Intuitive Tarot Reader for over thirty years, a Reiki master, a teacher, author of a book (Beyond the Fine Line), and three plays performed at Surfside Playhouse. (321) 458-7956, www.kathryn-flanagan.com

It may seem surprising, but I actually welcomed the lockdown. It was the first time in years, I did not have to be somewhere at a certain time.

The lockdown made me stay at home and become reacquainted with myself. In my office, there were boxes, files, and papers from my move-in 7 years ago. I began to purge and throw away unneeded items. If I hadn't missed them in 7 years, why would I need them now? I found old photos, and metaphysical classes I had taught. There were stories and poems everywhere. I began to sort through them. This gave me the momentum to look at myself, my inner being.

To begin this process, I had to search within to find out what was missing. I found I was short on inner peace, joy, and self-love. I was overflowing with self-judgement, anxiety, and turmoil. It was very obvious to me that I needed to cleanse my mind.

Sorting and cleaning would take care of the outer me, but I needed to confront the mess I had gathered within myself. I took a magnifying glass to my life. Like Marie Kondo, I held up thoughts and asked, "Does this bring me joy?" If the answer was no, I began the process of letting go. Thin and thick layers of onion-like casing began to peel away.

Lifestyle choices were changed. Relationships examined and the ones no longer bringing me love and happiness were released. My meditations became deeper. I reread and worked Louise Hay's, Mirror Work. The affirmations and journaling nudged me deeper into my self-examination. I forgave myself at a level I had not known existed.

Time, which had always been ephemeral to me, became a friend. There was enough time to do it all. Procrastination was allowed and in doing so, I procrastinated less and less.

My priorities, my thinking, became clearer and I was able to share healing energy with Mother Earth. The thought of finances and how to keep stable entered my consciousness. When this happened, I stepped into Faith and Trust. A knowingness deep within me told me I would be fine.

This lockdown has made me be present in the present moment, much more so than I had been previously. I am aware of the morning light, the afternoon rains, and the sunsets. I am aware of the silence of my home, where I am alone with God.

I bless this lockdown because it has given me the time to look at my life, to remove what is no longer working in it, and to extract joy from it on a daily basis.



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TRUTH ABOUT RESISTANCE

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

Absolutely nothing occurs in your reality as a result of resistance. What many perceive as a resistance to change is a process of gaining necessary amounts of experience to transform "I don't know what to do" into "I've been here before and my familiarity allows me to trust the process I am in."

This is why everything happens exactly as it does: to provide you the gift of experience, allowing you to inevitably feel so safe throughout the churning waves of change that you are able to be fully aware through each up, down, gain, and loss so that you can receive the wisdom each outcome or encounter is bringing to your attention.

Many have imagined, "if I can hurry up and be fully aware of the wisdom being shown to me, or learn this lesson as quickly as possible, I wouldn't have to feel this way anymore". Can you see the pure innocence in that notion? We're merely turning a tendency of blame onto ourselves, whenever discomfort is interpreted as a punishment, instead of an indication of a fierce reward of experiences gained.

The mantra of this depth of victimhood is "if only this happened, I would be so much better off right now." When the very thing not happening continues not to happen, it is common to conclude that something must be 'wrong' with you. Not even this indicates resistance to anything whatsoever; you're not resisting the wisdom life is preparing you to receive. It just simply isn't time for the insights or opportunities you sense are coming.

Like seeds being nurtured once planted in place, everything growing within you needs time to mature as a result of whatever degree of circumstances come your way.

If you tried to teach multiplication to a new-born baby, the baby wouldn't grasp the depth of the subject matter. Not because of resistance, but because it hasn't yet gained enough experience to know the language and all it will surely convey in a journey of growth and expansion.

When you realize that resistance is never a reason for why things are the way they are, you are able to humbly bow to one of your fiercest teachers and allies, which is the dimension of time. The experience of those who authentically have experienced time disappearing, or even sensing time having no tangible existence, is due to the depth of experience gained throughout a threshold of time.

No matter why you think things come and go as they do, it is the consciousness of your highest self masquerading as spans of time that ensure you gain the necessary depth of experiences required in order to see what only you are meant to see, at exactly the point you are meant to see it. Does someone die because they resisted life? Not at all. They crossed over at the exact moment they gained every moment of experience needed to move on to the next level of expansion.

Does someone struggling through life have a harder path because of resistance? No such thing. They are simply making the same pattern of choices, as self-defeating as it may seem, until a depth of experience instills in them enough mindfulness, awareness, and self-reflection to be able to make more empowered courageous choices moving forward. Does anyone feel fear because of something being resisted? Nope. Fear is the sensation of your nervous system feeling unsafe in unknown realities, which is exactly why the gift of experience comes to escort you beyond the threshold of doubt, denial, and indecision.

And perhaps, the reason why so many people can't seem to overcome the resistance they feel is because: you can't overcome a resistance that doesn't exist. You are not resisting anything. You are gaining life skills of infinite degrees of self-awareness. Once instilled with the experiences you are being given, each sensation of shutting down reverses its gravitational hold to become the blossoming grace of opening up.

...continued on page 21...



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SETH SPEAKS

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

SETH ON TRUTH

"When a man tells you, 'My reality and my version of it is the only truth' then run from it. When he says, 'I have the truth and no one else has it' then run from him. When he says, 'I hold the truth and you certainly do not have it' then run from him. I am telling you that you have your own truth -- you make your own reality, and that is the truth.

You make your reality! When the meaning of those words really dawns upon you, you will yell back at me saying, 'I knew it all along. It is so simple. Why did you make so much of it?' In the meantime, however, it is not so apparent and so I say it again and again.

The self is not limited -- that gives you room to make your own truths and your own realities. The self has no boundaries.



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You can be yourself, experience yourself and not be lost in the universe and still go beyond the boundaries you now accept.

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There is no one truth. So I cannot give you truth and any man -- or ghost or spirit -- who offers it to you in a pill or a potion or an idea, run from him. For when he says, 'This is the truth,' he is saying everything else is not truth and he is limiting your vision and your reality and structuring your 'trip.'"

SETH ON DIRECT EXPERIENCE AND IMAGINED EVENTS

SETH: "That kind of experience will let you glimpse the larger patterns of man's creativity, and your part in it. You have been taught to concentrate upon criticisms and faults in your society; and in your times it seems that everything will work out wrong.

That left alone the world will run down, the universe will die, man will destroy himself; and these beliefs so infiltrate your behavior that they organize much of your experience and rob you of the benefits nature itself everywhere provides in direct primary experience.

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FROM THE HEART



Join Alan Cohen for his life-changing Holistic Life Coach Training beginning Sept 1, 2020. For info on this program and Alan's books, videos, audios, online courses, retreats, and other events and materials, visit www.AlanCohen.com. This is excerpted with permission from Spirit Means Business.

**THE MYTH: YOU HAVE TO DO IT ALL ALONE.
THE REALITY: HIGHER POWER IS EAGER, WILLING,
AND ABLE TO HELP YOU AND WORK THROUGH YOU**

Let the Law of Matching guide you.

When I rented a car, the agent gave me the key and told me my vehicle was in stall 307. I walked to that stall, pressed the open trunk button, and nothing happened. I tried a few more times, and still the trunk remained closed. Then I looked down the row of cars and saw that the trunk of the car in stall 303 had opened. I went to that car, which responded to all of my button commands. That was my car. No matter what erroneous stall number the agent had given me, the frequency of that button control was a match to that car. Likewise, when you broadcast the frequency of your authentic self and your pure intentions, everything that matches your broadcast will make itself known and available to you.

You own what you own, whether it's a job, house, or relationship, because it belongs to you by right of your consciousness. What is yours is yours because it is a match to who you are. Mean-spirited people, foolish manipulators, or external changes cannot separate you from your good. **Steve Jobs** co-founded **Apple Computers**, innovated a world-changing industry, and made Apple a worldwide household name. Then the company fired him and went into a tailspin almost to bankruptcy. **Apple** reinstated **Jobs** at the helm, and the company soared to new heights, eclipsing even big oil corporations as the world's leading earner. Now many of us cannot live without Apple-originated devices that didn't exist a short time ago. **Jobs** and **Apple** belonged to each other, and the misguided machinations of others could not thwart that ironclad relationship. If something is a match to your passion, talent, and intentions, it will come to you and stay with you as long as there is purpose in that connection. As poet **John Burroughs** eloquently affirmed, What is mine shall know my face.

THE MYTH: EXTERNAL FORCES AND FOOLISH OR UNKIND PEOPLE CAN PREVENT YOU FROM ACHIEVING YOUR GOALS.

THE REALITY: THE LAW OF MATCHING WILL JOIN YOU AND KEEP YOU WITH YOUR GOOD.

Clearly state your vision, intention, and desires.

Drake is a landscaper who had a number of accounts in an upscale neighborhood. Then one of his account holders told **Drake** he wanted to hire him full time. Tell me what your ideal job is, the owner requested.

Drake went home and wrote out the details of his ideal job: the hours, the crew he would need, the equipment, and the salary. He put the paper aside, and over the next day he realized that what he had written was not exactly his ideal job. It was what he thought he could get; besides, he didn't want to push the owner too hard. Then he remembered that the owner had asked him for his ideal situation, not a fear-based compromise.

Drake upgraded several elements of his requirements and again put the paper aside. Later that day he thought of a few more features that would really make the job ideal, and he added them. This process went on until **Drake** felt that what he had written represented his true vision. He didn't know if the owner would go for any or all of his requests, but at least he was being true to the invitation to state his ideal situation.

Drake then showed the owner the paper listing his ideal requirements. The man looked over the paper, thought for a moment, and replied, Fine.

The first step to getting what you want is asking for it. Trust that the universe is capable of providing it. Life is unlimited in its capacity to deliver anything you can imagine, and far more. Your needs and talents are registered in the mind of All That Is, as are the needs and talents of everyone and everything that interlaces with your journey. Worldly employment agencies and dating services are but symbolic of the far vaster agency that joins people and situations that belong together.

You may not, of course, have an employer or relationship partner say Fine to all of your requests as you present them. Yet one thing is for sure: If you ask for all of what you want, your chances of getting it, or most of it, are far greater than if you ask for none or some or most of what you want.

The stronger and clearer your statement of intention, the stronger and clearer the response you will receive. After you have asked, leave space for the universe to give you something even better, perhaps different from what you have asked for. When you insist from ego, you may set yourself up to miss a superior alternative. Complete your prayer, affirmation, or request with this or better. You will be amazed at how cleverly the universe knows how to provide for you in ways you could not anticipate.

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DEAR MICHELLE, After the age of eight, I've never felt a great connection to my family. Mom was nurturing when I was real little, but as an adult I don't feel a kinship. They are all very judgmental and polar opposite of me in a lot of ways. I just don't understand this lack of closeness.

DEAREST, biological family can seem foreign, distant, and unkind. You may find yourself drawn to a group of friends that become like family this is what I call your spiritual family. I always say that blood may be thicker than water, but spirit is thicker than blood. I have little connection to my biological family but over the course of my life I have found my spiritual family and they are the people who have felt familiar to me from the moment I met them, they are the souls that I know I have been with many, many times throughout my incarnations.

Look around at the people you are closest to and ask yourself why? Reincarnation is a very deliberate and complicated law, there is much preparation that goes into mapping out our lives before we incarnate and the important group of souls that we come in with. When we are in Spirit we decide where, when and with whom we will incarnate, what lessons we want to learn or teach, and what karma we can receive or pay back. When a child tells their parent they didn't ask to be born I have to laugh, because the fact remains they very much did ask to be born to this set of parents.

HOW TO CLEAR AND BLESS YOUR HOME

Have you ever heard the old saying "Cleanliness is next to Godliness"? Well it's true, but this reference is not merely about hygiene. Purity of body, mind, and spirit is an important element to get through tough times. Too often people can become tainted by their environment, which in turn, affects your being. Your home and work space is an important aspect of life. It's where you reside while on the physical plane.

Since the beginning of time, prayer ceremonies have been used to transmute negative energy. Many religions believe that it's important to bless your home, to clear any negativity, cleanse the space, bless it and protect your personal environment. I would suggest that you not only do some domestic cleaning but follow up with a spiritual cleansing too. Consider a clearing and blessing to remove any negativity and bring

in the light. This will raise the vibration of your surroundings with the added bonus of protection so that you can spiritually thrive.

STEP 1: PRAYER & MEDITATION

Say a Prayer to God and Archangel Michael with faith, sincerity, and with a pure intent. Tell God what you are trying to accomplish, be specific. With certainty give thanks for their help in clearing negative and residue energies. Meditate and listen for answers and messages as you pray. Light a red candle for Archangel Michael, who is the protector of the physical body and your soul. (Do not blow out the candle, let it burn out.) Ask Michael to protect your family members and yourself. Feel free to use a personal power object, a rosary, star of David, or four directions cross that has sacred meaning for you.

STEP 2: CLEANSING & SMUDGING

As you move into each room, pray and meditate with faith and certainty, and begin to smudge each room with sacred smoke in a clockwise direction. Smudge with white sage, cedar, and a small amount of your hair gathered from a hair brush. (Hair adds the persons essence.) What is Smudging? In a fire proof burning bowl, (I use a natural sea shell) light the sage on fire, as soon as it starts burning, add the cedar and your hair, then gently blow out the fire. Smudging is cleansing the area with sacred smoke. It's not a fire; it is the smoldering of smoke. Blow on the glowing embers or fan with a feather, to create constant smoke.

STEP 3: BLESSING

Give thanks and bless each room with Holy Water. Sprinkle water in the sign of the four directions. Archangels are in charge of the four directions.

STEP 4: PROTECTING the SPACE

With prayers to God and Archangel Michael, put a drop of the Dragons blood oil on your finger and draw a small cross on EVERY window and door, in each room. Dragons Blood is strong protective oil made from the sap (tree blood) of the Dragon palm tree.

STEP 5: SEALING the SPACE

Give Prayers of thanks as you seal the space. With Kosher salt or natural sea salt, seal the space by pouring a small mound of salt in all four corners of each room. Then connect the corners with a line of salt below your baseboard, complete by drawing a line across each doorway. For extra protection: take a box of salt or two outside and put your home in a circle of salt by walking around the perimeter. Never remove the salt, it evaporates naturally.

After this prayerful ceremony, know that you have consecrated your sacred space by giving it to Father/Mother/God. You will be able to feel a difference. There will be shift to a positive vibration of love and God's protective light.



SOUL SONGS • ABRAHAM FUN

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

BYE-BYE TO JERKING KNEES

Today I practice "being OK" with whatever turns up.

This doesn't stop me from taking appropriate action to change or improve situations. It does allow me to let go of knee-jerk reactions of frustration, irritation, and "Oh no!" Anytime I react to life by going into a "negative space," I temporarily separate myself from the flow of good that is naturally mine. My health, finances, and relationships are adversely affected by chronic patterns of "Oh no!"

I can make this a game by thinking of life as a friendly challenge: I receive points each time I deliberately respond to potential upsets calmly. I lose points each time I wig out. I can even keep a chart of my daily progress, knowing that as my scores improve, so does every aspect of my experience.

Today I practice being OK with the past, the present, and that which is peeking around the corner. I live in a state of trust and acceptance. Exceptionally good times are ahead.

MIXED-BAG THINKING

Today I let go of "mixed-bag" thinking: "I like that store, but it's really expensive." "That was a fun night-out, but the food was awful." "I like where I live, but there's too much traffic." "Things are OK at work, but the long hours stink." "She's a nice person, but she has buzzard breath."

It seems that my thoughts are simply the tool with which I evaluate the world around me. But actually my thoughts do much more than that - they magnetize, help create, the world around me. As long as I give equal thought to what I like and what I don't like - what's right with the world and what's majorly messed-up - I attract to myself a vast array of pleasant and unpleasant circumstances.

Today I ease away from analyzing/reacting to every aspect and angle of my experience. Instead, I deliberately focus on that which is pleasing, enjoyable, rewarding, inspiring, and just plain fun. I thus attract more of the same. Through this unusual approach to life, life becomes unusually good, and I automatically enroll in miracle-du-jour.



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SPIRITUAL GRAFFITI

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

When people ask me how long it is going to take before they can heal all their wounds, I always respond the same way: "It's going to take a lifetime." This is seldom what they want to hear, particularly in this fast-paced and over-stimulated culture, but it's the truth. The emotional healing journey is a lifelong process, particularly for trauma survivors. Because trauma is not a concept. It's not a 'victim story' or a needless cry for attention. It's not something to 'rise above' or rush beyond with pseudo-positivity practices.

Trauma is a lived experience, embedded in the emotional and physical bodies, that continues to interface with our consciousness throughout our lives. There is work that we can do to understand and transform our relationship with it, but it will continue to participate in our experience of reality. And that's not necessarily a bad thing. Because its fundamental to who we are. Because it's part of our real-time story, and at its heart are the seeds of our individual and collective transformation. How many great healers and world-changing activists did not endure tremendous suffering? Very few. Trauma is a door-opener to greatness. It's a portal to awakening. Let's not pretend it isn't there. Let's not deny it's brazen wisdom. Let's roar it loud and true.

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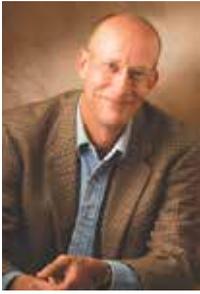


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NOTES from the Universe

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

Okay, for just five minutes forget the bucks. Forget your soul-mate, too. Forget the new car, the "home run," and being on Oprah. Forget your fears, your problems, and your pain.

And during those five minutes, feel the feelings you most want to feel, for the rest of your life.

It might seem awkward, that's okay. It might seem silly, too. And I can just about guarantee, at first, it'll feel utterly futile... until your entire life begins to change.

If I were a beggar, I'd beg you. If I prayed in question marks, this is what I'd ask for. And if I could implore you to do anything, let this be it. Because nothing else that you might ever do will have as profound an effect on your fortunes, friendships, and happiness; in navigating the illusions, manifesting what you want, and avoiding what you dread; as this little five-minute drill performed just once a day, on as many days as you remember to do it.

During those five minutes, feel the feelings you most want to feel, for the rest of your life.

And just so you know, if you do this right now or even every day for the rest of your life, I'll add back those five minutes to each of the days you do it. I'll just sneak 'em in there, and they'll feel like ten.

Hosanna in the highest,
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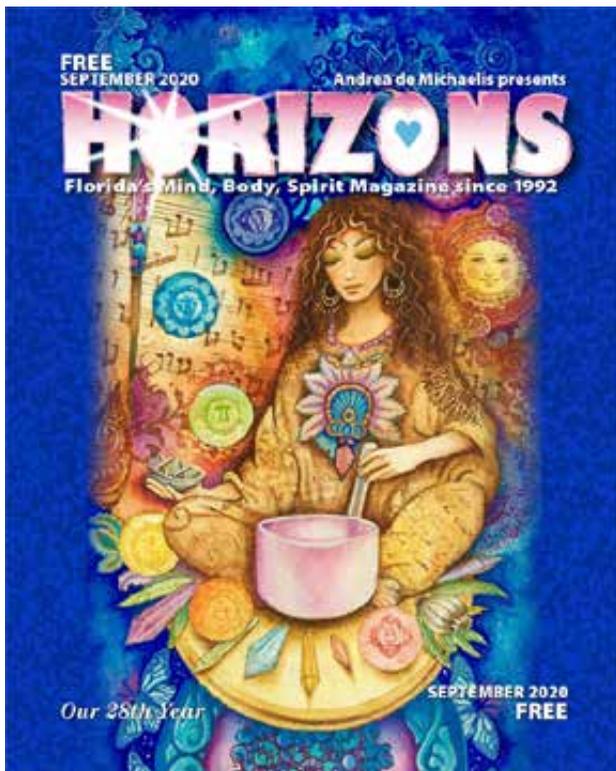
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ON THE COVER Crystalline By Holly Sierra

CRYSTALLINE was created for my very lovely friend Patricia Godecharle: A 'SOUND HEALER' in Canada and Sedona. The painting features a rose quartz crystal bowl. I became enthralled with the star filled sky and magic that sound creates within us as I painted. It was such fun!

'The resonance of the bowls seems to fill our interior spaces with the glory of time and space, love and healing'. One can lose themselves in a dream while the bowls are playing....



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

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

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

Regarded by Native Americans as sacred, Sedona continues to be recognized as a place of healing and spiritual renewal. Many come to experience the vortex energy centers, others to explore the art galleries and healing centers.

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

The advertisement features a yellow and blue background with a sun icon on the left. The text reads: "9 in 1" in a large font, followed by "9in1 is a complete skin care product that is made ONLY with Essential oils, and will work on the most sensitive skin". Below the text are four bottles of "Skin Care" products: "Skin Care for Oily Skin", "Skin Care for Acne", "Skin Care Solution for Aging Skin", and "Skin Care for Dry Skin". Each bottle is surrounded by water splashes. At the bottom left, the website "www.9in1skincare.com" is displayed.

LOVE, SEX AND RELATIONSHIPS



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

When you believe the thought "My husband should understand me," and the reality is that he doesn't, it's a recipe for unhappiness. You can do everything in the

world to make him understand you, and he'll end by understanding what he understands. And if he understands you, what do you have? Just validation that your story is true.

What *he says* he understands isn't even you, because as you manipulate his understanding, he can only understand the story you're telling. So even at its best, you're not being understood.

We don't hear what you tell us; we hear what we think you're telling us. We impose our story on what you say, and that's what we understand. Are your thoughts what you punish him for?

The only possibility of being understood by someone else is to understand yourself. It's a full-time job. So if you inquire and come to see that what is is what you want, it's the end of any decisions about him. At that point you don't have to make any decision. There's no decision to torture him into understanding you. He continues to show you that his understanding is not your business.

When you know that whatever you need is what you get, life becomes paradise. It's the perfect setup. Everything you need, and even more than you need, is always supplied, in abundance.

When I walk into a room, I know that everyone in it loves me. I just don't expect them to realize it yet.

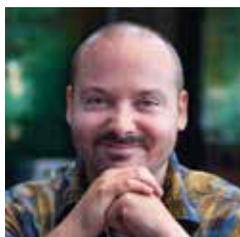


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Matt Kahn

THE TRUTH ABOUT RESISTANCE

...continued from page 12...

Resistance is merely a way evolving spiritual beings have been trained to admonish themselves and others by interpreting life's journey from a rigid scholastic view of reward or punishment: if it feels good, it must be some sort of reward. If it feels like a reward, I guess I did something right. If it doesn't feel like a reward, it could only be a punishment. If it feels like a punishment, there must have been something I did wrong to bring this upon myself. This subconscious deduction is the silent language of abuse. Even when projected upon you by others, resistance to change is not causing this behavior.

Whether others are abusing you, you are abusing others, or even if you are abusing yourself, such behavior indicates a lack of experience as the source of human suffering. This is why we forgive...not as a form of forgetting or pretending everything is okay, but asking the Universe to bless those who hurt so deeply they project their pain inward or outward, so the gift of experience can transform the way people think, perceive, respond, and choose.

In the heart of forgiveness, we thank the Universe for giving us exactly the combinations of experiences needed to become an even more incredible expression of our highest potential. While imagination may envision ways it could have been easier, if only you or anyone else were somehow different, in the end you will see that in order to be who you were born to become — life couldn't have happened any other way.

May this wisdom allow you to, first and foremost, be easy with yourself as you undergo the process of gaining the experiences your innocence requires. As being kind to yourself becomes more familiar instead of foreign, you will be able to be more compassionate with others, without being an emotional door-mat for anyone to wipe their feet on.

Even when the mistreatment of your heart reminds you of boundaries you need to create, the reactions of others shows you their lack of experience of being alone, which causes them to feel rejected by your boundaries instead of grateful for the choices that, if supporting your well-being, can only support their evolving maturity as well.

Bless the heart of any being who, when holding space for you or others, projects an assumption of resistance onto experiences that are not ready to shift. It simply reveals someone else's lack of experience being triggered by the sacred process you are in. It cannot be rushed, fast-tracked, negotiated, or outrun. It can only be faced, as openly as you are capable of being-- knowing you will surely be more open than ever before, just as soon as the gift of experience is done shaping you into the masterpiece of life's highest vision.

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

Andrea de Michaelis. Publisher

HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind.

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

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

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

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it. We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them.

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



Jamie Turndorf

5 WAYS TO CONNECT WITH LOVED ONES AFTER THEIR DEATH

...continued from page 8

As you observe yourself, you must learn to recognize the signs that you're on the verge of emotionally flooding. These signs include a feeling of being washed overboard, out of control, or hysterical. You might find yourself crying uncontrollably, unable to catch your breath. Or you might be yelling or screaming.

3. Using Trance To Bypass Your Conscious Mind

There are various activities and practices such as prayer, meditation, yoga, Tai Chi, Chi Gong, self-hypnosis, visualization, progressive relaxation, and deep breathing that enable you to calm your body and mind and create the calm and mental clarity that permits you to enter a trance state.

When you're in a trance, your mind is more finely attuned and your psychic abilities are humming at a higher level. In fact, when your conscious mind is turned off, you have access to a part of the brain called the superconscious mind. This is the source of all power, knowledge, love, and peace. The superconscious mind is also free from the constraints of time and space. When you enter this place, you can more easily connect with loved ones in spirit.

The sensations associated with a trance state differ from person to person. In general, you'll know that you're there when you feel deeply relaxed and peaceful. Your respiration and heart rate will slow down. You may feel like you're groggy or drowsy, but you won't be asleep. Everyday thoughts and concerns will give way to a heightened state of awareness.

4. Hypnagogic Or Twilight States

In addition to meditating and visualizing, there is yet another way to open yourself to the superconscious part of your mind. You can take advantage of the hypnagogic state, which is the drowsy but often highly creative period between wakefulness and sleep. There are many other names for this, but whatever you call it, it's the same state of mind that is activated during meditation.

While normally the transition between full wakefulness and sleep is a brief one, it's important to realize that with practice, you can choose to linger in this state for as long as you wish. Doing so will open yet another doorway to spirit. You can choose to do this in the morning or evening or even before or after napping. The danger of doing this exercise in the evening is that you may be so tired that you fall asleep. Not being a napper myself, I find that early morning is ideal. Early morning is also a time of heightened creativity for many people.

5. Nature

One of the best ways to enter the present is to commune with nature. Nature has a unique way of nudging you toward the beauty and meaning of the moment. As you gaze upon the sunset's pastel hues melting beneath the horizon or as you relish a silky breeze caressing your skin, the scent of honey-suckle wafting through the air, the nectar of a succulent peach bursting on your tongue, or the symphony of a songbird, you are fully alive—you are fully aware—in and of the moment. It is thus easy to see why nature readily induces a trance.

I recommend that you visit your favorite places in nature. Take regular walks, stroll in a nearby park, or sit on the beach. Even spending time in your backyard is a good way to allow the embrace of nature to bring you back to the now.

Practice all these exercises with the enthusiasm and playful spirit of a child, and you will soon discover that all your senses are fully open to the wonder of the universe around you. As you expand your senses, you will also expand your ability to see, hear, smell, taste, and touch spirit.

In my book, *Love Never Dies* I share my amazing story, and dozens of examples, of spiritual reconnection when my beloved husband made his continued presence known to me soon after his passing.



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SETH SPEAKS

...continued from page 13...

Often then you ignore your senses' reality in the world - the luxurious vitality and comfort of the daily moment - by exaggerating the importance of secondary experience as defined for this discussion (Edit: TV, newspapers, etc).

The most negative projection or prophecy seems to be the most practical one; when you are reading of the world's ills, you say in all honesty, and with no humor: "How can I ignore the reality, the destructive reality, of the present?"

In the most practical, immediate, mundane terms, however, you and your world are in that moment naturally and physically safe, as your bodily senses immediately perceive. In the most basic of bodily terms you are not reacting to present conditions.

This would be only too clear if you were physically experiencing the conditions about which you might be reading. If the world were falling down about your shoulders, you would only too clearly understand that "earlier" you were reacting to an imagined and not a real situation.

I am afraid that I think some of this will still escape you and others. But while disasters, imagined or encountered second-handedly, may in fact later occur, they are far different from physically encountered ones.

You only add to their unfortunate nature by negatively brooding upon what might happen in the future, and you destroy your own stance. Your stance in time is highly important, for it is your practical base of operations.

You must trust your sense data in that regard. Otherwise you confuse your psychological and corporal stance, for the body cannot be in a situation of safety and danger at the same time. It wastes its resources fighting imaginary battles.

To some people wars, poverty, murder, treachery, corruption, are primary experience, and must be dealt with - as requiring immediate action. The body must react. Such persons are beaten up, or robbed. Those are immediate sense data, and in one way or another they do react. However feebly, their point of power corresponds immediately with the point of danger.

You cannot react physically in the same way to projected or imagined dangers. There seems to be no possible reaction. You are frustrated. You are meant to deal with your immediate, primary experience, and in so doing you take care of your responsibility. You are able to take action in your own experience, and therefore affect others.

You do not have to be ignorant of wars in other corners of the world, or close your eyes. But if you allow those experiences to overcloud your present, valid intersection with reality, then

you speak and act from a position not your own, and deny the world whatever benefits your own present version of reality might allow you to give.

The natural creature-validity of your senses must remain clear, and only then can you take full advantage of those intuitions and visions that must come through your own private intersection with space and time.

In those terms, the ever-actual integrity of nature everywhere surrounds you. It represents your direct experience. It offers comfort, creativity, and inspiration that you only impede if you allow secondary experience to supersede your daily moment-to-moment encounter with the physical earth."

- Seth (Jane Roberts) "The Nature Of The Psyche", Session 799.

SETH ON GOOD AND EVIL

Quite simply, a belief in the good without a belief in the evil, may seem highly unrealistic to you. This belief, however, is the best kind of insurance that you can have, both during physical life and afterward. It may outrage your intellect, and the evidence of your physical senses may shout that it is untrue, yet a belief in good without a belief in evil is actually highly realistic, since in physical life it will keep your body healthier, keep you psychologically free of many fears and mental difficulties, and bring you a feeling of ease and spontaneity in which the development of your abilities can be better fulfilled.

After death it will release you from the belief in demons and hell, and enforced punishment. You will be better prepared to understand the nature of reality as it is. I understand that the concept does indeed offend your intellect, and that your senses seem to deny it. Yet you should already realize that your senses tell you many things, which are not true; and I tell you that your physical senses perceive a reality that is a result of your beliefs.

"The experiment that would transform your world would operate upon the basic idea that you create your own reality according to the nature of your beliefs, and that all existence was blessed, and that evil did not exist in it. If these ideas were followed individually and collectively, then the evidence of your physical senses would find no contradiction. They would perceive the world and existence as good. Seth (Jane Roberts), 'Seth Speaks', Session 546.

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Esther Hicks

ABRAHAM-HICKS

...continued from page 9

Just start floating freely. Float in a sea of wellbeing on a voyage of magnificence, and let all of your problems be wherever they be, but not with you, and watch what begins to happen to your physical body.

There's a lot of wisdom out there; there's a lot of specific information that could very well be the piece that you want right now, but you can't find it unless you're happy, you can't find it when you're worried, you can't find it when you're mad, you can't find it when you're worried, you can't find it when you're mad, you can't find it when you're worried, you can't find it when you're mad (this is going to take a while), you can't find it when you're worried, you can't find it when you're mad Lighten up. Be easy about it.

ABRAHAM ON BEING A LOVING BEHOLDER

If someone is arguing with you, or finding fault with you, and not liking what they see, say to them, and mean it lovingly and kindly, but mean it sincerely, "You're seeing something in me, that must be active in you, and I think this is more about you than it is about me".

So if someone is having a bad day, and they are angry at you, it's about their bad day, much more than it is about you. It's always about the beholder. Everything is about the beholder. So what you want to do is become more aware of what you're seeing in others. That's the thing you want to be aware of. Don't worry about what other people are seeing in you. Don't worry about the love they're giving you, or the love they're not giving you. Let your awareness be about what you're putting out. Let your awareness be about how much you're loving.

We wouldn't be running around saying: 'who loves me or who doesn't love me?', we'd be saying: 'who do I love, what is it about you that I love?'"

ABRAHAM ON THE BEST OF TIMES AND THE WORST OF TIMES

You are in a time of more impressive expansion of desire than ever before. There has never been so much contrast (which is a good thing) which causes individual personal clarity about what you are wanting. So as your desires are culminating faster and faster, there is potential of the greatest joy that anyone has ever experienced. There is also the potential of the greatest discomfort that anyone has ever experienced.

In other words, these are the best of times and these are the worst of times depending upon how well you utilize your guidance system, and how well you keep up to speed with one thing, and one thing only not some group and not some movement, not some something that somebody else is doing but keeping up to speed with your own expanding desires, which you can't hold back; you cannot stop those desires from happening.

You cannot stop the variety that surrounds you, and therefore, you cannot stop coming to personal preferences, personal improvements, personal desires. And they emanate from you constantly, and the Source within you keeps up with them.

ABRAHAM ON INNER GUIDANCE

You have so much help that you don't access because you are sort of, in many ways, determined to go it on your own. You have Infinite Intelligence on every subject in the world. You have available information that can flow to you. And it doesn't matter what it is - if you have the ability to conjure some question or some problem from this time-space reality, the answer is readily available to you. And the more you hang around in that frequency, then the more you will feel the satisfaction of life giving you questions and answers and questions and answers and questions and answers.

Consciousness - a good way to acknowledge this is, "Somebody knows the answer to my question, and I'm just going to tune in to whoever that is." And don't get too worried about who it is.

IF ABRAHAM WERE IN THE WHITE HOUSE, WHAT WOULD BE YOUR DECISION OF HOW TO RESPOND TO THE CURRENT WORLD SITUATION?

Abraham: Well, they would never allow Abraham in the White House, because it is a different vibration. But if we were assigned the awesome responsibility of making a decision for a whole lot of people -- we would do our best to empower individuals. And the most significant thing that we would offer would be: Let's let this be as insignificant as possible -- and let's get back to the details and the brilliance of our own physical life experiences. Our encouragement would be to get on with experience and continue to anticipate wonderful things unfolding.

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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.

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MIKE DOOLEY'S ENTIRE EXERCISE IS: FOR 5 MINUTES, FEEL THE WAY YOU WANT TO FEEL FOR THE REST OF YOUR LIFE

Feel the feelings you most want to feel, for the rest of your life.

Easier said than done, huh? Not really, just sometimes you have to have some good memories or future dreams and plans ready to bring to mind in order to invoke, to bring up those feelings you want to bask in.

If you don't have good memories or future plans to bask in, your first job is to discover those.

IT'S BEEN A WHIRLWIND ON THE HOMESTEAD HERE Code Enforcement needed me to clear the back and side 15 feet of brush on my west lot. Since it cost a bunch, while the brush cutter was here, I had them also clear several stands of palmettos that had gotten out of hand in the middle of my east and west lots.

That left big wide open spaces with both lawns full of mulch. They left the trees so it kind of looks like a little park right now. I'm glad I had it done, it'll be a lot less maintenance in the future and I like the look of it.

Along the west property line there is now 15 feet on my side of cleared land. I'm going to make that the running track, it's flat now and there's room for 2 lanes. I'll plant a privacy fence between the running track and my yard.

I took a walk on the land predawn the day after the clearing. The cicadas stopped as soon as I stepped into the circle. I walked it like a labyrinth spiralling inward to the center. My mind and body are still a little numb at the change. But I know I am the boss of my mind and body and I tell THEM how long they're allowed to wallow and pout.

Well meaning friends told me to fight having to clear the land, but I was ready for change. A few years ago I began decluttering and gave away tons of clothes, furniture, things I didn't need to hold on to. Having less always makes my life feel more spacious.

I've been wanting something to inspire me to action and now I have a blank canvas to create a new landscape on. Making myself excited about the possibilities helps soften the trauma of the change.

In 1997 I became very bored with my life and bought a place in **Murphy, NC** with the thought of later moving there. I'd spend 10 days each month there and enjoyed the solitude and privacy.

It took several months but I began to feel TOO isolated, I knew no one. I was glad to get back home and reconnect with my tribe.

I just needed a break, I didn't need a complete disconnect. I'm glad I didn't sell my home during that time, because I'd had an offer. I would have regretted it later, my home is such a cool place.

I MADE A DECISION AND MAGIC HAPPENED

It's true, once you make a decision, miracles begin to make it happen. The last several years I've been streamlining my business to have less administrative duties, less paperwork.

For instance, in addition to creating **Horizons** solo each month, I'd create and host websites for friends. When I did a lot of them, it was fun. Now it's work so I only do mine. I was pondering a decision and the Universe decided for me. I feel newfound freedom and have a completely different focus than I had an hour ago. Nothing has changed but my perception.

A FINAL THOUGHT AND WISE SUGGESTION

Wise suggestion from real life friend **Charles Maiello**: I think we need to add a class for like middle school called "Communication 101" where the entire class has computers with internet and its just talking to each other where the teacher presents a topic as mostly a ice breaker and monitors the conversations.

You can do whatever as long as there is talking happening.

At the end of the day you are asked unanimously what your feelings for each classmate is and depending on your answer you are put in more and more situations with people you dont like to flex your ability to solve verbal conflict.

If verbal fights start to occur they step in and try to figure out the source of the quarrel and teach them how to better communicate. We need this as a society desperately. I would have benefited big time.

###

Wow, me too!

Enjoy our offering this month.

Andrea



HOROSCOPES SEPT 2020

Expanded text for each sign available at www.free-horoscope.com

ARIES – (March 19 – April 18)

A daily routine in focus and some socio-professional concerns, dear Aries! You have a strong punch, Mars, your planet, gives you its inflamed energy! The Sun in Virgo until the 22nd supported by Mercury until the 6th, gently incites you to look into your daily affairs, your work and your health.

While Jupiter Saturn and Pluto, square in your sign, except for the first decan, shake up your socio-professional destiny by future changes or ones in progress. Adapt yourself! Watch over your sector related to finances, Uranus blows its unpredictable wind, first decan. Your home is tender and quiet until the 6th, then your loves receive the ideal support of Venus in Leo from the 7th to the 30th. The Sun in Libra facing your sign from the 23rd to the 30th illuminates your married or associative life. Look after your otherness!

Love in General:

A relatively friendly start of the school year with regard to your emotional sector. Your powerful dynamism allows you to shine in the eyes of your conquests, do not do too much anyway! From the 7th to the 27th, Mercury in Libra balances your mode of expression and promotes your exchanges. Venus from the 7th to the 30th increases your creativity and your desire to please and be loved. Great!

In a relationship:

From the 7th to the 27th, you communicate very well as a couple, ideas are plentiful and the exchanges are healthy. Your feelings are noble and warm, especially after the 7th, you are demonstrative and your other half wants more! A powerful desire and your sensuality is burning! Last week, the Sun illuminates your married life, a beautiful balance!

Single:

Your chances of meeting someone are very real, especially after the 7th. Mercury helps you to get in touch with others, take care of your words and your tact. Mars super charges you and your passion. Venus in Leo from the 7th is fiery and warm. The cultural world or an evening at the theater could facilitate a romance.

TAURUS – (April 19 – May 19)

Love and the home in focus, dear Taurus! Your loving and creative sector receives the Sun until the 22nd, Mercury until the 6th, enough to favor your loves or your children, if you are parent and all your creativity! Uranus in your sign, first decan, breathes an original renewal to your personality, welcome it! Mars in Aries titillates your self-confidence, do not keep this great life energy to yourself, transform it into something positive! Venus until the 6th enjoys your entourage, you are popular, while after the 7th, this beautiful planet softens your home and your family. Your ideal of life continues its meta-

morphoses under the powerful energies of Jupiter, Saturn and Pluto, except for the first decan. From the 23rd to the 30th, the daily routine comes back in full force!

Love in General:

Your desire is important, yet unskilful, however, you still receive pretty emotional energies from the sky! A spotlight on your love sector foreshadows ease in this area! Venus, your planet, favors your communication and your relationships, until the 6th. You are tender! From the 7th to the 30th, your home receives the favors of beauty, nobility, and warmth of heart to spare!

In a relationship:

You finish your partner's sentences. However, your sensual understanding could experience a bit of restraint, unless you accept lowering your intensity. Your feelings remain strong until the 22nd, open to your home more than to your couple. This love goes beyond your relationship and is also lived through the children or the family.

Single:

A secret love could come to you but you do not appreciate not knowing where a relationship leads you! Mars breathes its sensual energy, powerful but not easy to realize. However, until the 22nd, the Sun in Virgo favors a modest meeting, more passionate than it seems. Make your choice!

GEMINI – (May 20 – June 19)

A dynamic home and social circle, dear Gemini! The Sun in Virgo until the 22nd wakes up the area of your home. Mercury, your planet, joins him until the 6th, family discussions and business to settle. You will be more comfortable from the 7th to the 27th under the impulse of Mercury in Libra, coming to harmoniously stimulate your emotional sector.

There is in you a great internal transformation, under way, under the aegis of the heavyweights of the sky, especially the last two decans. Uranus in Taurus shakes things up, unexpected events, sometimes sudden, so fasten your seatbelts, first decan! A nice friendly momentum is emerging under the influx of Mars in Aries, friends are present, dynamic and happy! Love until the 6th benefits your wallet, your entourage and your travels. During the last week, focus on creative joys!

Love in General:

Beautiful stimulating energy all month long, your communicative personality should lead the way. Venus in Leo from the 7th to the 31st in beautiful aspect to your sign and to Mars, suggests emotional satisfaction following an outing or an opportune encounter favored by your social circle. Communication

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HOROSCOPES SEPT 2020

Expanded text for each sign available at www.free-horoscope.com

is in phase from the 7th to the 27th, your words touch hearts. Maybe the heart of your crush?

In a relationship:

Set the practical contingencies inherent in this back to school season and refocus on your partner from the 7th. The energies endow you with a beautiful sensual energy, thanks to Mars, tinged with a hint of affection and warm and demonstrative feelings. With these ingredients, admit that it would be a shame to miss trying the recipe!

Single:

The last week definitely favors an emotional meeting, either within your entourage or thanks to your social circle. Boosted by Venus in Leo and the Sun in Libra, a real sentimental helping hand, your love life could turn out favorably. The game of love, a stable relationship or simply popularity?

CANCER – (June 20 – July 21)

Favored contacts and beautiful socio-professional friend friend Cancer! The Sun until the 22 in Virgo in beautiful aspect to your sign opens you to the communication, to the displacements and to a carrying optimism! Mercury accompanies these energies until the 6th, then favors your home, your family until 27. Under the influx of Mars in Aries, your career or destiny is boosted powerfully.

You make your return! The projects are honored thanks to Uranus in Taurus, first decan, it's time to draw plans on the comet! The conjugal or associative axis always welcomes the celestial heavies, especially last two decanates: mutation, change, this axis is modified whatever you do! Beautiful spiritual opening, second decan. From the 23rd, it's good to live at home!

Love in General:

Venus in your sign until the 6th, endows you with charisma and the desire to love. Then, a beautiful glide towards Leo that accentuates your desire to possess. Your feelings are whole and exalted. An ardently enthusiastic Mars in beautiful aspect, brings its burning touch to your desires and your way of loving. There will certainly be a shaking up because your tender nature fears what burns!

In a relationship:

The first week rolls, your feelings express themselves easily. From the 7th, find a balance between your married life and your professional imperatives. Do not put all your energy into your professional development, your partner might feel abandoned. The end of the month is conducive to cocooning, take the opportunity to pamper your other half.

Single:

Your marital sector is always subject to profound transformation, a possibility of meeting someone remains, in this case

it would be strong and durable! The lighter energies of this month foreshadow a conquering desire and feelings that are a little ambivalent: pay attention to the mixture of love and money! It's all or nothing !

LEO – (July 22 – August 21)

Love: Love to Share!

At the beginning of the month, Venus invites you to live your love life in secret or to take a step back from your private life to probe its flaws and exalt its strengths. This delicious planet invests in your sign and reinforces your charm and desire to love and be loved. A pleasant influence, but don't use it to satisfy your selfish desires, friend Leo, take into account the desires of others.

1st decan (July 23rd - August 2nd): Enjoy!

Venus gives you an irresistible charm between the 6th and the 15th. Take advantage of this major asset to strengthen your self-confidence, September does not expose you to any cosmic turmoil likely to short-circuit such a pleasant frequency.

2nd decan (August 3rd - 13th): Don't Overdo It!

At the beginning of the month, you take care of stewardship and improve your comfort. Venus invests in your decan from the 15th and makes you want to dazzle, or even amaze your audience. Beware of any excess around the 15th: your entourage is not sensitive to your demonstrations, which they judge to be daring. On the 17th, your optimism is not shared by those close to you.

3rd decan (August 14th - August 22nd): Meh!

Until the 6th, Venus pushes you to think rather than just go for it. You get a little frustrated and want to force fate. Instead, stay reserved to avoid any misunderstandings. Take some distance to improve exchanges and your private life. You will have too much to do to manage stewardship in September to put your privacy first. On the other hand, from the 24th, Venus invites herself into your decan and gives color back to your loves.

Advice from FREE Horoscope:

Venus invests in your sign from the 6th. This marks the opportunity to renew your seduction and take back the reins of your emotional life. But it is necessary to relativize the requirements of daily life that prevent you from having a good time and especially the time to love.

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HOROSCOPES SEPT 2020

Expanded text for each sign available at www.free-horoscope.com

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VIRGO – (Aug 22 – Sept 21)

A boosted mind and a want to escape, dear Virgo! Anchored sign, you'll want to change your habits. Quietly but surely, Uranus brings his liberating breath, first decan. Until the 22nd, the Sun is in your home, accompanied by Mercury until the 6th: reinforced intellect and ideas to express.

Mars supports an autumnal introspection: what do you have to modify on the financial or intimate plan? Neptune in the face of your sign continues, through your romantic or associative relationships, to provoke in you some spiritual turmoil, unconventional ideas, second decan. The emotional sector still receives the heavyweights of the universe, your way of loving or creating is undergoing a powerful change. Your social circle is happy until the 6th, then Venus invites you to meditate on your feelings? From the 23rd to the 30th, money is in the spotlight!

Love in General:

A bit of awkwardness in the expression of your feelings remains possible after the 7th, Venus in Leo does not correspond to your emotional energy. However, your libido will be strong, you could then live your sensuality more intensely to the detriment of your affectivity. A little emotional loneliness could be felt, do not analyze your feelings too much, be present in the moment.

In a relationship:

Between the authentic expression of your personality and the more material questions, after the 23rd, frankly your mind will not be connected to love and its effects! Nevertheless, more creative, first decan and more sensual, the whole sign, you could if you wish it, live a married life more intense than usual.

Single:

Bet on your social circle until the 7th. Venus in Cancer, in beautiful aspect to your sign, favors a sensitive romance in harmony with your modest nature. Your sensual energy will be on the rise, Mars in Aries energizes the most tranquil of you! Then Venus makes you nostalgic or secretive. Nothing obvious!

LIBRA – (Sept 22 – Oct 21)

Increased introspection and a friendly social circle, dear Libra! The sky proposes that you work on yourself, including a cluster in your area related to secrecy and transformation.

The Sun in Virgo, until the 22nd, Mercury in Virgo until the 6th, and Uranus in Taurus, all month, invite you to be present! Mars in Aries against your constellation imposes an indispensable diplomacy in your relationships on the threat of a clash. Thinking before acting or expressing yourself will be your roadmap. Venus, your planet, until the 6th favors your vocation, your destiny, then, from the 7th to the 30th, makes room for your friends and projects! During the last week, the Sun enters your sign and joins Mercury. Your charisma and your search for harmony will be your best assets.

Love in General:

Under the burning effects of Mars in Aries when it comes to the relationship axis you will use and abuse your legendary diplomacy if you want to keep a minimum balance between you and others. Love will be experienced as a fight more than a quest. Venus offers you the opportunity to enrich your social circle and your friendships and love can mingle.

In a relationship:

Watch out for a tendency to fuel conflict within your couple, either on your own initiative or that of your other half. Let them have the opportunity to confront you especially if you can reconcile in the bedroom! From the 7th to the 27th excellent communication, propose common projects.

Single:

Lively energy and a powerful libido, you will have a hard time keeping up! Monthly impulses do not really make for an interesting encounter, but rather a friends-oriented relationship. The last week is more to your advantage, your friends could possibly present a stimulating relationship.

SCORPIO – (Oct 22 – Nov 20)

Friendships and projects dear, Scorpio! Your social sector dedicated to projects receives the Sun in Virgo until the 22nd as well as Mercury until the 6th: pragmatism! It's time to surround yourself, to create something together.

Mars in Aries supports your dynamism and boosts your sector of work and everyday life: construction! Jupiter Saturn and Pluto in Capricorn give your mind a formidable force, your move-

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ments and exchanges are protected. Venus in Leo from the 7th to the 30th improves your socio-professional destiny, your charisma serves your ambitions. Uranus in front of your sign always induces questioning, either of your spouse or partner, first decan. From the 23rd to the 30th, the Sun in Libra invites you to temporarily withdraw from your personal spotlight.

Love in General:

The intense monthly emotional influxes are not displeasing to you. Power struggles can emerge under the effect of Mars in Aries in your area related to the daily routine, while Mercury from the 7th to the 27th in Libra, makes your communication a little bit shy. Caution. Venus in Cancer until the 6th makes you idealistic and then your feelings become exclusive from the 7th to the 30th.

In a relationship:

Your other half may surprise you with unusual behavior, especially the first decan. Do not react aggressively. Your feelings, tinged with sensitivity until the 6th, will slide towards warmer feelings that are more whole. Take advantage of these impulses to prove your attachment to your partner. At home this word will make all the sense!

Single:

A nice social circle awaits you until the 22nd, go out! Mars in Aries and Venus in Leo pushes you to surpass yourself! Fire energies resonate well with your burning personality. Meeting someone is not impossible but not clearly explicit by the sky this month!

SAGITTARIUS – (Nov 21 – Dec 20)

Socio-professional challenges to honor and emotional joy, dear Sagittarius! The Sun in Virgo until the 22nd, accompanied by Mercury until the 6th, demands your attention with regard to your professional vocation and your destiny. Love carries you all month, Mars in Aries in beautiful aspect to your constellation, makes you heart beat for someone or for your children, if you are parent.

An unpredictable event may appear on the horizon of your job or your health, first decan, remain attentive. Your way of earning a living continues to change profoundly, second and third decans. There is some vagueness in your home or your family, do not stay uncertain, second decan. Last week, give place to your friends, projects and idealistic feelings from the 7th to the 30th and share without moderation!

Love in General:

Sector in light! A desire to love and to conquer, your sex appeal is on the rise and should greatly promote your love life. From the 7th to the 30th Venus in Leo in beautiful aspect to Mars and your Sun, add to this sentimental cocktail a pure touch of idealism and great love! The sky spoils you, enjoy its benefits with gratitude!

In a relationship:

The honeymoon phase or perfect agreement? Romanticism is not your cup of tea, but it is not what Mars in Aries offers you! Your libido is warm, even burning, your feelings a tad imbalanced until the 6th, then full harmony from the 7th to the 30th. Enjoy!

Single:

Meeting someone is clearly favored this month. Bet on the last week to be in full heavenly agreement! The Sun in Libra announces a union already! Do not neglect any invitations, especially cultural or festive ones! A very warm person could come to you, will you recognize them?

CAPRICORN – (Dec 21 – Jan 19)

Official queries are favored and emotional or creative surprises, dear Capricorn! A studious start to the school year! Under the effect of the Sun in Virgo until the 22nd and of Mercury until the 6th, take advantage of this period to untie possible administrative hassles or to take action.

Your constellation always receives the heavyweights of the zodiac, except first decan, your personality changes, slowly but deeply. Mars in Aries sets a conflictual atmosphere in the home or family, let it be said! Pay attention to your intuitions, Neptune encourages you harmoniously, second decan. Uranus in Taurus reserves an unexpected event when it comes to matters of the heart or children, if you are a parent, first decan. From the 7th to the 30th feelings are intense. During the last week, your career occupies your priorities, the fall has arrived.

Love in General:

First week, Venus in Cancer in front of your sign, protects your love life. Then, the beautiful pass in Leo from the 7th to the 30th and an emotional intensity overwhelms you. Especially since Mars in Aries reinforces this burning energy all month long. You may feel a desire for control, or feelings a little too demanding for you. Calm your warlike ardor.

In a relationship:

As a long-time couple you purr the first week, especially if you've learned to let go of family issues! Your libido increases with the influx of Mars, know how to live it in an intense and not belligerent way. From the 7th to the 30th your feelings are more jealous than usual.

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Single:

You are in emotional demand all month long and you do not mind leaving to conquer! A sentimental surprise remains possible thanks to Uranus, love at first sight, a stable relationship or a flash in the pan? The sky gives you carte blanche. A warm personality could appear, is that what you were waiting for?

AQUARIUS – (Jan 20 – Feb 17)

Intimate relationships are favored and there is a powerful introspection, dear Aquarius! The Sun in Virgo until the 22nd invites you to dive into yourself, to listen to your little inner voice. The brouhaha of the start of the school year should encourage you in your desire to refocus on your ideal after the 23rd.

Last two decans, the heavy planets further accentuate this potential introspective: are you ready to change your life? Uranus shakes up your family or residential landmarks, first decan. Mars in Aries gives you a powerful and conquering relationship energy while Venus from the 7th, promotes your marital or associative relationships. Neptune adds to your pecuniary affairs his dose of vagueness, stay realistic, do not listen to empty promises, second decan. From the 7th to the 27th your exchanges are easy, you know how to communicate with diplomacy and you listen.

Love in General:

This sector is favored by the universe! From the 7th, Mars and Venus agree to your sign and instil in him a powerful libido and cheerful and balanced feelings. The love energies are a sign of fire, you will not have to promise! Lovers, a tad intellectual, the monthly influxes allow you or even force you to rethink! Who will complain?

In a relationship:

Great monthly emotional energies! Whether you are a long-term couple or not, the universe cherishes your relationship. From the 7th to the 30th Venus in Leo sends his loving impulses very to your conjugal sector, your other half inspires you and it is good. Your sensuality follows this momentum. Happiness?

Single:

A romance could emerge at your work or in your daily life, until the 6th. However, it is only from the 7th that things are going really well. You are a conqueror all month long, charming from the 7th to the 27th, and sentimental from the 7th to the 30th. Go for it!

PISCES – (Feb 18 – March 18)

A spotlight on your contractual life and financial ardor, dear Pisces! A practical start to the school year, even pragmatic for you aquatic friend! Your contract sector receives the Sun until the 22nd and Mercury until the 6th: a professional reshuffle related to a contract or new partnership? Mars is taking up quarters in your sector relating to your assets, expenses or revenues on the rise! Neptune still in your home, second decan, induces a great receptivity, protect yourself a little. A nice social circle and projects that take shape, the universe helps you in the long run, last two decans. Your mind, especially first decan, opens to novelty, to a desire for a brand new freedom, thanks to Uranus in Taurus! As of the 23rd, your attraction for the occult is reinforced, you appreciate the mysteries of life and beyond!

Love in General:

Until the 6th, Venus in Cancer stimulates your emotional sector, with sensitivity and a search for osmosis. As of the 7th, emotional energies are focused on everyday life or work. Nevertheless, until the 22nd, the solar heat warms up your sector attached to your partner. A lot of practical sensitivity emanates from them. The ardor of Mars in Aries and Venus in Leo do not favor your affectivity.

In a relationship:

Focus on your marital axis until the 22nd, to strengthen the impact that your partner has on you. Your communication is favored until the 6th, perhaps a desire to formalize your relationship? Your libido is in withdrawal, you are concerned about financial issues. Sensitive feelings until the 6th, the daily routine takes over then.

Single:

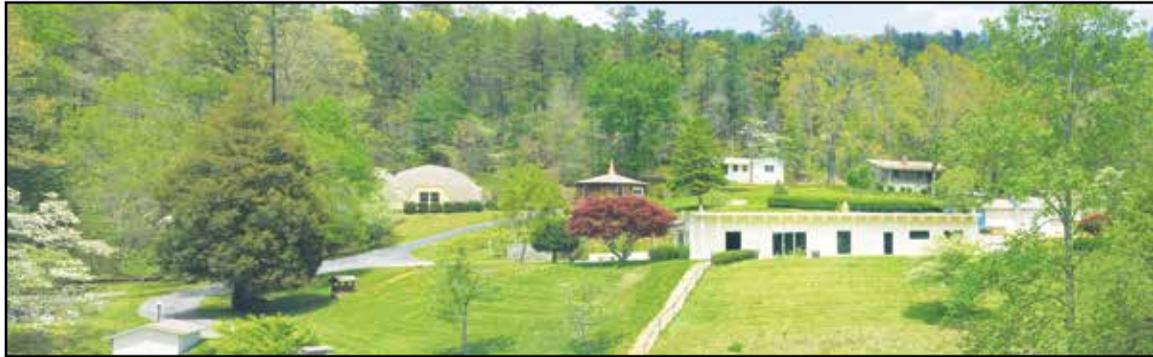
You want to build a stable relationship. The monthly energies are not refractory but not favored either. Unless a meeting through your work gives you material to change your emotional habits? Your sensual ardor is tinged with unusual impatience. Stay yourself and attract the right person!

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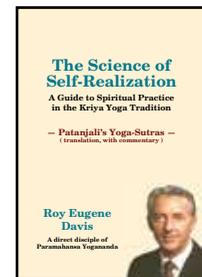
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