

# Message From The Universe

Happy Ostara

Energy Tarot  
Reading



Lynn Andrews:  
Center For Sacred Arts Training  
A Mystery School

Numerology Forecast 2008

We Are a Work In Progress

March 2008

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Tarot Energy  
Reading for  
March 2008

By  
Theresa Chaze

The energy for  
March 2008 will  
be mixed and  
confusing on  
every level. Many  
who sought Divine  
enlightenment

will find that they were deceived by darkness masquerading as light. Instead of ascending into the Divine wisdom, they have become obsessed with their own spiritual growth and like Narcissus, who fell in love with his own reflection, so their egos are becoming overly impressed with their mystical gifts. Instead of sharing their love and light with others, they brag and boast about their new connections; just like those who seek power for the sake of power, they will never truly find what they search for.

The energy we will bring in to March is represented by the High Priest. Those who seek to know the truth will find the balance between their truth and the truth of others. As others mirror our challenges, we need to find patience, forgiveness and understanding for them, as it is the only way we will be able to find it for ourselves. Many have chosen not to question, but



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to blindly follow beliefs or traditions not because that is what is in their heart, but they fear being ostracized. It is easier to go along to get along than to have the courage to pull back their curtain and expose the man behind it. They would rather listen the booming voice and relinquish their power than risk standing alone. Yet there continue to be exceptions to this trend. Those who have been following their own path will not be turned back nor will they give into the fear mongering of others. As in the Rodgers & Hammerstein's Cinderella, they refuse to listen to the sensible people and continue wishing for their dreams to come true. It is this courage that will draw fairy godparents into their lives to create the miracles they have been wishing for.

March is represented by the seven of pentacles. It is a time of growth and potential growth, depending on how open each person is to change. Miracles will happen for those who have the courage to see beyond the disappoint and the anger over what we have lost. It is not a time for stubbornness or decisions made from fear. But a time of courage and resolve as we open our heart and lives to blessings. Many of us who have had their hearts and minds in conflict will resolve the issues in such a way that they well find peace. In doing so, they will tear down the barriers, which have kept their blessings from arriving. The work and sacrifice is done; it is time to accept the rewards. However, those who chose the path of fear will continue to find disappoints as the universe creates what they have been envisioning. Worldly wants and responsibilities still need to be met, yet the means to the end will be determined on the by the faith and courage within each of us.

The energy that we will carry out of March is the ten of cups. It is the sharing of blessing and dreams. As each of us has our wishes granted, so we are able to open our hearts and

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grant others the same gift. Literally, our cups will over flow to fill others with hope and new possibilities. Partnerships will be created. Blessing will be shared. Gratitude and generosity will be the keywords of those who trust. The lotus is opening early for those who are able to learn and grow through their old issues and wounds. They will be the beacons to the others who have the eyes to see and the nerve to follow their example. It is not the same path or destiny they will share, but the ability to chart their own course and create their own destiny.

The energy challenge we will all face is the Fool. We are at the crossroads. One path leads to courage and leadership. The other to closed eyes and minds as we blindly follow old teachings just because of tradition. The choice will be to learn or to become stagnant. This is the energy of free will and self determination. Those who choose independence will find the blessings they seek for they have learned from their mistakes and are willing to move forward on their spiritual path. Those who chose to continue on the same path will also arrive at a goal, but it is not the one they envisioned. Closed minds lead to closed heart. A closed heart cannot share in the love and hope that is freely offered to all. It is a circular pattern of behavior and beliefs that can only be broken by having the courage to accept change.

The Lynn Andrews  
Center for Sacred  
Arts and Training: A  
"Mystery School"

By  
Lynn Andrews



A yellow moon had risen over the hills. Somewhere the coyotes were singing their mournful song. I was sitting before an open fire with an old Indian woman, her face creased like that of an apple doll. Her cheekbones were high; her braids fell well below her shoulders.

"Your life is a path," she said to me, her thick accent at first difficult to understand. "Knowingly or unknowingly you have been on a vision quest. It is good to have a vision, a dream." There was something compelling about her. Her personality seemed to change from moment to moment. Although she had difficulty expressing the simplest thoughts in English, she was as erudite as anyone I have ever known, and she had great dignity.

"Woman is the ultimate," she said. "Mother Earth belongs to woman, not man. She carries the void." These were her words to me before I became her apprentice. She is a heyoka medicine woman from the far North, a shaman woman, and I was destined to follow in her path.

The term "shaman" comes from the Tungusic language of Siberia and is used to denote those who know how to use energy to heal, who know how to divine the unseen energies of the universe toward a higher purpose in life. Over the past century, "shaman" has become widely used to describe medicine people from native cultures across the globe, the inheritors of an ancient

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knowledge of how energy moves in the universe and how to use that energy to heal their world.

From my first encounter with this elegant, beautiful woman with the apple doll face, I was blessed with the great honor of becoming her apprentice and, through her, to become apprentice to, and now a member of, a group of forty-four shaman women, many of them elders, from three different continents and twice as many countries.

I am told that before he died, Carl Jung turned to his followers and said, "I no longer believe. I know." These are women who know, and in their knowing I have found a greater clarity in life than I had ever believed possible, a certainty grounded in bedrock, born of the ancient knowledge and wisdom carried by my teachers which has stood the test of time and remains as vibrant and true in our modern world as it was long, long ago. They are shaman women from different native cultures, yet they do not follow the traditional ways. Theirs is a spirituality and a wisdom that is founded upon the "firstness" of women, tools for healing and enlightened living which grow out of the very rhythms of life, itself, as they have been practiced and handed down from mother to daughter, shaman to apprentice for many thousands of years.

When I wrote Medicine Woman, my first book of our work together, I had no thought of being published. I wrote it as a gift to my teachers. They asked me to publish it, which I did. And then they asked me to write many other books on the work we have done together because they felt that we are living at a time of greater chaos and uncertainty than ever before in human history and they believed it was time for people to see and hear the teachings which they carry. Almost without my realizing it, because I was immersed in the worlds of my teachers, my books

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became popular all over the world, and I began traveling and lecturing internationally. There were even people who moved to the Los Angeles area so they could work with me.

It became very clear to me that so many more people wanted these teachings than I could possibly accommodate in the way I had been doing it. So I sat in council with my teachers and we decided that I should start a school, the Lynn Andrews Center for Sacred Arts and Training.

We call it the "Mystery School" because it draws from and teaches people how to access the sacred mysteries of the universe to heal their lives and find harmony, bliss and self-empowerment amid the chaos and confusion of today's world. This is the world of the shaman, one who knows how to choreograph the power and beauty of the natural world toward a better way of living.

It is a four-year "school without walls," with a written curriculum and mentors who have already gone through the training. Students are placed into study groups, and throughout the year they work with their mentors and with one another through the marvels of telephone and internet. There are two live trainings each year where we all come together in circle, roll up our sleeves and really go to work, enabling all of my students to work directly with me.

I created a "school without walls" for two reasons: First, so that anyone, anywhere in the world, could do this work without having to uproot and move to a campus, which would exclude so many. Secondly, I wanted to create a learning environment where people could learn to create the shaman within themselves by finding the truth of their own experience ... and not try to be their teacher. Oftentimes when you go to a school, you revere the teachers and you want to be like them. And then you give your power away.

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Experiential learning is, I think, the way true learning and healing occur, when you learn from your own life's experiences. One of my students, a public health nurse and graduate school professor, talks about how the Mystery School helped her to handle her mother's dying and death with dignity, knowing how to help both her mother and herself. Another talks about how, after years of abused child therapy from a truly horrific childhood, the sacred art that we create finally helped her to move all of the pieces into place, actually healing the wounds of child abuse that she had been able, heretofore, to understand but not to reconcile.

You can't teach someone about his or her life or self by standing at a podium and lecturing. You teach them by holding up mirrors into which they can look to discover their own personal truths. So I created my curriculum in a way that would show students how to look at the experiences of their own lives - whatever those circumstances are, good and bad, alike, the painful as well as the glorious - against the backdrop of sacredness, beauty, art, music and literature, the aspects of life that we so desperately need in order to understand our own truth and beauty, and our history in this world. In my Mystery School, we start out first, last and always with the concept of your own beauty within.

This way of experiential learning was also the way I worked with my teachers. From the very beginning, I would go and be with them for short periods of time. They would put me into extreme situations - some terrifying - where I was forced to confront and grow beyond my deepest fears and the darkest side of my nature, or perish, for this is when we are most fully alive and willing to learn, when our very lives depend on our ability to go beyond our self-imposed limitations and find the strength and the truth that we each carry in our own shaman center, if only we knew how to access it. They would help

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me to look into the mirrors these experiences created to discover my shortcomings and vulnerabilities as well as my own innate strengths.

They would instruct me on various teachings, visualizations, acts of creativity and ceremonies which people had used for many millenniums, before the onslaught of our "modern" world threatened to wipe them out, to overcome the shortcomings in the physical world that humans have always had and live in this world from a place of knowing, strength, harmony and oneness with Great Spirit and all of life. Then they would quite literally "kick me out," throw me back onto my own resources by sending me home where I would study and reflect on the work we had done together until it become part of my healing, my consciousness, my higher awareness of life ... or go my own separate way, which is inconceivable to me.

After completing these four years of study, my students are certified as spiritual healers, eligible to be ordained as ministers licensed to practice in most states and countries. Many of them incorporate what they have learned into their professional lives as healers. The Coordinator of my Mystery School is herself a medical doctor who says that, "These teachings transformed my life through self-healing, self-discovery and self-empowerment as I found my personal connection to God, reclaimed my spiritual heritage and discovered the 'magical' in life. In turn, I became a better physician because the shamanic perspective enables me to communicate with people in a holistic and healing way."

Others use what they have learned to forge new paths for themselves that are in alignment with their own spirituality and personal truth. One of my fire marshals during the Sacred Fire Ceremony at my annual Spring gathering loves to

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tell people, "I entered Lynn's School as an environmental consultant to corporations and government agencies, who was exploring a spiritual life. Little did I know the transformation about to take place as I received and incorporated the sacred teachings into my life. Today, I am a career coach, helping my clients create a fulfilling life. I write a weekly newspaper column, blog and e-zine, give workshops and have written a book on leadership. Need I say more?"

Graduates are also eligible to pursue a B.A., Master's or Ph.D. degree in a related field through the University of Natural Medicine in Santa Fe, NM. And, because so many people didn't really want to leave the school after these four years, we created a graduate school of kindred spirits, an extraordinary circle of graduates who have chosen to remain part of a circle of friendship and kinship that they have never encountered anywhere else in their lives.

I, as a teacher, as a visionary, want to drag you into the poet's world, the world of shamanism, the world of heightened awareness. I want you to feel deeply and forget about living on automatic pilot. I want you to hear the wild cries within your soul, to look for the magic of wilderness places and share your dreams like coyotes at sunset. I want to empower you to lead your life with care and integrity, without hiding the very special person you are.

Agnes Whistling Elk said to me many years ago, "Everything comes from nothing. Our universe is magnificent in its manifestations of power, but when you go to the center, when you go to the beginning of things, you move, not out into the world for your instruction, but to the interior world, the universe that lives within. It is from the essence of that universe that all life is born." This is the magnificent world of the shaman, the universe within, and I want to

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empower you to live your one life as one who knows how.

Lynn Andrews is the author of 19 books and workbooks, including *Woman at the Edge of Two Worlds*, *A Spiritual Journey Through Menopause* and *The Power Deck, Cards of Wisdom*. She is the creator of "Menopause and the Feminine Rites of Passage" -- meditations, ceremonies and exercises for transformation and joy for all stages of a woman's life, from puberty through menopause. Architect of the *Personal Act of Power* - tools for spiritual growth and personal empowerment. Lynn is also a writing teacher, successful female business owner and founder of the Lynn Andrews Center for Sacred Arts and Training, now in its 14th year, and the Joshua Tree Gathering, which will celebrate its 20th anniversary in 2008

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*Never miss out on a chance to tell someone that you love them; you never know if the opportunity will come around again.*



Isn't Effortlessness a Bad thing?

By  
Sas\_hkalchemy

You've always been told that making no effort is bad, right? Perhaps at school you got a grade for 'effort' and were berated by teachers and parents for being lazy.

You'll never make anything of yourself if you don't put in more effort.

There's no such thing as a free lunch.

We've all heard things like this a million times.

But we should distinguish between effortlessness and doing nothing or being lazy. If you don't exercise because you can't be bothered, or if you eat junk food because it's too much effort to cook something healthy, or if you don't revise for your exam because it's too much trouble, then of course you're heading for an impoverished life.

But there is a certain way of doing things - or rather a certain way of getting things done - by which an excellent result is achieved with the expenditure of very little energy. It sounds wrong, counterintuitive - but it just means 'going with the flow.' I remember my dad telling me how to saw a piece of wood: he said you had to follow the wood's natural grain, if possible, and then let the saw do the work - don't push and pull too hard, just hold loosely and let the saw be your guide, almost as if the saw is an extension of your arm. It's like water or electricity moving - it travels easily and effortlessly, always finding the easiest route, the path of least resistance - there is motion, there is action, but it is effortless motion, and it is powerful motion because energy is not being used to overcome.

The ancient Chinese philosophy of Wu Wei is the best description of this kind of 'achievement without effort.' An interesting and very accessible introduction to this idea, along with many others which will crop up time and again in this blog, are contained in Benjamin Hoff's excellent book, *The Tao of Pooh*.

About the author:

These ideas are explored more at <http://www.effortlessabundance.com> the law of attraction website

*Make a difference*



## Attitude of Gratitude

By

Joseph Rettig



Having an attitude of gratitude comes from being truly enjoyable for what is in your life. This is a considered decision intended to illustrate the blessings in your life with the mental attitude that is linked with it. This is real gratitude, a thankfulness that is true, coming from the heart and soul of your very being.

A person who is not enjoyable may find themselves uttering "Thank you" a few times a day, but never means it because this is as empty as the heart from which it came. The words "Thank you" hold little power to interlock the Law of Gratitude if there is no real gratefulness behind the words. It is as if some people forgot what being thankful really feels like.

Agreeable individuals take great joy in their blessings, realizing the inspiration from where their happiness dwells. They influence others with their words because of the light that shines from them. They conceptualize that giving and receiving are the same and gladly give their blissfulness to those who should receive it.

The law of gratitude is available for everyone. There are ways to cultivate this blissful attitude. All that is required of you is a blessing to change your perception and begin seeing more light from the end of the tunnel. Soon, there will be no tunnel of darkness left for you dwell in.

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When you seek to become more spiritually aware, empowering, supportive, energetic and integral, seek out those traits in others to be with. Finding like-minded people that live in harmony lives will lift you up higher. In turn, you will lift these people and others around you higher. This is a part of the Law of attraction at work.

Helping those around you become enjoyable is not to find fault and criticize them for their shortcomings. This is to judge something you do not fully understand. You cannot walk in anyone's shoes any more than someone can walk in yours. Instead, live by example without placing fault on others.

Make a intelligent effort to stop complaining about your life, it goes nowhere and is wasted energy spent. The more you complain, the more you will feel your life is something that should be complained about. Like attracts like.

If it appears, at times, that life handed you a bowl full of rotten cherries, then throw away the cherries and be appreciative for the nice bowl life handed you. Now you can fill up the bowl with something better.

Whenever you say "Thank you", pay attention to what it is you are being thankful for. Most of the time, it's the small things that matter to be appreciative of. Take the time to let others you love know how much you are pleased for having them in your life. It matters to them and will help them remember just how much you mean to them also.

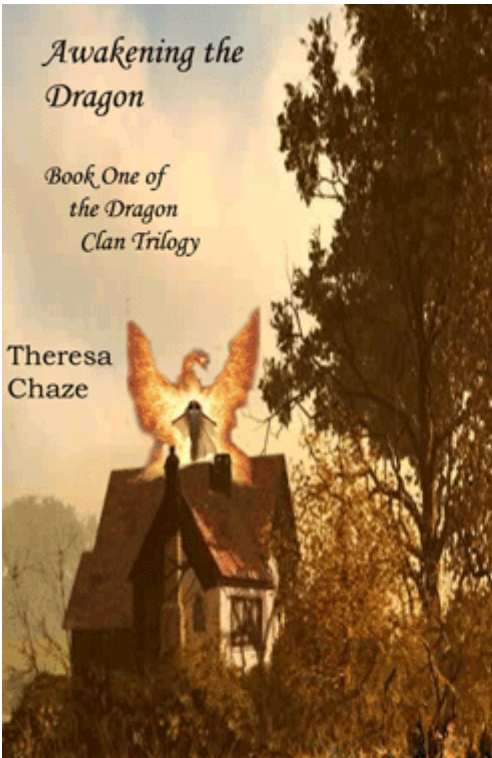
Thankfulness and the Law of Gratitude are one and the same. When you are thankful and gratified from your soul, this goes out and brings to you more of the same. It can make your life a true heaven on earth. Taking the time to focus on what you have instead of what you don't have will eventually bring to you a sense of

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peace and understanding that becomes you. In this way, you will teach others what the attitude of gratitude is truly about.

For Additional information concerning The Law of Attraction visit

<http://www.law-of-attraction-outlined.com> or  
<http://www.law-of-attraction-outlined.com/gratitude.ht>



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The Ultimate  
Attraction  
Power

By  
Harry R. G. Becker

Beginning Is Half Done, is one of the most powerful keys to success that you will ever need during your entire lifetime. More good news, you already have this key. It was given to you at birth for free. All you need to do is activate it for any good or worth while purpose that you wish.



Here is another super powerful success key that will enormously accelerate your learning curve: Learn from a Mentor NOT from experience. Why? Experience is the most time consuming and costly way to learn anything. Learning from a Mentor is the most profitable and fastest way to learn anything.

When you apply the above two success keys to the subject matter of this Article, you will begin to see how they will start producing benefits for you right away. There is more good news too. You can apply these two keys to all of the new and creative ideas that you get throughout your lifetime. Just a quick note here; keep a pen and note pad with you wherever you are so that you can record these ideas when you get them. Believe me, if you don't write them down as soon as you think of them, they will vanish from your

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memory never to be recaptured again.

I'm sure you have had this happen to you. About an hour before you normally get up in the morning, your mental Opportunity Clock wakes you with a great new idea. You think to yourself, I should get up and write this down before I forget it. Instead, you sleep in and get up when your Alarm Clock goes off. After about two hours, you think, hey, what was that great idea I had earlier this morning? Sadly, it never comes back. If you did not catch that, let me say it another way. Never turn off your Opportunity Clock without first writing down a brief overview of that idea or opportunity.

Let's see how well the above success keys work for you in this article entitled: THE ULTIMATE ATTRACTION POWER. Some people are believers and believe in Prayer Power and others do not. This article is for those who believe in Prayer Power. Although this prayer is brief it is inclusive of the many things people are thankful for and desirous of. We hope that it is as inspiring and motivating to you as it is and has been for us as we reread it every day. The Ultimate "Attraction Power" Thank You, God For This Time Together And For Living In And Through Me Every Second Of Every Day Of My Life. I KNOW, BELIEVE, And EXPECT That Everything That Is ATTRACTED To Me Today Will Be In The Form Of An Overflowing Abundance Of Love, Happiness, Good Health, And Prosperity. It Will Be So Because You, God, And I Are Acting Together As One To Make It So!

If you would like information on how to apply more of what you desire to be attracted in you life now, just click on the Website below and enter your name and email address where it is requested.

God bless you with an overflowing abundance of

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good health, love, happiness, success, prosperity, a bright new future and lifestyle, that you will allow yourself to have.

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About the author:

We are helping people across the USA & Canada to activate their new lifestyle of Fun,

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Numerology Forecast 2008

By  
Laraine Turner



**Numerology Birth Date**

Every birth date is actually a Numerology birth date!

Our birth date is the first number that becomes important to us, the first number and date that feels like it belongs to us.

We all get a pang of delight when we discover someone famous or someone we admire having the same birth date as us.

We then wonder if by the mere coincidence that we share the same birthday with this person that maybe we are somehow alike.

I wish! I share my birthday with the late George Harrison, Renoir, singer Elkie Brooks & comedian Lee Evans!

Well, I am Spiritual; I like to do pastel drawings, fancy myself as a bit of a singer and can entertain when I feel like it!

Maybe I'm stretching all that a bit far. But; in all seriousness, regardless of what month and year you were born, the actual number of the day that you were born on does say a lot about you and will also say a lot about anyone else who is born on the same numerology birth date as you.

Just look up the number day that you want to find out about and discover an interesting fact or two about yourself and others that share your

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birth date number.



1st-Logical and Independent.

2nd-Affectionate and considerate although can be emotional and nervous.

3rd-Very friendly and expressive, good company to be around.

4th-Hard working, loyal and practical.

5th-Versatile with a high intelligence and very witty.

6th-A perfectionist who believes that love really does conquer all!

7th-Studious and serious- difficult to get to know as they can't easily share their feelings.

8th-Unselfish but shrewd. Are normally lucky where money is concerned.

9th-Very intelligent and generous. Should marry early.

10th-Should have more than 1 thing on the go at once as prone to boredom.

11th-High ideals, high intelligence, high maintenance! Very intuitive.

12th- Socialable, creative and full of imagination.

13th- Down to earth, self-disciplined and practical.

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14th- Lucky, adventurous and creative with high standards.

15th-Original thinking, attractive and ambitious.

16th-Can be lazy! Should always follow their hunches. Shrewd.

17th-Conservative, set in their ways, drawn to the past.

18th-These people are all things to all men, both spiritual and materialistic. Nearly always have more than 1 job as need something to fall back on!

19th-Can recover from almost any set-back! Always out to better themselves- which they can because of their original thinking.

20th-Moody, doesn't like to be alone, must guard against being walked over! 21st- Born lucky! A flair for the dramatic and loves the limelight! Very interesting people.

22nd-Dreamers. High nervous tension, with psychic leanings.

23rd-Sensitive and understanding souls who value their freedom.

24th-Active & often restless. Stubborn and argumentative. Just wants everyone to be happy!

25th- Very philosophical, intuitive, have to be patient in order to gain their successes in life.

26th-Have an energetic approach to life. Co-operative and excellent organizers.

27th-Natural leader, affectionate, erratic.

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Have a fascination with travel & transport.

28th-Most likely of all birthdates to become a Millionaire! Strong willed & independent.

29th-Up one minute and down the next. Very inspired coupled with a good intellect.

30th-Attractive and excellent mimics. Conscientious.

31st-Self-disciplined but at the same time adaptable. Makes mental notes of who is kind to them & who isn't and then pays back accordingly!

I hope you've enjoyed discovering your Numerology birth date.

About the author:

Let me be your personal Numerologist in 2008. All of my readings and insights are worked out by me. I don't use software at all. I have 15 years experience as a practicing Numerologist. It costs nothing to join my free newsletter which you can subscribe to at my site <http://www.oceannumerology.com>



Is Greed Good?

By  
Hkalchemy

I've just been reading a book by a guy called Bruce Sullivan. The book is called 'Hanna's Christmas Gift' and it's about how to live a



better, happier and more peaceful kind of life. The aim of the book is excellent, and much of the content is also very worthwhile, but I feel that some of it really misses the mark.

He basically advocates five premises:

1. Free your heart form hatred
2. Free your mind from worries
3. Live simply
4. Give more
5. Expect less



I have absolutely no problem with 1-4. These are great aims, things we should all be striving towards. But it's a shame that Mr Sullivan has included 'expect less' in his (to quote) 'amazing principles.' Although he does say here and there that possessions and wealth are not bad in themselves, the overwhelming tone of the book is that these things lead to unhappiness. This can be true, of course, but I would make two points:

1. You can and should expect to have more

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2. You cannot tie your happiness and self esteem to (the pursuit of) possessions and wealth.

Let me elaborate.

First, life expands. Life grows. Life gets bigger. This is the nature of the universe. This is why evolution happens, why Science advances, why artists keep looking for new avenues of creativity; it is why we all want to learn more, to get more qualifications, to improve ourselves. Wanting more happiness, better health, more wealth and more success - in short, more abundance - is good. As Gordon Gecko (Micheal Douglas) so famously said in the 80's classic Wall St, 'greed, for want of a better word, is good.' It's good to want more. It's good to get more. Not to compete with people and trample over them, not to take what's their's for yourself, but to grow and expand in all areas. There is enough for everyone to have everything they want. Really there is. But you have to go about things in the right way.

Second, you have to THINK in the right way, otherwise you'll just end up with debt and pain and unhappiness. You cannot link together happiness with physical possessions of money. You cannot RELY on money to make you happy. It won't. You should be abundant in all areas, which means being happy, healthy, wealthy and successful in your personal and business life. These things are independent of each other - none depends on the others. If you choose to be happy, then you're happy. And that's that - it doesn't relate to anything else. If you choose to be rich, then that's that - it doesn't make you happy.

So greed, for want of a better word, and assuming that we are defining it as a natural tendency to grow, to expand and to become more than we currently are in all respects, and so long as we don't confuse the acquisition of

money and wealth with happiness is, indeed, good.

About the author:

For more about the law of attraction and how to attract wealth and abundance into you life, check out the Law of Attraction website: [www.effortlessabundance.com](http://www.effortlessabundance.com)



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*Celebrate all of the holidays!!! Even the most obscure!*

<http://groups.yahoo.com/group/TurnTheWheel/>

## Pluto Moves into Capricorn

By  
Rose

This (used to be) planet takes about 248 years to orbit the Sun and is only 2/3rds the size of our Moon--but it certainly packs a punch!

Pluto changes signs from Sagittarius into Capricorn this year. (I still refer to Pluto as a planet--old habits die hard!)

It is associated with the zodiac sign of Scorpio and shares similar traits: intense emotions, transformation, taboo, occult, sexuality, trust, and change (to name a few!).

Even if you do not have your Sun in Scorpio, everyone has Scorpio (and Pluto) somewhere in their birth chart and this means that this once in a lifetime change in energies will be felt by you.

As with every energy, there are two sides to this Plutonian one.

One is the side where Pluto asks us to cooperate with others for the benefit of all; to look inwards to see what's there, and generally trying to make the world a better place.

The other side is one where intense emotions can lead to obsessions, and the need for change may be experienced as destructive.



## Messages From the Universe

Where Pluto moves to in your personal birth chart will show which areas of your life you will need to look more closely at, and where you will want to make some pretty major changes.

If you have Pluto touching on any of the planets in your birth chart (and most of us will at some stage), then the effects of this small, but mighty planet will be especially important and prominent.

The journey through Capricorn will take about 15 years to complete, giving all of us plenty of time to get used to Pluto's presence in this sign: it will also allow us the time we need to transform whatever this planet touches in our charts and in our lives.

While you wait for the effects of Pluto to come into your life you are welcome to come along and have a reading--that way you will be prepared for this powerful presence (and opportunity for change) in your life.

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About the author:

The Writer Rose used to write for Universal Psychic Guild the online psychics and astrology sites <http://www.psychicguild.com/speaktopsyche.php> which offer online psychics The Writer Rose used to write for Universal Psychic Guild the online psychics and astrology sites



Psychic Readings Are Fun To Get  
By  
Charlie Reese

Did you know that you can actually take your psychic gift to another level? Many people may not realize that they are in charge of their own spiritual levels and at times they may have to give their energy to someone that is in need. Each time that a psychic gives of their gift freely, they actually grow another step closer to the spiritual realm and to believing and trusting in God more.

Our psychic readings become more accurate when we offer them up to God in prayer and examine our hearts with meditation and prayer. Prayer and meditation is the key to any successful psychic reading. The average psychic usually goes in many different stages. Stage one of

## Messages From the Universe

course is the actual stage in which a person feels the call to give psychic readings. This can be because you feel like you have information to give someone or perhaps you know in your heart that God is calling you to be something a lot higher than what you are right now. You have basically got to understand that you have what it takes to go a lot higher and you have to do it with time.

The psychics journey is one that requires careful meditation and careful spiritual growth. The more that the psychic understands his or her spiritual nature, the more that they will be able to grow closer to God. The more that a psychic understands their own unique psychic calling, the more that they will be able to see where they are going to be headed in life. The psychic call is one in which requires a lot of discipline. Many people don't understand that they have to be psychic in order to understand their gift a whole lot more clearly and they have to be able to understand that they are indeed a psychic in creation. The psychic gift is never complete. We continuously grow until the day that we die.

If you think that you cannot climb another step in the psychic world, then perhaps you should try getting in tune with your inner spirit once again. You have to understand that you are a faithful person and you need to also understand that you are going to grow into a higher realm of light. The more time that you devote to your spiritual gift, the more you will be able to understand that you are supposed to walk in the counsel of other master psychics and learn from them. It's important to always be humble so that you can learn from other master psychics that have gone on before you. The more that you understand the psychic gift, the more you will be able to see your own unique psychic talent. It's going to be hard to imagine yourself growing closer to your psychic gift without

## Messages From the Universe

careful planning and examination of your psychic gift. Always be prepared to go a step higher in your gifted area.

The more that you learn about psychics and what they do, the more open you will be to the understanding that you are supposed to just journey onward. You cannot be a part of what you are doing if you don't know what you are doing. This is why you must make sure that you grow your own psychic gift daily because if you don't, you may find that psychic readings become very boring. You owe it to yourself to grow spiritually and to learn from other psychic masters. The more that you learn from other psychics, the more that you will be able to grow in your psychic gift. God blessed you with a psychic gift and it's important to realize that it's up to use it in this lifetime. The more that you offer your psychic gift to helping others, the more that you will be able to see your gift for what it is. Offer your psychic gift up so that you can definitely learn more about your psychic talents.

About the author:

Charlie Reese is <http://www.infiniteadvice.com> psychic writer and blogger.



We Are Always  
a Work in Progress

By  
Beth and Lee McCain

No matter how confident you may be, or how insecure you are, we are all works in progress, constantly creating and growing our experiences. This will go on until the day we leave this wonderful world. There will always be another desire for you once you have achieved all your other desires. And there will always be more to aspire to within yourself.

Our lives are supposed to be "a work in progress". No matter how many times you complete a goal, there is always something else to finish. This is what we are here to do, to create and create some more; to always have desires and continually change, attain, and focus on what we want. And though we may sometimes forget to work on focusing on our "wants" instead of on our "don't wants", we understand that it is just a part of being human.

There is not one person on this Earth who doesn't have some kind of issue to be worked on. Some of us wear our issues on our sleeves (sometimes it manifests in the form of extra weight), while others bury their issues deep within themselves so that no one else can see them. But when a person buries an issue so deeply, it can be that much harder to get rid of. You have to bring it up, examine it, and then 'let it go'. Letting go means no matter the subject, just release all the feelings attached.

Letting go can be a freeing process for yourself. Hanging on to an issue can make you feel weighed down and feel limited by what that

## Messages From the Universe

particular issue makes you feel. Can it hurt to let go of something that you have been holding onto? Not really, the only hurt comes from not wanting to let go of something that you think you have become comfortable with, even if it's not good for you.

When you 'let go' you are releasing a combination old and new issues, and when you just let them pass through you and you don't hang onto them, you will be able to shed the negative issue. Issues can delay success with the Law of Attraction because of the old feelings attached to them, and we all know what such thoughts with feelings will attract to you. It's best to rid yourself of as many of the past feelings that are not good for your life.

A work in progress means that you are constantly experiencing, constantly changing, and constantly growing. Make use of this life of creation and release what you don't need. Find the life tools that will help you make an easier work-in-progress life by attaining your desires over and over again through the Law of Attraction.

This is a wonderful time in humanity to be able to think freely and find our own truths. Take advantage of all the incredible knowledge to help you along with your work-in-progress life with the Law of Attraction.

About the author:

Beth and Lee McCain are instructors and lecturers in applying the Law of Attraction, in your life to attain whatever you desire. They have a great radio show on Youtube that is both entertaining as well as informative on the subject of the Law of Attraction. For more information about Beth and Lee products and services, please visit:

<http://www.bethandleemccain.com>" Beth and Lee McCain Law of Attraction Web Site

## Coping With Depression

By  
Paul Courtney



Here are a few tips on how to cope with depression in a relationship.

Depression is a universal phenomenon and quite possibly there is no one on the face of earth who has not gone through the course of depression at least once in his or her lifetime. When someone is in a love relationship, the chances of suffering from depression become higher.

It is very important to know different strategies for coping with depression, otherwise the depressed person may end up making fatal decisions in their life. This article focuses on discussing different strategies in the format of tips with the purpose of educating the readers to cope with episodes of depression in their life.

### **Build Your Knowledge about Depression**

The first and most important thing for coping with depression is to understand all the necessary details about depression, its causes and effects, symptoms and treatments. For that purpose, you may consult with doctors specializing in mental health or you may depend on mental health journals. Apart from that,

there are huge resources available on the net which can offer you plenty of information for depression and different strategies for coping with depression.

### Learn How To Discern the Difference between Myth and Reality

The next important step for coping with depression is of course to increase your knowledge about the significant differences among myths and reality concerning depression and its different aspects. Many people believe that depression is not a treatable disease; hence there is no question of any specific possible treatments. Some people simply label it as an experience of ordinary sadness; however, the fact is totally different. In fact, depression is a complex process and if not encountered at early stages, it may get out of hand and even cost lives..

### **Value Yourself and Your Unique Presence**

Sometimes when we are in a relationship, we simply forget to value our own existence and unique identity by putting our family members first, which results in suffering from inevitable depression from identity confusion and identity distortion. You should respect yourself and know how to value your own decision and actions in a rational fashion. Set some time aside for yourself, give yourself a reward as an appreciation of your efforts, While coping with depression, you should first look at yourself from a dignified perspective.

### **Watch Out the Warning Signs**

The behavior of a depressed individual is not the actual behavior. The common behaviors are withdrawn, shy, sullen and angry. Before coping with stress, try to identify the warning signs of depression in you and your partner. Most

commonly, a depressed person experiences sudden outbursts of anger. In fact, they actually show their anger to themselves and their own mental state, although seemingly appear towards environment.

### **Seek Help and Treatment**

Depression is a real disease and it is absolutely treatable. Similar to other illnesses, depression may get worse day by day if proper treatment has not been administered on time. There are various self-help groups around the world, who offer their unconditional support to the depressed individuals and help them coping with depression. If you are experiencing episodes of depression, it is better that you should visit these self-help groups. Additionally, you may also consult with doctors and mental health practitioners for possible treatments.

About The Author: Paul Courtney contributes articles to various publications pertaining to Alternative Medicine, Herbal Medicine and is the main contributor to  
<http://www.depressionadvisory.com>

Alternatives  
to  
Positive  
Thinking

By  
Mike  
Scantlebury



Alternatives  
to positive  
thinking We

all know the situation, it happens on the TV News every night. The person who's just been flooded out; or seen their house disappear off the end of a cliff or been burnt to the ground; or had a child kidnapped or ransomed; is asked by the interviewer with the intrusive microphone: "How do you feel?" In England, and America, we are all expecting the usual result. They will be brave. Despite being frightened, angry, lost, ignored or assaulted, we anticipate that they will gulp, take a deep breath and tell us how things will be better in the morning; they will pick themselves up, dust themselves off and start all over again; they will soldier on, and it isn't the end. No matter what the disaster, for some reason we expect people in the West to be universally brave and looking forward in a positive way. After years of having it drummed into them, losers, victims and worse are always expected to 'think positive'. Why? What comfort can you derive from a hurricane, a forest fire or a plane crash?

Okay, it's true, they might feel better after a good night's sleep, but can't they be allowed to shriek, shout and complain - just the once?

Perhaps the reason that such 'positive thinking' is being fostered in schools, home and in numerous self-help books, is that it doesn't come naturally to many in the population. How many times have you had the experience of hearing a colleague is due for promotion, only to ask them and they dolefully reply, 'I suppose it means more responsibility, more work, longer hours'. But you'll get more money, you say. 'I'll be paying more taxes', they say, or 'Well, it might help but it won't pay off my credit card'. Sound familiar? Yes, 'negative thinking' comes naturally to lots of people, and if thermostat hadn't been so resolutely switched to 'positive' by years of harsh training and exhortation, it might be the natural state for most of us.

It's false, says Oliver James, the psychiatrist, in his new book 'Affluenza'. Worse, it's certainly not natural. In other parts of the world, such as China, it is quite usual to see the bad side of events, and, he suggests, thanks to Confucianism, quite okay to see both the positive and negative in everything - Yin and Yang, and all that. Contrary to Western expectations, it doesn't make people down and defeated. Quite the contrary, it simply means that these people are a little more realistic about life, and can recover from setbacks more easily, knowing that neither bad or good is more prevalent, and a tragedy today is no indicator that tomorrow will be the same or worse. Sunshine and showers, it's all good, all part of the fabric of life, and putting on 'rose coloured glasses' doesn't make the world a better place, or even make it easier to bear.

If there's a role for stressing the positive,

says James, it's not in thinking but in planning. If you want to plan your future, then it helps to imagine that things will generally come out better than they are today, and may even be a lot better. That doesn't mean lose yourself in unreality, or fail to appreciate when things go wrong. But it's a pre-requisite of believing that such things are worthwhile, to want to look forward and put ideas together for building that vision. In other words, don't bother with 'positive thinking', you don't need it. Just stick to 'positive planning', and it will get you where you want to go.

That, he concludes, will be a big weight off your mind. Instead of bravely smiling through, putting a positive gloss on everything that happens, good or bad, you can focus on what you want and put your efforts into making it happen rather than interpreting reality in only a positive light. After all, he says, that's the ultimate measure anyway, isn't it? If you're determined and set on a path to great wealth, fame, fortune, or any of the other things that people in the West hanker after, the real test is in the bank account, the size of your house or car. It won't do to have a smaller car but be 'thinking positively' about it. At the end of the day, it isn't the thinking that's important at all. It's the action, and anything that moves you forward towards your goal is good, in fact 'positive'. That doesn't mean that 'negative' is bad, of course, in action terms, because your path may very well be a cross-country course, with hurdles, walls and hedges to clamber over, hills to climb and streams to ford. To get there, you need to stretch and make the effort, but above all, know that you've got a plan to reach the finish line. It's that 'positive plan' that helps you reach your goal, not the time and effort invested in 'positive thinking' along the way.

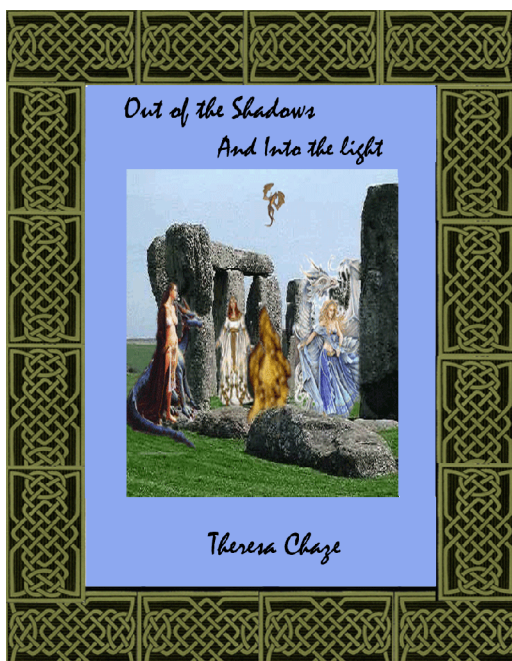
About the Author:

Mike Scantlebury is an Internet Author and a pain in the ass. You say up and he says down. You say right and he says left. Can't the man agree on anything? No, he likes to provoke, to challenge and to encourage. Read more on one of his many websites or look for his books, to download or buy, (Amazon or Lulu).

The website starts here.

<http://www.mikescantlebury.biz>

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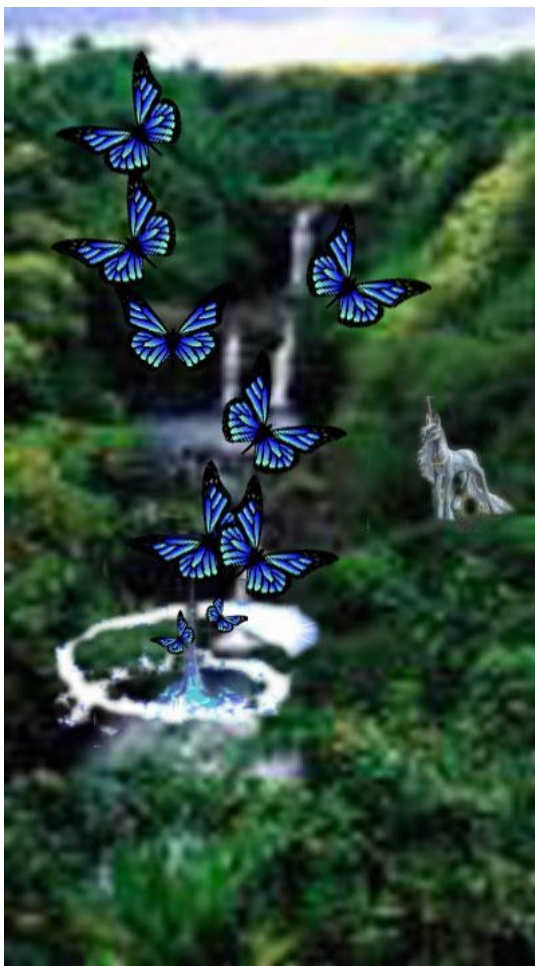
A Dozen Stress  
Reducers For You

By  
Kim Oliver

If you are familiar with the concept of "Inside Out Thinking," then you already know that I don't conceptualize stress as something that exists outside of you. It is actually something you create inside. Stress is a behavior you create to help you get something you want. The only way to reduce stress is to empower yourself to take control of what you can control—namely your actions and your thoughts. You may not believe you can control what you think but with patience, persistence and practice it is not only possible but critical to maintaining a positive state of mental health.

The holidays are often a stressful time of the year for many, I wanted to give you a dozen ideas for things you can do or think differently to help reduce your stress level.

1. Rational Thinking—often irrational thoughts contribute to your stress levels. What are



irrational thoughts? Things like "everyone must like me for me to be worthwhile." Or, "I have to complete everything on my 'To Do' list everyday in order to be a success." Or, "I can't let anyone in my house unless it is spotless." Irrational thoughts are not true—that's why they are called irrational. However, you can actually convince yourself these beliefs are true, and when you believe them your stress level can soar. For example, if I actually think the only way for me to be worthwhile is if every person I meet likes me, can you imagine the stress I will create for myself trying to get everyone to like me? Check your thinking and make sure your thoughts are rational. You may need to ask someone you trust to help you with this because if you actually believe the irrational thoughts, then you will have a difficult time recognizing they are irrational.

2. Inside Out Thinking—Instead of spending your time focused on things over which you have no control, look at the situation and choose the best response available to you. The only things you really have control over is what you do and what you think. You really can't change others. Make sure you take a proactive approach to life's situations by looking at what you can do or think differently to improve the situation. This also means no longer pointing the finger outside of you for the source of your problem or unhappiness. If you are in pain over something, then it is your responsibility to fix it the best you can.

3. Time Management—find a time management system that works for you and implement it. You have the same amount of time in a day as everyone else, yet some people are far more productive than others. They have discovered a way to maximize their moments to get the most out of each of them. There are many time management experts out there who have different systems. However, I think time management is similar to

dieting. There is not a one size fits all approach. You need to find a system that works for you and follow it.

4. Fun Activities—make a list of things you love to do: pleasurable activities. When was the last time you engaged in them? Taking care of yourself and making sure you schedule some "me" time is essential to keeping stress at bay. Even though you may think you have no time for pleasure, taking that time will increase your productivity when you do get down to business.

5. Relaxation—do you meditate, visualize your "happy place," get massage or do some deep muscle relaxation? This is a sure way to reduce stress. When you get good at meditation and relaxation, it is something you can do in a very short period of time almost anywhere. It's a great skill to develop and it will substantially help you manage the stress in your life.

6. Exercise—there has been a lot of research that shows a regular exercise program can be helpful in managing the negative, physical symptoms of stress. This does not have to be any strenuous exercise. It could be as simple as going for a walk but physical activity provides a release of the stored energy of stress.

7. Healthy Living—there are some known links to substances that stress our bodies. If you reduce or eliminate these things from your lifestyle, you will reduce physical stress. Some things to look at are drugs, alcohol, nicotine, sugar and caffeine. If you use any of these substances on a moderate or higher level, you can be creating stress for yourself.

8. Sense of Humor—when you can find the humor in stressful situations, you can laugh your way through life. Laughing releases the body's natural endorphins and will ward off potential stress before it even begins. It is most helpful

when you can laugh at yourself and find humor in everyday situations.

9. Support System—having a healthy support system will help. You need to decrease the toxic people in your life and increase the nourishing ones. We all have those who will suck the life out of us if we let them and then there are others who will support us in our time of need. Look at reducing the former and expanding the latter.

10. Assertiveness—develop the ability to take care of your needs without interfering with others getting their needs met. Be able to say "no" when it will best support you. You can stress yourself out when you always put other people's needs and desires ahead of your own.

11. Experience the Arts—there is something about the arts that will sooth many. It could be music, art, dance, or nature's art but setting aside time to appreciate life's beauty can act as an immunization against stress.

12. Spirituality—develop a personal sense of your spirituality. This does not necessarily have to be religion. It can be a calm, a peace, a sense of the order of life. When things get stressful, you can rely on your spirituality to help you through. You may develop beliefs about everything happening for a reason, the Higher Power will take care of things or there are always positive experiences with the negative. Spirituality can help you make sense of things that otherwise wouldn't make sense.

Stress is not inevitable. You definitely do NOT have to be a victim of it. Know that you are choosing it. Know that you are getting something from it and then make a conscious decision about whether or not you want to continue on your same path or do something different.

About The Author: Kim Olver is a life, relationship and executive coach. Her mission is to help people get along better with the important people in their lives. She teaches people how to live from the inside out by empowering them to focus on the things they can change.

<http://www.coachingforexcellence.biz/stressmgmtclass.html>



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## 5 Simple Ways To Improve Your Life

By

Mark McCullagh

As busy people, we tend to get caught up and as a result it's very easy to get out of balance.



For example, those of us involved in writing, internet marketing, and blogging, tend to spend a lot of time sitting in front of a computer.

Often we neglect other areas of our lives which upsets our balance.

Self-improvement is all about maintaining balance in our lives and to strive to be a whole person.

Here are 5 simple ways to promote harmony in your life and be a better person:

### **1. Get adequate rest.**

Optimal rest can vary from person to person but not having enough is very counter-productive.

Look for signs that you need to rest such as impatience, being irritable, and inability to focus.

When we listen to our bodies and provide rest when required, we often find that we can become more productive by being able to accomplish more in less time.

### **2. Exercise.**

## Messages From the Universe

We humans were simply not meant to be sedentary.

Too many of us lead very idle lives while consuming a high-sugar, high-fat diet.

No wonder diabetes is almost an epidemic in the U.S.A. right now.

We need to exercise. Whether that means a walk in the park, a trip to the gym or the tennis court, the point is to perform 20-30 minutes of exercise 3-4 times per week.

Now get out there and do something!

### **3. Eat a sensible diet.**

This goes hand-in-glove with exercise.

The bottom line is that by eating healthier, you will look and feel better.

Now consider this: learning to control your hunger and cravings for "junk" food will build discipline that will spill over into other areas of your life.

This is why fasting is an essential part of all spiritual practices.

Fasting does not necessarily refer to not eating, it means to control the desire to eat certain foods. Hence it builds the important discipline of being able to better control the senses.

### **4. Engage in Daily Prayer/Meditation/Quiet Time.**

The important point here is to take time away from your "to-do" list.

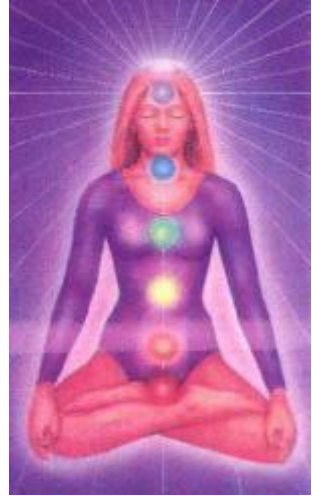
If you have religious/spiritual inclinations, pray or meditate.

If not, engage in relaxation. Picture a time in your life when you were really happy or in a place that promotes calmness, like at the beach or out in the woods.

Trying to stop that ongoing chatter in your head is not easy, so just relax and let go of thoughts and focus on your heart.

### **5. Engage your creativity.**

For those of us online, this could mean producing some really meaningful information or product.



Something that someone will thank us for.

It could also mean playing a musical instrument, listening to music, dancing, building something, or gardening.

If you have a hobby, pursue it. If you don't you may have to consider getting one.

In Closing

Attending to the 5 core activities listed above will create balance in your life. This is essential to becoming more of what you want to be.

I sincerely hope that you find this information helpful.

I have kept this article extremely simple. Self improvement to me should involve uncomplicating our already complex lives.

About The Author: Mark McCullagh is the author

of the New Success Online blog where you can discover internet marketing strategies that work, especially for newcomers and network marketers. Visit the blog at: <http://NewSuccessOnline.com>



*Each day we are given a choice.  
We can be positive or negative.  
We can be healers or cause harm.  
We can share our blessings or hoard them.  
We can give hope or we can take it away.  
Each day we chose to learn from the past,  
we create a new future.*

## Ostara-Rebirth and Renewal



Ostara takes place on the Spring Equinox and is the second spring festival. It is a celebration of rebirth, renewal and fertility as the Mother Goddess has returned to her maiden status and reunites with the young God; together they plant the seeds of the coming year in her womb. Although this festival doesn't have a strong historical connection, it is traditionally the time the ground is prepared and the early, harder crops are planted. In modern times is a time when projects are organized and set into motion.



As a time of balance of not only day and night, but of the masculine and feminine energy, it is a time for new beginnings or revitalizing old projects. Many prosperity rituals are performed on this day as a way of connecting personal success to the fertility of the seasons. As the days grow longer and the crops grow to eventually bear fruit, so shall the person be blessed with their needs and wants being granted.



Celebrations include lighting fires, ringing bells and decorating hard-boiled eggs. The eggs represent the Goddess of Fertility. The whites represent the feminine, while the yoke represents the masculine. Eggs were gathered to be used as talismans or ritually eaten as a fertility blessing. This day is also special to the Goddess Eostre; her patron animal was the hare. The hare and rabbit's represent fertility and prosperity.

Using many of the traditional pagans symbols and traditions, Christians created Easter. Although there are several differences in the traditions, the primary focus is on rebirth and growth.

*Pray for wisdom to return.*

*Pray for tolerance to return.*

*Pray for respect to return.*

*Pray for love to return.*

*For it is the only way for us to have peace.*

*By asking for them all and expecting them to become a reality, we create what we seek.*

*Don't be afraid to be the candle in the dark.*

*If you look around,*

*you'll find you are not alone.*