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Andrea de Michaelis presents

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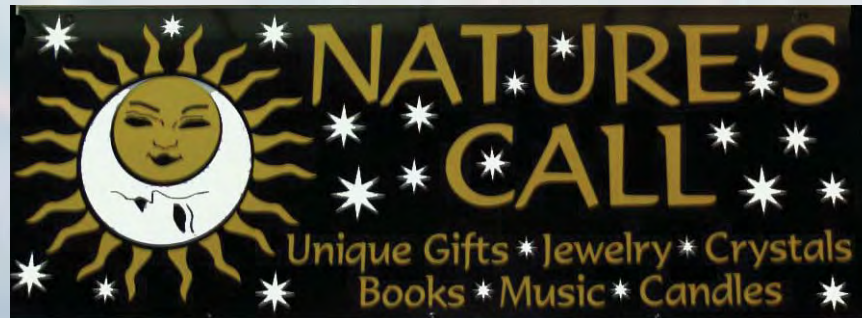
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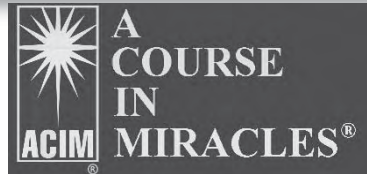
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**CREDENTIALS:** Albert was the subject of the internationally published book "VISIONS OF TIME", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with NASA & the FBI, to working on academic projects, to finding missing persons and sunken ships. He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of The Society for Holistic Living, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the University of Florida, and his Anthropology work is still being taught in Universities. He was also a Project Manager and Lecturer for the Edgar Cayce Foundation also and their Association for Research and Enlightenment. Albert also hosted a year-long TV show, "Society of Holistic Healing" on TV Channel 3, and has made appearances by invitation on "The Carol Nelson Show", on WFTV Channel 9 in Orlando, and "PM MAGAZINE" WCPX Channel 6. Albert was invited to Russia to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.

Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies. Visit him online at [www.psychicconsultant.org](http://www.psychicconsultant.org)



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*The Gathering is not a place. It is a group of people determined to see Love instead of fear, willing to change, and inspired to gather to experience the joy that comes from extending the Light of Being to each other. Grounded in the teachings of ACIM, and open to the exploration of all spiritual paths – we gather to say YES to Life. I humbly invite you to join us in awakening to the greatness of our Spirit.*

-Rosalie Bianco, MMF  
(Magnificent Manifesting Force)

## Co-Inspirators:



Rev. Paula Langguth Ryan ([www.ArtOfAbundance.com](http://www.ArtOfAbundance.com)), author of *Giving Thanks: The Art of Tithing*, is a contemporary prosperity advisor and empowerment speaker who uses universal principles to help people release their fears and embrace love, creating authentic lives that overflow with joy and an innate awareness that all is well.



Carol Howe ([www.CarolHowe.com](http://www.CarolHowe.com)) author of *Healing the Hurt Behind Addictions and Compulsive Behaviors*, is noted for her extraordinary ability to clarify spiritual principles, bringing their relevance to all aspects of daily life. She presents a powerful message about the goodness in all things in ways that enlighten, uplift and transform all who truly seek a better way.

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**Publisher/Editor/Layout:**  
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**Thanks for help this month**

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**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 300+ 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. Our ad rates are low because we are in this for the outcome, not the income. Please write us with your comments.

**Article submission:** You may submit articles of 200-1000 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com, along with a 50 word bio telling who you are and how to contact you. 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 as an ad.

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

[www.new-thought.org/](http://www.new-thought.org/) Email [oneheart@adelphia.net](mailto:oneheart@adelphia.net)

- 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.





**Andrea de Michaelis**  
Publisher

## 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



ello and welcome to the **January 2007** edition of **Horizons Magazine**. I keep getting great feedback from suggesting **The Secret**

Movie ([www.thesecret.tv](http://www.thesecret.tv)) and this email is a popular reader response: *Hi Andrea! I recently moved to California but read your magazine every single month online. I'll be living here for a while but plan to move back to Florida, my adopted home, in a few years. I just wanted to tell you how much I appreciate your recommendation of the movie "The Secret." Based on your enjoyment of the video, I ordered it and it arrived in two days! I just finished watching it and, before writing this email to you, I went back online and ordered it for my son in Milwaukee and my daughter in Naples. It was absolutely wonderful! Even though the information is what you've been saying for years, Abraham Hicks has been saying for years, Wayne Dyer has been saying, Sonia Choquette has been saying . . . but it was in a beautiful visual and easy to understand format. I'm sending it to my children who have never heard this message and probably*

*think their dear old mom is a bit of a flake - having "experts" say the same thing may let them hear it in a new way. When they're ready, they'll hear it (I know, I know - I can hear you telling me already!! \*smile\*). Anyway, thanks again. I absolutely adore you and the work you do.*

And a final email I received as we went to press; *Andrea, your magazine means so much to so many people. I hope you hear that as much as you should. I prefer it to any other metaphysical, or holistic magazine that I have ever read. There is a selfless truth and innocent beauty in it that tells me that it's essence is truly to serve.*

*I know how hard it is to balance service with the need to make a living, and I really pray that your magazine does that for you. My life has been amazing, and I am looking forward to the next phase. Bring it on, I say. I may be weary, and have to put down my sword and rest, but I will surely come back another day, ready for the gifts that fully engaging in my human life with my divine knowledge can bring. What else is there?*

What else, indeed? I really enjoy the feedback I get with Horizons and actually, Horizons Magazine is not designed to produce income although I am grateful it has paid for itself these past dozen years. I like being able to say that with Horizons, we are in it for the outcome, not for the income. The Andrea bills get paid with my reading/counseling practice and the sale of my self hypnosis cds. I get a lot of email "testimonials" and am later asked why they didn't appear in the magazine. I generally print in Horizons what I like to read, and I don't like to read a lot of fluff and puff. I am turned off by overt self promotion, and since I don't like to read it, I don't include it in my publication. If someone is an incredible healer/reader/

**...continued on page 28...**

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**Yes! I want to receive Horizons Magazine at my own front door!**

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# The Science of Deliberate Creation



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of *Ask & It Is Given* and *The Amazing Power of Deliberate Intent* (The teachings of Abraham). Visit them at [www.abraham-hicks.com](http://www.abraham-hicks.com).

## Life Is Supposed To Feel Good

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

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

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

You have Guidance within you that will help you to quantify your journeys. And so, you can tell (if you care about how you feel) whether you're marching, marching, marching towards something that you're going to like when you gets there. People will say, "Abraham, it came out of the blue!" And we say, hardly. You've been beating that drum for a long, long time. And you say, "No, I haven't. I haven't been thinking about that. I didn't think about the specifics of this terrible thing that happened to me." And we say: You thought about enough things that were a vibrational equivalent to this powerlessness that you are feeling (or to this rage that you are feeling) that you activated a vibration that kept you from going in the direction of what you want, and, in fact, took you directly to what you do not want.

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

*...continued on page 30...*

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# Your Daily Walk With The Great Minds Of The Past And Present



Richard A. Singer Jr. is a therapist living in the Cayman Islands. The following is from his new book, "Your Daily Walk with the Great Minds of the Past and Present". To learn more, visit his Web site <http://www.yourdailywalk.org/> or E-Mail him at RAS9999@aol.com.



One of the secrets of life is to make stepping stones out of stumbling blocks."  
Jack Penn

## Meditation

We often look at challenges in life as negative obstacles in our path to success; however, in reality, they are opportunities for personal and spiritual growth in order to lead us to our divine purpose and authentic life. We can choose to believe that challenges are a negative element upon our journey or learn to see them as opportunities for an elevated more meaningful life. Without challenges and difficulties in life, growth and evolution are impossible, thus life would be stagnant and tedious.

## Personal Journaling

How will you turn difficulties and challenges into pertinent learning experiences today?

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Today, I will search for significant learning experiences in each challenge that appears before me.



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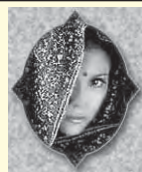


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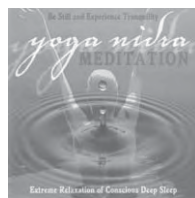
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Lori Grear is a feng shui consultant, speaker, author and teacher. Her newest book, "Dear Empress", is available on the web at [www.empressfengshui.com/](http://www.empressfengshui.com/). Send your questions to [Lori@EmpressFengShui.com](mailto:Lori@EmpressFengShui.com)

Q: Hi I have two questions that I hope you can answer. 1) I have a golden metal frog climbing a black rock almost 10 to 12 inches high. Is it good to place in career area of my house? I want more stability in my current job. 2) I read a lot about the wealth jar. When is the best time to put one together?

A: The frog sounds like a wonderful addition to the career area. Good choice! The best time to put together a wealth jar is when you would like to begin establishing or bringing balance back into your finances. It should be done at a time when you can gather the energy to be positive about your finances and when you feel strong and powerful. Blessings!

Q: Hello. I am writing from south India. My question is, can feng shui help in making our land sell and get us the money? If yes, how and what should we do? In which direction should we keep the file and papers related to that land? R.H.

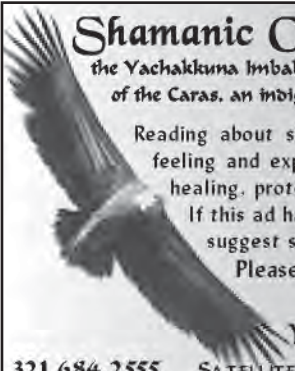
A: Hello. Yes, feng shui can help you release this property and receive the money you require. First I would sprinkle the edge of the land with sea salt to begin to release it, and then consider burning incense or sage around the property. Place all files having to do with the land deal in the SE to create wealth and energy towards it. Lastly consider placing a picture of the property in the S area of your home or office to attract the proper buyer. Much luck and many blessings to you.

Q: Hello. It is wonderful reading your clarifications on Feng Shui. I have one question. Can you use a pyramid, (81 small pyramids in the base of the big pyramid), in a bathroom which is in the northern area of the living room? R.A.

A: Pyramids should be located in the South to be most effective. Their energy is associated with the fire element, which best serves Fame and Reputation area located in the South. Great Question!

Q: O.K. I give up. What is Feng Shui? Anonymous, via email

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321.684.2555 SATELLITE BEACH FL [tom@allipacha.com](mailto:tom@allipacha.com)

A: Feng Shui is officially "the ancient Chinese art of placement", but simply put, it is the placement and arranging of objects, furniture and color to make our spaces comfortable, supportive and peaceful.

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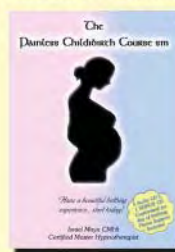
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all the people  
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You may say  
I'm a dreamer  
But I'm not  
the only one  
I hope someday  
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will be as one  
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You  
A Happy,  
Healthy  
and  
Prosperous  
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World  
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# Herb Corner

Cecelia Avitabile is the owner of The Herb Corner and Learning Center in Melbourne Florida. She began studying and working in herbal healing over 19 years ago. She is a Certified Holistic Health Practitioner with a Masters of Herbalism Degree from the Australasian College of Health Studies; she is a member of The American Association of Drugless Practitioners, the American Herbalist Guild and The Plant Saver Society. You may reach Cecelia at 321-768-1551 or email HerbCorner@cfl.rr.com

## NATURAL SUPPORT TO STOP SMOKING

### It's Resolution Time Again



**kay.** this is the year you are going to kick the habit and you are concerned that it's not going to be easy. Maybe you tried to quit before and it didn't work. Before you begin sit down and truly answer some questions. Why do YOU want to quit? You will have greater success if you are doing this for you and not because you are being pressured. Then think about when you smoke, is it with your morning coffee or when you are in a group of friends? Ask yourself what smoking prevents you from doing; do you now have to leave the restaurant to step outside for a smoke? Do you seem to smoke during times of stress or at certain times of the day?

This preliminary time is a time for re-programming your thoughts. As long as you believe that you are addicted to smoking, you will be. Through visualization see yourself happy and stress free without a cigarette in the moments that you would normally be smoking. Envision yourself a year from now happily not smoking. A good hypnotherapist can help with this.

When you are in the process of quitting, you will want to incorporate nutritive herbs like **Spirulina**, **Chorella**, **Alfalfa** or **Nettles**, these are rich in the amino acids that produce dopamine, which nourish your nervous system. They help curb cravings, lessen anxiety, and prevent headaches and depression, plus they are rich in B vitamins, Vitamins A, C, calcium, magnesium, selenium and serotonin; helping you feel calm, sleep better, reduce pain, lift your spirits and provide you with energy. Along with this, they repair and prevent cellular damage to the lungs.

To prevent stress and anxiety **Ashwaganda**, **Oat Straw**, **Passion Flower**, **Blue Vervain** and **Gota kola** help to reduce cortisol, the stress hormone and they increase your levels of dopamine. If your dopamine levels are low you crave cigarettes more.

This is also a good time to cleanse your lungs and your liver of the toxins that have accumulated from smoking. **Milk Thistle**, **Burdock**, **Dandelion** and **Yellow Dock** are a few that help clear the liver. **Osha**, **Mullein**, **Grindelia** and **Horehound** help clear your lungs.

The herb **Gymnema** helps balance your blood sugar levels; when you smoke your blood sugar levels increase producing more adrenaline, causing problems with your immune system, your heart and lungs, leaving you feeling tired, depressed and craving another cigarette.

If your smoking seems to be a hand to mouth thing, you can try sucking on toothpicks, a straw, cinnamon sticks or licorice root sticks.

To stop those pesky cravings **Mullein**, **Plantain**, **Sassafras**, **Skullcap** and especially **Lobelia**; which contains lobeline a substance very much like nicotine without the addictive effects are effective.

### Here are a few herbal ideas to get you through the withdrawal process:

**Stop Cravings Formula:** ½ part Calamus, 1 part Gota Kola, ½ part Ginseng, ½ part Kudzu, ¼ part Skullcap, and ½ part Licorice.

To help clear the lungs and liver, to balance blood sugar levels and to support the nervous system and adrenal glands: 1 part Burdock, ¼ part Licorice, 1 part fennel, 1 part Gota Kola, ½ part Peppermint and 1 part Dandelion root.

If you must smoke why not try making your own herbal cigarettes there are quite a few blends you can put together using some of the herbs mentioned earlier.

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# Dear Louise...

Louise L. Hay is a metaphysical teacher and best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *I Can Do It!*®. Louise's works have been translated into 29 different languages in 35 countries throughout the world. Visit [www.LouiseHay.com](http://www.LouiseHay.com)™ or [www.hayhouse.com](http://www.hayhouse.com)®. And, tune in to Hay-HouseRadio.com® for the best in inspirational talk radio featuring top Hay House authors!



**D**ear Louise, I've been reading your column for a while now, and I feel that you could help me with my problem. I don't know where to start. I have thinning hair as well as body hair, which is all I think about all day—it's preventing me from living a normal life or having a relationship.

I've been to the doctor and been diagnosed with PCOS (polycystic ovary syndrome)—doctors say it has to do with insulin resistance. I'd like to know if this condition is something I caused by the way I view myself, or is it just a heredity condition (my Dad's family has a history of diabetes, and my grandmother and aunt had severe hair thinning/loss). If you could shed a little light on my condition/situation, I'd be forever grateful. PD, New York

**Dear P.D.,** First of all, stop thinking about it all the time. Obsessive thinking just makes the pattern stronger. The only thing preventing you from having a normal life or a relationship is your own thinking. The way you choose to view yourself has a lot to do with how much you're suffering. A history of diabetes in the family means that the whole family has poor eating habits. Extreme hair loss is often aggravated by a diet of excessive salt and sugar with too little protein. More fish and green vegetables could balance your whole system.

When we're tense and afraid, we often create those bands of steel that originate in the shoulder muscles and come up over the top of the head. Tell your scalp to relax right now. If you notice that your scalp visibly relaxes, then I suggest that you relax your scalp often. A good scalp massage morning and evening will stimulate circulation.

Your lesson is to love yourself exactly as you are right now. Think of this condition as temporary. In your mind, allow it to go back to the nothingness from whence it came. You're not your family, nor do you need to think or eat the way they do. Go to a good nutritionist and learn healthier eating habits. There's so much you can do for yourself. Don't waste your thoughts bemoaning your fate. Affirm: I can heal myself and I will! (You might also want to get the book *The PCOS Protection Plan*, published by Hay House.)

**Dear Louise,** Recently my mother died at the age of 50 leaving me (a 22-year-old male) and my sister(16) behind. My sister is now going to live with my aunt and uncle, and I will live on my own. I've experienced her death differently when I look at my family. I feel loss, but am not depressed,



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angry, or sad. I know that my mother wants me to be happy. I'm sometimes scared, though, also, when it comes to relationships. I have a desire to live with a girlfriend, but my fear is that I'll do that out of fear of being alone and less about love. I don't know what's right anymore in this regard. I experience great feelings of autonomy and independence, and now I feel this even stronger. It's like a clash. I want to live with someone I love, yet I also value my own life very much. What would you advise? A.D., the Netherlands

**Dear A.D.,** For the time being, I suggest you do nothing. Allow yourself to go through the grieving period in your own way. Know and affirm that Life loves you and has your best interest in mind. Yes, your mother wants you to be happy, so talk to her and ask her to help you with your decisions.

**Dear Louise,** I want to be a successful writer like you. How do I begin? Where do I start? A.G., Los Angeles

**Dear A.G.,** What are you passionate about? What kind of books do you want to write? Who do you see as your audience? Are you thinking of writing self-help books? Are you a public speaker? There are so many questions to ask you. To begin, you must start to write. After you've written something, you can then look for a publisher. Go to a library or bookstore and get a book called *The Writer's Market*. It will tell you which publishers would be interested in the sort of material you've written, and which require an agent.

For my own story, I was teaching classes and wanted to reach more people, so I put my workshop on paper in form of a book. I didn't go to a publisher because I didn't believe they would allow me to tell my story in my own way. So I printed my own book and then just sold them to my various students. It was a very slow beginning. Then Life decided that the book needed a wider audience. Good luck to you!

Questions for Louise? Write to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100 (letters may be edited for length and clarity). Due to the volume of e-mails that Louise receives, she can no longer respond via the Internet. Visit Louise and Hay House at: [www.LouiseHay.com](http://www.LouiseHay.com)® or [www.hayhouse.com](http://www.hayhouse.com)®. And, tune in to HayHouseRadio.com® for the best in inspirational talk radio featuring top Hay House authors!

# From the Heart

Alan Cohen is the author of many popular inspirational books, including the best-selling *The Dragon Doesn't Live Here Anymore* and *Why Your Life Sucks* and *What You can do About It*. This January 1<sup>st</sup> Alan begins a six-month Personal Mentorship Program. For information on this program or to receive Alan's daily inspirational quote and monthly newsletter, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079.



## Can You Not Do It?

When the primal forces of nature tell you to do something, don't quibble over details. — From the movie *Field of Dreams*

For many years my office assistant Noel had a dream to become a certified teacher. Noel often fantasized about going to a specialized school to take an advanced training, but she was not certain if this was the correct path for her and she did not know how she would find the courage to accomplish it. Moreover, she would have to travel a great distance and take time away from her current work, friends, and family.

One morning Noel arrived at the office glowing. "I have decided to go," she told me with a smile.

I could see she was quite resolute. "What made your mind up?" I asked her.

"I couldn't stop thinking about going. Finally last night I asked myself, 'Can you not go?' Then I realized that I couldn't not go. I've been thinking about taking this course for a long time, and the idea keeps knocking at the door of my mind. It only gets stronger. There must be a reason. I have heard that at the end of your life, it's not what you did that you regret — it's what you didn't do. I know I would regret not taking this course, so I called this morning and registered."

Noel traveled abroad, took her course, and received her license. She also met a man, got married, and now has a beautiful family. Now she is quite glad she followed her instincts!

Soon after I self-published *The Dragon Doesn't Live Here Anymore*, I wondered how to disseminate my book to the public. I knew nothing about the book industry, and I wasn't interested in the business aspects of publishing.

Then I came across the catalog of a distributor that specialized in books related to *A Course in Miracles*. I was a student of the Course, and a significant portion of the material in *Dragon* was inspired by the Course. This company might be a good venue, I thought. But since I was shy about self-promotion, I tossed the catalog into the wastebasket and put off my marketing plans for a later date.

A week later I received a letter in the mail from a friend. When I opened the envelope I found a copy of the exact catalog I had thrown away. "I think you should send your book to these people," my friend wrote.

Okay, okay, I can take a hint.

I contacted the company and showed the owner my book. He enthusiastically put *Dragon* into his catalog and placed sample copies in the hands of key people. Soon the book became popular. Before long I was receiving invitations to speak all over the world, meeting wonderful people, presenting programs, selling lots of books, and feeling more fulfilled in my career than ever before. In a short time my life changed in a huge way.

As we enter this bright new year, many opportunities lie before us. You may be wondering which one(s) to follow up on, and which to lay aside. When something is right and important for you, the universe will stay after you, prodding you to do it. You may resist your next step, put it off, deny it, or even run away. But if an event, relationship, activity, or career is in line with your chosen destiny, it will find ways to get your attention and keep you in the game.

If you are not sure whether or not to do something, try not doing it and see what happens. If the impulse fades away, you have your answer. If, however, the voice becomes more insistent; or you can't stop thinking about it; or the universe keeps putting the idea "in your face," you may do well to heed its call.

Rather than judging or belittling your intuitive promptings, imagine they proceed from a source of wisdom. Most of the time you will find there was a good reason you were feeling the impulse. Your intuition is like a muscle; the more you use it, the stronger it grows, and the more easily you will recognize your joy path. Often you will receive confirmation by some kind of outer sign.

While I do not believe in a destiny that is forced upon us from some alien source, I do believe that we attract to us certain situations that we have chosen from a very deep level to advance us along our life path. Very often these situations keep presenting themselves until we acknowledge, receive, and act on them. If something keeps showing up and you keep wanting to do it, give it your serious consideration. If you can't not do it, then you may do well to allow life to have it wonderful way.

This month's article is an excerpt from Alan Cohen's extraordinary new prosperity book, *Relax into Wealth: How to Get More by Doing Less*. To order the book, receive information about Alan's six-month Personal Coaching Program beginning in January, or to receive Alan's free daily inspirational quote and monthly newsletter, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1 800 568-3079.

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# What Manifesting Abundance Is Really All About



Barbara Brennan, PhD, is a world-renowned spiritual leader, healer, educator, and the best-selling author of Hands of Light,® Light

Emerging, and the inspirational Seeds of the Spirit® series of poetic channelings. She is the founder of the Barbara Brennan School of Healing® and the Barbara Brennan School of Healing Europe...global healing institutes where students from around the world study her unique modality of healing through the human energy field.

**H**ow do we go about creating a better life? And what exactly does a better life look like to you? For most people, it means more money, a better job, a loving partner, perhaps a bigger house.

These are all reasonable ambitions for they form part our natural yearning to improve the quality of our existence.

Unfortunately, we usually set about achieving these goals in ways that appears to be direct but are actually counter-productive. Too often, we get trapped in a cycle of chasing, failing and frustration. No matter what lengths we go to, they always seem to fall short.

The trick is in understanding that the more you worry about material benefits – or the absence of them – the less likely you are to create them. Why? Because the desire for more money or career success is just too small an objective. It severely limits our true potential and underlines the ego's vested interest in keeping us small.

Thinking big, on the other hand, is less about daring to dream of financial wealth and more about daring not to. It means letting go of the fears and anxieties that surround our views on money and the belief that we will always have to fight for what we want.

When we can do that, when we are no longer tied down by the multitude of self-imposed restrictions that grew out of our experiences of life, our childhood wounding, our culture, and the well-meaning but often negative influence of parents, teachers and peers, a whole new world will open. And the gifts of the universe – prosperity among them – will flow.

Or to put it a little more precisely, we will then be in a position to allow these gifts – that actually up-well from within ourselves – to flow unencumbered by the obstacles we have consciously or unconsciously created.

*...continued on page 40...*

**Have you ever wondered about your soul's purpose, and how to accomplish it in this lifetime?**

**World-renowned Kabbalah Numerologist, Astrologer, and author of best-selling book, The Rabbi's Tarot, and other titles. Daphna Moore has moved to Brevard County after living in Denver, CO, for over 23 years. She is a retired AMTA Massage Instructor, a healer, Intuitive Reader, and hypnotherapist. She devotes most of her time with her readings.**



Daphna offers several types of readings for you. Intuitive astrology and numerology readings, as well as phone consultation. Some of the readings she offers are:

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The new edition of The Rabbi's Tarot, will be available in 2007, publisher Hughes Henshaw Publications.

# Energy Medicine

Donna Eden is one of the world's most widely respected healers and a pioneer in bringing the methods of energy medicine to the public. Her unique clairvoyant observations of energy patterns have led to a fabulous, practical guide to managing the body's subtle energies. See Donna January 2, 2007 class in St. Petersburg and the January 10, 2007 and March 15-20, 2007 classes in Orlando. More information to be found at [http://www.innersource.net/classes\\_training/classes\\_training\\_main\\_em.htm](http://www.innersource.net/classes_training/classes_training_main_em.htm) or by calling (541) 482-1800.



## Beginner's Guide to Energy Medicine

**E**nergy medicine is both a complement to other systems of medical care and, in itself, a complete system for self-care and self-help. It can address physical illness and emotional disorders, and it can also promote wellness and peak performance. Because we receive so many requests from people who are new to energy medicine for help with health conditions, we have written this brief guide to help orient you and to direct you to a wealth of available resources, most of them free.

Energy Medicine is both an independent approach to self-care and a complement to medical care.

### TWO WAYS ENERGY MEDICINE CAN HELP

There are TWO LEVELS where energy medicine might make a difference with a health condition:

1. THE FIRST has to do with getting your body's energies into a good flow, harmony, and balance. While not focusing on your health issue directly, this can create within your body an energetic environment that supports your overall health, vitality, and healing. This is the place to start, even if you are also taking additional steps, such as assessing and working with specific vulnerabilities in your energy system or consulting with an energy medicine specialist. Unlike treatments that offer pills or surgery, energy medicine focuses on the entire body as a system. Before doing more specific treatments, energy medicine practitioners routinely help people get their body's overall energies into a strong and healthy flow. Over the years, we have designed a five-minute "Daily Energy Routine" that combines the most potent techniques we know that are able to help the greatest number of people to stimulate each of the vital energy systems and bring them into harmony and balance. These are the methods an energy medicine practitioner might give to you after an initial consultation so that you can strengthen and balance your own energies. There is much you can do for yourself through the Daily Energy Routine. We propose that you dedicate about 10 minutes each day to this. That is all that is necessary to begin to make a difference. Five minutes for the Daily Routine and five minutes to experiment with repeating some of the techniques and using additional methods. We guide you through the Daily Energy Routine in every introductory publication we have. You can find it in the book *Energy Medicine* (Chapter 3), on our "Energy Healing" videos, and in the Sounds True "Energy Medicine Kit" (available November 2004). You can find these resources at [www.innersource.net](http://www.innersource.net). Six areas you might experiment with as adjuncts to the Daily Routine are 1) the "Hook-Up," 2) the "Homolateral Crossover," 3) "Separating Heaven and Earth" (also known as "Connecting Heaven and Earth"), 4) techniques for sedating the triple warmer meridian, 5) the "Neurovascular Hold," and 6) the "Blow Out." All are presented in each of the above resources.

2. THE SECOND LEVEL by which energy medicine might make a difference with a health concern involves an assessment of your body's energies and the ways they are related to the condition. Based on that assessment, individualized treatments can be designed to make your energy system more robust, specifically in the ways that will help with the health condition. If you are a beginner with energy medicine, this is more than we recommend you attempt without the help of a qualified practitioner (see below for suggestions on how to find one).

*...continued on page 32...*

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# SECRETS

*Excerpts from*  
Secrets of Spiritual Happiness



Writer-producer-artist-musician Sharon Janis is the author of Spirituality For Dummies, Secrets of Spiritual Happiness, and Never to Return: A Modern Quest for Eternal Truth. Visit her website for inspiring book excerpts, streaming videos, devotional chanting, more: [www.sharonjanis.com](http://www.sharonjanis.com)

## Let Go of Punishment Mentality

Behold, happy is the man whom God correcteth: therefore, despise not thou the chastening of the Almighty.

– Job 5:17



In our journey of spiritual happiness, there is a bit of cleaning up work for each of us to do. We've been given all kinds of blatant and subtle teachings throughout our lives — by our culture, by friends and families, in educational programs, and through the media. Some of these teachings may be true, some may be partially true, and some may not be true at all. Part of our job is to do a bit of weeding whenever possible, pulling out whatever weeds of wrong understanding may be keeping our beautiful blossoms from thriving.

One particularly questionable concept we need to look at is the fairly common image of a punishing God, who is waiting to shower wrath upon our lives, if we dare to displease "Him."

Perhaps such a concept is helpful in keeping those with animalistic desires from expressing harmful actions into the world. Without the threat of a punishing God, who knows what some people would do? But you're not like that, are you? You can be good just for the sake of your own inner satisfaction, and not because you're afraid of being punished from above, right?

God has lovingly created this exceptionally beautiful planet and given us all an opportunity to take birth here from the unknowable non-physical realm of the soul. Here, we live among the most exquisite and breathtakingly beautiful riches of nature, including a bountiful variety of colorful foods, with fresh, flowing waters, and all the glories of life that dance day and night upon this earth. I think it is obvious that He likes us.

Therefore, one good step toward spiritual happiness would be to stop thinking that God is waiting or wanting to punish

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us for our limitations and mistakes. Feelings of guilt and upset can actually cause us to create our own problems — like children who angrily break their own toys after being sent to their room for misbehaving.

This same archetypal pattern of punishment has also taken form in our society's ever-expanding prison system, which clearly demonstrates how ineffective this punishment mentality can be in the long run. It may take decades for society to find a better way to keep the masses in line than by using punishment mentality, however you can change your own personal approach right now. With the magical wand of your own mind, you can contemplate some of your inaccurate, world-given beliefs and begin to prune out those that create suffering in your life.

Small children are often punished by apparently magical parents, who somehow seem to know about bad behaviors in a way that might seem magical or Godlike to unsophisticated, young minds. If you're one of the majority of children who were punished for bad behavior, chances are that you may have some form of "punishment mentality" concept stuffed away in the foundations of your personality and worldview.

*...continued on page 22...*

# The Sound Of Healing

Richard Hite will perform Feb. 10th and 11th in Cocoa at the Center For Spiritual Awareness, see ad on page 37. His website is: [www.acallingofangels.com/](http://www.acallingofangels.com/)

**W**hat is the sound of healing?" the young man asked the old priest who rang the temple bells.  
 "It is the wind blowing through the trees, the singing of the birds for the morning sun and the crashing of waves on the shore. It is in the sound of children and the young at heart laughing. As gentle words of forgiveness this voice is given a language. God's many voices are everywhere," the ancient one answered. "The earth, the stars and the planets sing this voice for all who can hear. The healing



voice of God waits within you. It finds its resonance in all those moments that you listen deeply."

The young man listened attentively, a bit stymied at the answer and asked, "How do you know God's voice is in all that?"

The old man, smiled slightly as he took the boy by the hand and led him to sit on a cushion in front of the window.

"Sit quietly and listen," was all he said as the boy sat on the cushion. The ancient one's hands emerged from within his robes and struck together two little gongs of different frequencies. It was as if all the angels had begun to sing.

The boy did not move except for the tears that flowed down his face. All the questions and doubts that had cluttered his mind were gone.

Samadhi was all he had left.

Gongs have long been a big part of my yoga practice. Their sounds, layered with dense overtones, and the sub-audible vibrations they produce, have a long tradition in spiritual practices and the healing arts. I was hooked the first time I heard one. It was in a yoga ashram, we were on the tail end of two hours of Kundalini yoga practice, all laid out on the floor on our backs, relaxing our bodies, when, using fairly hard mallets, one of the teachers began to play a large gong positioned at one end of the room. He started gently enough, but within a few minutes the gong's large surface was vibrating every air molecule in the room.

I could feel the sound waves as much as I could hear them. Dense vibrations, rolling in waves, obliterated all my senses. I lost the felt sense of having a physical body. The vibrations overwhelmed my ability to separate myself from the surrounding environment. It seemed as if my skin was painlessly dissolving. At one point I wanted to get up and scream, "Stop!" I felt totally out of control, but, I was held immobile. My inability to sense any part of my body, made it impossible to physically move.

The continuing, crescendoing waves of energy picked me up in a vortex, taking me on a magic ride that wound through the universe. I passed galaxies and nebulae traveling faster than light itself until a black hole sucked me into a blissed out state of unconsciousness. My very being had dissolved, the atoms of my body became like the grains of sand distributed across a virgin beach. As he wound down his intense playing I experienced a profound sense of emptiness. This was soon filled with a blissful feeling that was even more profound. What had been fatigue earlier, transformed into a lightness throughout my body. Energized and relaxed as I felt however, I still couldn't move much more than my fingers and toes for a bit more. There were no words to describe the experience. I mean that there were no words in my mind, no thoughts until I remembered hearing the voices of angels singing.

Somewhere, in the middle of the intense, dense sounds and vibrations, I had heard voices blending together and calling to me to join in. Instead of my voice joining with theirs,

*...continued on page 29...*

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# Daily Guidance From Your Angels: 365 Angelic Messages to Soothe, Heal, Open Your Heart



The following excerpt is taken from the new book, "Daily Guidance From Your Angels: 365 Angelic Messages to Soothe, Heal, and Open Your Heart" by Doreen Virtue, Ph.D. (October 2006 Hay House). It is available everywhere.



## *Have Patience with Yourself*

**Y**ou're learning and growing every day, even when you're not consciously aware of your progress. As you later look back on this period of your life, you'll understand how the pieces fit together. You'll see the blessings and lessons that you gained from this time period.

Sweet one, you're much too hard on yourself at times! You've come such a long way, and yet you chastise yourself for not going fast or far enough. So this day our message for you is to have patience with yourself and the process of life. All things are Divinely timed—just as a rose unfurls its petals at precisely the right moment, so too does your life progress along a perfect timeline. If you were to force the flower to bloom by prying apart the petals with your hands, it would soon wither away . . . and so it is with your life.

The more patient you are with the process of progression, the more you open the energetic doorways for your good to come to you. Give us any anxieties that you may feel about time, and allow us to transport you to the eternal energy where magic happens.

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You may email your answers to [weslynn3@netzero.net](mailto:weslynn3@netzero.net). In the subject line, please state: "Timing is Everything" Both the correct answer and winner's name will be listed in February's issue of Horizons.



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by Wes Alistair  
ISBN# 1-4120-9492-2

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## *Thought for Today*

I am patient with myself and with life itself.

I surrender all struggles and any need to control or force things to happen. I happily embrace the knowledge that everything I desire is mine to enjoy right now.

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# SECRETS

*Excerpts from*  
Secrets of Spiritual Happiness

...continued from page 19...



When you have punishment mentality, you may think that you don't deserve all the blessings that are your birthright. You know that you've made mistakes, and if God doesn't punish you for them, by golly, you'll have to do it yourself.

Instead of sinking to such depths, we can use our minds to uplift these harmful beliefs into a beneficial belief in a benevolent God. Then, we'll be opening the door to spiritual happiness.

Instead of thinking about your challenges with punishment mentality, you can contemplate them with faith in God's limitless grace. Perhaps you have been given extra challenges because your heart is longing to truly be free, and those troubles are exactly what will get you there. Perhaps you dared to wish for the experience of God's presence in every moment of your life, or for divine grace to inspire and bless your works. Such blessings don't always come cheap or without challenges that may be necessary to test, transform, and uplift you.

Here is a test to find whether your mission on earth is finished: If you're alive, it isn't. - Richard Bach

Consider that, through your challenges, God may be rearranging things to loosen your attachments, heal your pride, or prepare the way for some new growth in your deep inner life. Of course, you can also make efforts to lower the number of corrections you have to go through by adjusting your actions. However, contrary to what you may have learned as a child, there is no need to think that a parental God is ready and waiting to punish you if you do something wrong. This is where the idea of God as a benevolent teacher can come in handy.

Many ancient spiritual scriptures explain that we create the world as we live it — each one of us, and all together. Therefore, we can choose to create the experience of a loving God, or we can create the experience of a judgmental, harsh, and wrathful God who sends afflictions to express his displeasure with something we've done. The seeds of spiritual happiness or unhappiness exist in how we interpret the events of our lives.

Even if we don't always have a choice over how outer events and experiences take place, we do have some say as to how we interpret those situations. In fact, we can even learn to be grateful for challenges when our focus is on how to use them as leverage to improve ourselves.

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New Rule: Just because your tattoo has Chinese characters  
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## This month's thoughts about things...

*...continued from page 7 ...*



practitioner of any metaphysical sort, I will hear about it from someone. I will hear others singing their praises. If my first introduction to them is via a press release, it's often a challenge to weed through the marketing story to find the person behind the hype. When I read a "spiritual" magazine, I'm looking to be inspired and uplifted. I'm looking for personal stories I can relate to, about people like me who are going through the same life changes I am going through. I want to read entertaining stories of how others react to things, how they handle their daily life. I want to learn about activities that interest me and what resources and groups are locally available. I don't need to read an entire page of why Horizons is the best publication on the planet. Reading it will tell me if it's relevant for me. Only for 3-D marketing purposes is it important to sing your own praises. When you realize your source is beyond the physical, beyond this 3-D word, it's a whole new ball game. New rules apply. I'm living proof, and it's not just me. And it's not just me and "my gang". Because heaven knows that not everyone in my gang gets it hahaha! A lot of people are waking up - some via watching The Secret Movie - and taking active part in the creation of a future they want to experience. And they are making things happen in visible ways. So I feel like, if I have to publish testimonials in the magazine, I am not only taking away from more interesting content, I am basically saying that I don't trust the law of attraction to bring to me the resources to continue making Horizons available each month if it's so all fired important to anyone.

It's not easy to think inspiring thoughts and say inspiring words if the money isn't flowing consistently, so I have learned to explore every creative impulse and idea that comes my way in my quest to keep a variety of fun incoming producing projects in the works. If it's to be, it's up to me. Pursue every thought that comes up. I let these ideas slide the first 20-30 years of life, so by pursuing them now, I'm often tickled with where it leads me. My buddy Magical Mary Seid is in her 40's and inventing new health devices all the time.

In my twenties, I thought you grew up and married the man who was the good provider. I soon realized it was easier to just make the money myself. I learned that even with just a high school education, I could do things and go places. The idea of being independent invoked my creative spirit, since I had to be creative if I wanted to create a career to make money doing something I had fun doing. Trial and error through dozens of years taught me that if you link your mission with genuine service, even if no one knows you're doing it, that's a key ingredient for success. And the fulfillment comes from your own knowing that you have done something that mattered for someone, that helped another along their path, that made the way a little easier for your fellow man. Yes, I'm an Aries with 4 of my Aries planets in the secretive 12th house, the behind-the-scenes-house. That makes it easy for me to be satisfied working behind the scenes, to not need a lot of recognition to feel valued. I think I'm lucky that way. Or maybe because I feel so recognized and ac-

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# The Sound Of Healing

*...continued from page 20...*

however, my whole body had seemed to become a vibration that their voices carried, smoothed, and made more harmonious in the experience. Answers to questions that had haunted me since childhood suddenly seemed to flow into my awareness. I could feel the deep questioning emotions that had been looking for those answers for so many years. I did not wish to have an emotional meltdown right then and with my breath was able to smooth things out until later. I also knew that I wanted a gong. The experience was a powerful turning point, but I was not able to fulfill my goal of obtaining a gong for a few more years.

Soundwaves are capable of melting hardened steel, but I find the gongs more useful in how they can induce a deep sense of relaxation while stimulating energy flow. The deep bass tones of a large gong penetrate the dense bones, relaxing tense muscles from the inside out and interfering with the energy patterns that maintained the tension. The result is that the muscle returns to a relaxed state.

Holding a deep stretch such as a full spinal twist while listening to gongs and breathing deeply and slowly can increase awareness in areas that may have been held tight in a sensory/motor amnesic loop for a long time. This is especially true in the lower back and pelvis connection. Getting some of the many small muscle groups in the area of the sacrum to relax is often very difficult. Many people have developed habits that hold these muscles tight while sitting in a chair all day. This eventually blocks their ability to communicate relaxing suggestions to these muscles. After awhile, it also blocks the ability to feel the muscles so they don't feel the hurt or tension anymore. This starts the sensory/motor amnesic loop that leads to exhaustion and collapse. Muscles remain tense without an intervention to stop the continuous tension = pain = tension looping and recycling. The gongs interrupt this cycle. The vibrations stimulate and overwhelm the pain related communications between muscles and the brain allowing the muscles to relax.

The gong I had heard was a 32" Symphonic gong manufactured by Paiste Corporation. I was told that these gongs were based on designs that originated in the Wushan Province of China before they were perfected in the region of Tibet. This technology was brought to the west by Tibetan monks escaping Chinese rule.

Made from alloys and processes often steeped in mystical legends and shrouded with an obscurity, these large plates command visual attention wherever they are displayed. Intensely sensitive, a sharp yell causes the gongs to resonate and sing responsively. The slightest

*...continued on page 43...*

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# The Science of Deliberate Creation

*...continued from page 8 ...*

What we want you to come to understand is that, here you are, wherever you are, and out there somewhere, is something you really want, and out there somewhere else, is something you really don't want. In other words, it's like



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your future is a big long stick with things you really want on one end, and things you really don't want on the other end. And here you are, in every moment of every day, making a decision about which direction you're going. So, it's like there are all of these potential forks in the trail.

Have you ever taken an airline trip or a car trip, or any trip, even a hiking trip, where you have made a direct line from where you are to where you want to be? Or, are your trips always ups

and downs and around things? In other words, aren't you just always correcting your course, generally going in the direction? Jerry and Esther are amazed sometimes when they look at a map, and they realize that the road that they were on that says I-10 East doesn't go east a good deal of the time. It's really interesting how often it is going north, or even south in its general direction of east.

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

you were living with somebody else whose activation was very strong, and you didn't even know it got activated until you got old enough that you started watching the manifestational response.

It's a wonderful thing, that what you think and how you feel is always a vibrational match. It's a wonderful thing that what you think and how you feel—and what manifests—is always a vibrational match. But if you wait to correct your course until something is already manifested, it's harder to correct your course. We call that post-manifestational awareness.

It's ever so much more effective if you are correcting your course, based upon the way you feel, and that you stop in the middle of an ornery moment and you say to yourself, "I'm marching, marching, marching toward something that I'm not going to like when it gets there. Can I find a slightly better approach?"

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

So, you might see yourself as standing always at a fork in the road because there is always the option of finding a way that feels better. In other words, wouldn't it be nice if? Or, making the best of it. Or, there is also the option of, wouldn't it be awful? Or, making the worst of it. In other words, you get to choose.

We see a lot of you (lovely Beings that you are) making the worst of it over and over again. And do you know why you do that? It's for very well-meaning reasons. You make the worst of it because, at every level of your Being, you understand that you are supposed to feel good and that things are supposed to go well for you. And when they don't, you're, sort of, freaking out on even very deep levels... there's something that makes you want to shout, "Somebody should call somebody about this! Somebody should call somebody, and somebody should fix something, so that my life goes bet-

*...continued on page 31...*



# The Science of Deliberate Creation

...continued from page 30...



ter," because you were born with that promise in place. You were born knowing that you are the center of the Universe. You were born knowing that the resources of All-That-I s would back you up. So when something's going freakishly wrong, we understand your consternation. We understand how frustrating it must be, or how disempowering it must feel. But we want to say to you: All you have to do, is make the best effort you can right now, to fork a little bit in the direction of what you want—that's all the work is.

Every moment of every day, you have these forks where you can go closer toward something that you want, or further from something that you want.

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

You are the creator of your own reality because you are the chooser of the thought right now.



Garden Chapel

Center for Spiritual Awareness

Presents Sunday Feb. 18th 2007

@ 10:30 AM: Rev. Rainbow Johnson

will speak on: "Love Is The Answer".

## And then in the afternoon:

@ 1 PM Rev. Rainbow will return to present a two hour, interactive, workshop also titled "Love Is The Answer". Learn the art of loving communication and the art of loving listening, and loving boundary setting. Learn skills to speak your truth in such a way as to enhance and deepen your relationships & clear up past blocks in your life.



Monday, Feb. 19th @ 7:00 PM:

Rev. Rainbow Johnson will facilitate a two hour interactive workshop titled "Spiritual Deepening". In this workshop you will deeply embody the nature and practice of recognizing the Divine in everything, and communing with this limitless and creative energy! It addresses our homesickness for God, and our inner desire to deepen our conscious connection with the Divine.

Sunday, Feb. 25, 2007 10:30 AM Phil Jones will



expound on the Australian Didgeridoo; how it enhances healing, meditation, self empowerment and one's intuition, paralleling Aborigine traditions. This workshop combines simple and powerful breathing techniques

with the primordial tones of the Australian didgeridoo to effectively enhance meditation and prayer, clear the mind of chatter and distractions, and bring the body to a relaxed and peaceful state.

## And then in the afternoon:

@ 1 PM Experience Your Divine Self With Breath and Sound" An Interactive Didgeridoo Workshop that explores the use of Breath and Sound to connect with the Divine – creating a deep and serene state of consciousness for enhancement of healing, prayer, meditation and creativity. All participants will be provided an authentic Australian didgeridoo to play during the workshop. *Phil Jones web site is: [www.philjonesmusic.com](http://www.philjonesmusic.com)*

*Garden Chapel*

Center for Spiritual Awareness

5 Rosa L Jones Dr • Cocoa Village

321-634-5188

[www.gardenchapelcsa.org](http://www.gardenchapelcsa.org)

*Each workshop is offered for a suggested \$20 love offering.*

# Energy Medicine



*...continued from page 18...*

However, various resources mentioned below will give you an idea of where to begin. The book *Energy Medicine* gives further instruction in how to assess your energies and correct problems. Meanwhile, everything you might do in terms of the Basic Daily Routine would support work with a professional energy medicine practitioner.

*Energy Medicine* first approaches a health condition by strengthening the person's overall energy system and then by working with specific energies that are involved in the problem.

**FINDING AN ENERGY MEDICINE PRACTITIONER** Every local community is enjoying a rapid increase in the number of health practitioners who incorporate an energy medicine perspective. Practitioners may be found in all of the healing professions, from physicians and chiropractors to massage therapists and personal energy consultants. An excellent guide to finding a qualified energy practitioner can be found at: [www.innersource.net/links/links\\_practitioners.htm](http://www.innersource.net/links/links_practitioners.htm)

**WEB-BASED INFORMATION** *Health-Related Energy Medicine Questions and Answers*. Over the years we have answered many hundreds of inquiries about how to apply energy medicine with various health-related concerns. Since the answers may apply to others with similar questions, our staff is now editing this correspondence, concealing the writers' identities, so the information may serve many. There are already nearly 100 pieces posted and more are being added regularly. They are well-indexed. See if a question that concerns you has already been addressed by visiting: [www.innersource.net/energy\\_medicine\\_faq/energy\\_medicine\\_QA\\_1index.htm](http://www.innersource.net/energy_medicine_faq/energy_medicine_QA_1index.htm)

**The Energy Medicine Handout Bank.** The Handout Bank is a free resource designed to 1) help make energy medicine more widely accessible, 2) aid those who are teaching classes or providing services in energy medicine, and 3) create a high quality archive of principles and methods. It is designed for the energy medicine practitioner, but others interested in the field may also find it a valuable resource. For instance, if you are a beginner, you might find an article such as "The Principles of Energy Medicine" to be extremely useful. [www.HandoutBank.org](http://www.HandoutBank.org)

**The Energy Community Report.** Over several years, this publication "of, by, and for" the energy medicine practitioner has covered many topics of interest, including how to address a wide range of health conditions. Back issues are posted on the Energy Medicine Institute site, along with information about how to sign up to receive new issues (free). [www.energymed.org](http://www.energymed.org)

**HOME STUDY** Donna's book *Energy Medicine* is designed to give you a solid introduction to the field, including its principles and practices, case studies, descriptions of the eight major energy systems, and supporting research. Her 6-hour "Energy Healing" video/DVD program takes most of the exercises from that book and has Donna personally instruct you in how to use them. While the book and the videos are designed to supplement one another, each can be used alone. The *Energy Medicine Kit* produced by Sounds True is another strong self-help tool. These and other resources, including a formal Home Study program where professionals can receive Continuing Education Credits, can be viewed at: [www.EnergyHomeStudy.com](http://www.EnergyHomeStudy.com)

**TAKING A CLASS** Many people have also found that taking a class is a great way to introduce energy medicine into their lives. You may find a class advertised in your local community, or you might want to consider attending one of Donna's classes, listed at: [www.innersource.net/classes\\_training/classes\\_training\\_main\\_em.htm](http://www.innersource.net/classes_training/classes_training_main_em.htm)

**JOINING OR STARTING A STUDY GROUP** In addition to pursuing the book/videotapes on your own or taking a formal class, you may want to form or join a local study group. It really only requires one other person. Going over the book and videotapes together with one other person, or more, is a powerful way to learn the material. You may find students of energy medicine in your area by following the link below to the *Energy Medicine Directory*. They will often know of study groups, classes, and other local resources. On this site, you will also find listings of energy medicine books, charts, DVDs, and classes by a growing number of practitioners. [www.EnergyMedicineDirectory.com](http://www.EnergyMedicineDirectory.com)

**A CORE DIFFERENCE BETWEEN ENERGY MEDICINE AND CONVENTIONAL MEDICINE** A key concept to understand is that the words "diagnosis" and "treatment" have a different meaning in energy medicine than they do in conventional medicine. In conventional medicine you diagnose and treat an illness. In energy medicine, you diagnose where the energy system needs attention and treat the energy system. Physical symptoms may be a clue, but they are not the focus. For instance, the same stomachache might trace to an imbalance in heart meridian in one person, in liver meridian in another, and in stomach meridian in a third. The same physical symptoms can reflect many kinds of problems in your energy system and call for different treatments.

Donna Eden is one of the world's most widely respected healers and a pioneer in bringing the methods of energy medicine to the public. Her unique clairvoyant observations of energy patterns have led to a fabulous, practical guide to managing the body's subtle energies. See Donna January 2, 2007 class in St. Petersburg and the January 10, 2007 and March 15-20, 2007 classes in Orlando. More information to be found at [http://www.innersource.net/classes\\_training/classes\\_training\\_main\\_em.htm](http://www.innersource.net/classes_training/classes_training_main_em.htm) or by calling (541) 482-1800.

**Local Study Group information can be found at:** [www.energy-medicinedirectory.com/energy\\_medicine\\_study\\_groups.html](http://www.energy-medicinedirectory.com/energy_medicine_study_groups.html) Additionally: Melanie Smith in St. Petersburg has a 6 Week Energy Medicine 101 Class beginning in January and a one day a month class that has been going for 5 years now. (727) 522-6515. Also, Frank Dowler and Cindy Haight, in the Orlando area, have a 7-8:30pm Energy Medicine Class that meets on the 3rd Wednesday of the month. (407) 677-0109.



## This month's thoughts about things...

...continued from page 28 ...




knowledgeable on the inner planes of consciousness, that I don't require outer confirmation. I feel sufficient inner response that outer expression is unnecessary. And that just comes from putting my time in, spending time in meditation and contemplative thought on the nature of reality. When you put your time in, you get a response, then it becomes a two way guidance system, available on demand. So that's why you won't read testimonials about Horizons in Horizons Magazine. And if you want to read Andrea's personal promotional material, go to the website at [www.horizonsmagazine.com](http://www.horizonsmagazine.com) and under "Spiritual Solutions" click on "Andrea's CV".

One thing I will do is give an honest testimonial for something that I am jazzed about. Master Stephen Co is one such and he is coming to Melbourne and Orlando in February. See his ad on the back cover of this January magazine. After I took his workshop last winter, I emailed a friend the following: *I just finished pranic healing training with Master Stephen Co (<http://www.yourhandscanhealyou.com/>) this weekend and he is a powerful teacher. The whole entire time we did the exercises, it was not just sitting and listening to a talk. We sat maybe 2 hours worth each day only. It was invigorating and intensive. He gives many of the techniques in his book Your Hands Can Heal You Now.*

*I have taken Reiki and Therapeutic Touch and Biomagnetic Touch and they are all very similar. This seems to be simpler, although you may do more hand movements, since most of the work is in clearing away etheric congestion rather than sending healing in. And it seems to be much more powerful. You basically clear, energize, then stabilize. These are all hand motions you perform over specific body parts (although you never touch the body) while at the same time you are using creative visualization to focus on the energy field and the stream of energy you learn to bring down your arm and project out your palms.*

*As you do the clearing, most problems begin to resolve themselves, even before the energizing. We tend to think we need to "send energy" to heal our friends, without realizing that the problem is partially caused*

...continued on page 41...




# THE SPIRITUALIST CHAPEL OF MELBOURNE



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# SoulSongs

## Karen Williams

of Winter Springs, FL, e-mails "SoulSongs" several times weekly to subscribers worldwide. For a free subscription, e-mail her at [soulsongkaren@bellsouth.net](mailto:soulsongkaren@bellsouth.net). She also writes a humor column, "Funny Side Up," for *The Seminole Chronicle* (Florida) newspaper, and her book of **SoulSongs** is now available for purchase at <http://www.karenwilliams.net>.



## **SOULSONG #430** **OBSESSIONS**

Sometimes it may seem that unwanted, non-productive thoughts continue to pop into my mind.

This is the neutral Law of Attraction at work, bringing me more thoughts similar to ones I've thought in the past, even though I'm now actively establishing new mental habits.

No need to become frustrated and chide myself. Unwanted thoughts – even obsessions – are a common human scenario, and there IS a solution. That solution involves making new, desired thoughts sufficiently dominant that old patterns fade away.

I can make the most progress in establishing new patterns if I catch myself when unwanted thoughts – such as feeling fat, dwelling on past mistakes or grievances, or worry about a loved one or world conditions – are NOT dogging me.

As I then go about routine, mundane tasks, I make it my goal to deliberately think as many good-feeling thoughts as I can muster. I can use a small plastic clicking counter, such as ones designed for supermarket budgeting, to keep tally.

I fill my mind with happy memories and circumstances that I currently appreciate. I imagine myself experiencing my deepest desires, and I feel the accompanying emotions.

Law of Attraction will respond to every positive thought by bringing me more of the same, and gradually my old ways-of-thought will subside.

Law of Attraction, ever on duty, will then bring me fresh, new circumstances to match my fresh, new mental habits. And life will start to seem easy, fun, and sweet.



# OUR CALENDAR OF EVENTS

Call to confirm all events before attending to learn of last minute changes

30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802.

You may also fax 321-722-0266 or email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) with credit card info.

If payment is not received with listing, your listing will not be placed and you will not be called for payment.

No calendar listings taken by telephone. Please do not fax flyers or press releases.

Mondays LARGO Healing Circle The Spiritual Center 160 6th Street SW from 5-9 pm open to all Reiki, Quantum-Touch energy practitioner ~ love donation. Meet new people and learn new skills. Tuesday Service Healing starts at 7pm Service 7:30 with messages to follow Sunday healing 10:30 Service 11:00 Sunday Evening Meditation & Messages 6 pm 727-585-4985

Monday MELBOURNE Psychic / Spiritual Development Classes ~ 1 Monday / Month ~ 7:00 - 9:00 PM ~ Each class includes meditation, a topic/lesson, and hands-on actual practice to develop your personal skills. International Foundation for Spiritual Knowledge 407-673-9776 or [www.ifsk.org](http://www.ifsk.org)

Mondays PT CHARLOTTE Psychic Development with John Culbertson and Lisa Freeman. 7:00PM - 9:00PM. \$20/class. Starchild. 941-743-0800

Tuesdays PT CHARLOTTE Basic Tarot with John Culbertson. 7:00PM. \$20/class. Starchild. 941-743-0800

Wednesdays INDIAN HARBOUR BEACH Qi Gong class meets 7:30 AM. Indian Harbour Beach Rec. Center, 1233 Yacht Club Blvd., Indian Harbour Beach 321-728-9700 No charge.

Wednesdays MERRIT ISLAND Meditation & Healing Service 12pm Christ Church of Positive Living 1353 N. Courtenay Pkwy 321-454-4109

Wednesday FORT WALTON BEACH Yoga Classes Taught by Louise Davis. Wednesdays mornings at 9:30 am and also at 7 pm. Way of Life Unity Center, 1797 Hurlburt Field Rd. 850-864-1232 Info: [unityinstitute@cox.net](mailto:unityinstitute@cox.net)

Wednesdays PT CHARLOTTE Kabbala Pathworking with Sandy Anastasi. 8:00PM - 10:00PM Prepayment of \$100 for the lower tree or \$15/session. Starchild. 941-743-0800

Wednesdays, MERRIT ISLAND, Spiritual Discussion/Meditation Group, 7 PM Garden Chapel 480 Sail Ln, 321-634-5188

Thursdays TITUSVILLE 12-1pm Oceans of Love Women's Group A weekly women's meeting that will focus on the healing affects of the beach/water on our body, mind and soul. This will include natural spa therapies, healing water therapies, ocean meditations, discussing ocean writings and poetry, healing past wounds thru the waters of our life, and so much more! Love offering, Call Shanti for more info 321-747-0684. [www.peacefulbliss.com](http://www.peacefulbliss.com)

Thursdays PT CHARLOTTE Belly Dancing with Sandy Anastasi. 7:00-8:00pm. Free. Starchild. 941-743-0800.

Thursday FORT WALTON BEACH Saht Meditation led by Sonny Goldson. Thursdays at 7 PM. Way of Life Unity Center 1797 Hurlburt Field Road 850-864-1232 Info: [sonnysound@aol.com](mailto:sonnysound@aol.com)

Thursdays MELBOURNE 7-9PM Mindwalk Expand your abilities! Improve your life! Weekly classes in psychic and personal development. Beginners and intensive workshops too! [www.SuzieMiller.com](http://www.SuzieMiller.com) email [Aquaaura@gmail.com](mailto:Aquaaura@gmail.com) 321-254-0000

Thursday TALLAHASSEE Psychic/Spiritual Development Class - 1 Thursday/month - 7:15-9:30 PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776.

2nd, 4th Thursdays MELBOURNE/PALM BAY 7pm Wiccan-Pagan Outer Court Classes, Church of Iron Oak 321-722-0291

Friday FORT WALTON BEACH Tai Chi Taught by Bill Weimers. Fridays at 10 am at Way of Life Unity Center, 1797 Hurlburt Field Road 850-864-1232 Info: [unityinstitute@cox.net](mailto:unityinstitute@cox.net)

**CALENDAR CONTINUED ON NEXT PAGE...**

# OUR CALENDAR OF EVENTS

Call to confirm all events before attending to learn of last minute changes

Fridays, INDIANALANTIC Spiritual Discussion/Meditation Group, 2 PM Garden Chapel 501 Oakridge Dr, 321-634-5188

2nd & 4th Fridays WEST PALM BEACH All Message Service 7PM \$10 United Metaphysical Church 528 S. Haverhill Road 561-686-0217

Saturday ST. PETE/TAMPA Psychic/Spiritual Development Class - 1 Saturday/month - 7:00-9:00 PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776. Locally: Karen 813-356-8066

Saturdays ORLANDO Pranic Healing Circle 2-4pm With the blessings of Grand Master Cho and Master Stephen Co, Central Florida Pranic Healing Circle invites everyone to participate in an afternoon of meditation and healing at Christ Church Unity 771 Holden Avenue in Orlando. For information, call 407 852-3940

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation gratefully appreciated. Hield Road is off Minton Road, just north of Palm Bay Road, go west a mile or so.

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 321-452-2625

Sundays MELBOURNE 9:15, 11 am Sunday Service Unity Church 1745 Trimble Rd (off Wickham) 321-254-0313

Sunday 11am MERRITT ISLAND Sunday Service, Christ Church of Positive Living, 1353 N. Courtenay Pkwy, 321-454-4109

Sundays MELBOURNE Metaphysicians' Circle meets at 1924 Melody Lane behind the Melbourne Auditorium. 7-8:30pm \$2.00 fee. Info 321-537-3843 Interesting and compelling presentations on metaphysical topics

Sunday FORT PIERCE Science of Mind For Positive Creative Living. We meet at Unity 3414 Sunrise Blvd Ft Pierce each Sunday at 4pm come join us, we have great speakers 772-785-8525

Sundays WEST PALM BEACH United Metaphysical Church Sunday Service at Unity 6073 Summit Blvd. 6PM 561-686-0217

1st Sunday of every month MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:00 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

2nd Sunday COCOA Eckankar Services, 11:00 AM at the Holiday Inn Express, 301 Tucker Lane. Cocoa (520 and I 95). Learn more about the ancient religion of Light & Sound. This month's topic is "How TO Deal With The Crossroads of Life". Free Booklet.

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm With the blessings of Grand Master Cho Kok Sui and Master Stephen Co, Central Florida Pranic Healing Circle invites everyone to participate in an afternoon of meditation and healing at Unity Church of Melbourne, 1745 Trimble Road For information, call 321-254-0313.

Saturday January 13th 2007 LARGO The Spiritual Center 9-3pm Learn How To Become A Medical Intuitive. Learn how to do full body scan using your client or your own body. How to amp up the energy by the use of tuning forks, crystal bowls and colors. Chakra balancing through sound and hands on. Must have knowledge of previous energy work to attend. \$ 75.00 contact Rene 727-667-9990 <http://www.aquantumwave.com/> or email [rtrebing@tampabay.rr.com](mailto:rtrebing@tampabay.rr.com)

Saturday - Jan 20 WEST PALM BEACH Psychic Saturday - 11AM-4PM United Metaphysical Church, 528 S. Haverhill Rd. Variety of readers. 561-686-0217

Sunday - Jan 21 WEST PALM BEACH Laura Lane Powell - Sings for Your Soul - 6PM United Metaphysical Church at Unity Pines - 6073 Summit Blvd. 561-686-0217

**CALENDAR CONTINUED ON NEXT PAGE...**



# OUR CALENDAR OF EVENTS

Call to confirm all events before  
attending to learn of  
last minute changes

Last Saturday Jan 27th 2007 MELBOURNE 1 – 3pm Weight Loss and Body Health for the New Year! Set your Intent! Essential Oils, Cleansing with YL supplements. Learn about body wraps and other ways to lose weight. Call 321-652-5910

Friday, Feb. 9 – Sunday, Feb. 11, 2007 – FORT LAUDERDALE AREA – Angel Guidance Practitioner Course, a 3-day certification workshop by Ellen Valladares, an Angel Therapy Practitioner® certified by Doreen Virtue. Experience a transformational workshop in which you will deepen your connection with your angels, sharpen your intuitive abilities, gain clarity on your life purpose, and learn methods for bringing healing and guidance to others. Includes daily yoga and lunch. Held at the Marriott Courtyard in Weston. Cost: \$333 Email [ellenwv@aol.com](mailto:ellenwv@aol.com), call 786-877-6242, or visit [www.connectingwithlight.com](http://www.connectingwithlight.com).

Weds., Feb 14th MELBOURNE 7PM Master Stephen Co at Unity Church of Melbourne, 1745 Trimble Rd., Melbourne 321-254-0313 SuperBrain Yoga® and Pranic Healing® Ancient Tools for Harnessing the Energy of Your Own Life Force SuperBrain Yoga® is an ancient Indian technique that harnesses the body's primordial energies to balance the left and right brain energies and recharge your brain power. Experience mental clarity, emotional calmness, razor sharp focus and increased learning ability. Preliminary scientific studies show dramatic improvements in children with Autism, ADD and ADHD. This is an experiential workshop with Master Stephen Co, author of "Your Hands Can Heal You", and one of only two Master Pranic Healers in the world. Please visit Master Co's web site: [yourhandscanhealyou.com](http://yourhandscanhealyou.com)

Thurs. Feb 15th ORLANDO 7 PM at Christ Church Unity, 771 Holden Ave., Orlando 407-852-3940 Rapid Emotional Healing for Relationships- The Energetic Approach Master Stephen Co will share a step-by-step approach to help you experience inner peace, deep love and Divine Connections. Learn to use the power of your aura and specific chakras. Techniques to stop repeating the same negative energetic conditions. A powerful meditation to improve the "Heart Connection" Free Self Healing Meditation will be given to each participant. Master Stephen Co author of "Your Hands Can Heal You", is one of only two Master Pranic Healers in the world. Visit Co's web site: [yourhandscanhealyou.com](http://yourhandscanhealyou.com) and view CBS News coverage online.

**CALENDAR CONTINUED  
ON NEXT PAGE...**



*Garden Chapel*

## Center for Spiritual Awareness

**Presents Saturday, Feb. 10th, 2007, 9:00**

**AM to 3:00 PM:** Richard Hite will present the workshop "Sacred Sounds & Healing Wisdom" – "The Holopathic Way to Wholeness" This workshop presents multiple experiences with healing modalities at different vibratory levels integrated into an entertaining experience of sound, art and movement. Sacred instruments combined with essential principles of mind/body medicine provides powerful self healing skills. Traditional Tibetan gongs, temple horns, and conch shells will be used to invoke spiritual awareness. This is a lying down experience. Bring a pillow, and a blanket.



**Sunday Feb 11th**

**@ 10:30 AM:**

Richard Hite will speak on the use of traditional Tibetan Gongs and other sacred instruments used to enhance self healing experiences. Richard is a modern master of the Tibetan Gongs, playing them in hospitals and clinics since 1987. Richard authored the book *Sacred Sounds & Healing Wisdom: Creating Wellness for the rest of your life.*

***And then in the afternoon:***

Richard Hite will present an afternoon workshop beginning at 1:00 PM: This is a two hour concert with traditional healing instruments. "A Calling of Angels with the Sounds of Sacred Gongs" is a truly unique musical experience. Participants typically bring pillows, mats and bedrolls to lay on with eyes closed as they are sent on extraordinary inward journeys of healing and enlightenment. The gongs have a powerful beneficial effect on the brain and heart. Bring a pillow, and a blanket., this is a lying down experience.

Richard's website is: [www.acallingofangels.com/](http://www.acallingofangels.com/)

*Garden Chapel*

## Center for Spiritual Awareness

5 Rosa L Jones Dr • Cocoa Village

321-634-5188

[www.gardenchapelcsa.org](http://www.gardenchapelcsa.org)

*Each workshop is offered for a suggested \$20 love offering.*

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Monday, Feb. 19 HOLLYWOOD Healing Workshop, 7:30 p.m.  
- Love Donations Hollywood Metaphysical Chapel, Guest Medium/Teacher/Healer, Rev. Sandra Tedora Please call 954-236-8550 to set appointments for readings, \$80 Donation

Tuesday, Feb. 20 HOLLYWOOD Class on Karma and Reincarnation. 7:30 p.m. \$20 donation Hollywood Metaphysical Chapel, Guest Medium Rev. Sandra Tedora 954-923-0066

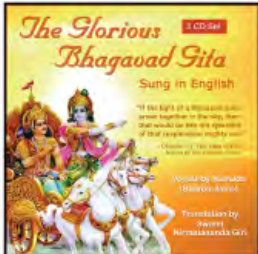
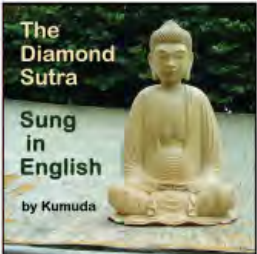
Wednesday, Feb. 21 HOLLYWOOD All Message Service 7:30 p.m. \$10.00 donation Hollywood Metaphysical Chapel, Guest Medium Rev. Sandra Tedora 954-923-0066

Thursday, Feb. 22 HOLLYWOOD Mediumship Development Workshop 7:30 p.m. \$20 donation Hollywood Metaphysical Chapel, Guest Medium Rev. Sandra Tedora 954-923-0066

Saturday, Feb. 24 HOLLYWOOD Spirit Circle with Guides and Teachers 7:30 \$25 donation Hollywood Metaphysical Chapel, Guest Medium Rev. Sandra Tedora 954-923-0066

Sunday, Feb. 25 HOLLYWOOD Church Service with messages from Spirit - followed by luncheon Hollywood Metaphysical Chapel, Guest Medium/Speaker Rev. Sandra Tedora 954-923-0066

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*Secrets of Spiritual Happiness, Spirituality For Dummies,*  
and *A Funny Thing Happened On My Way to Nirvana*

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## COVER ARTIST



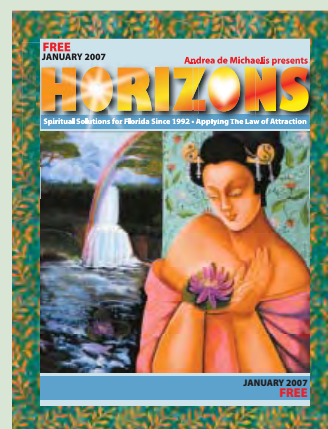
### Geisha With Rainbow

By Cherie Bender

I created this oil painting as a meditation for prosperity, health, and spiritual healing. The rainbow represents faith and the waterfall attracts riches and prosperity. The geisha gazes into the lotus, contemplating the universe within. The background screen is taken from a pattern in an ancient Japanese tapestry. This original painting is also

available for purchase or as a limited edition.

My art has many dimensions, and these "fantasy" paintings are very close to my heart. I paint them purely for the joy of painting and co-creation with God. I have been painting since childhood, and grew up in Edinburgh, Scotland. I am a grad of the University of Miami, and attended Art Center in Pasadena, CA. I spend a lot of time in my beautiful studio, my solace, and my healing. The studio overlooks my garden and pool, and as I paint, I am inspired by the fabulous world of nature, butterflies and all kinds of birds, including a gorgeous multi-colored bunting, and mated cardinals. I feel happy, knowing what I create graces everything from murals for restaurant walls and private homes, fine art paintings, commissioned personal works, to book-covers and posters, and especially the cover of Horizons magazine!



My brand new personal web address: [www.cheriebender.com](http://www.cheriebender.com) will be up to welcome in the New Year for 2007 as I wish everyone a spiritually enlightened, beautifully orchestrated and abundantly harmonized New Year! I invite you to view more of my art online at [www.portfolios.com/cheriebender](http://www.portfolios.com/cheriebender), [www.bocamuseumartguild.org/bender](http://www.bocamuseumartguild.org/bender). You may reach Cherie at : [cheriebender@bellsouth.net](mailto:cheriebender@bellsouth.net) and 561-789-1648. Let me create something special just for you.





## SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

Roger is the Principal Minister of the Church of Iron Oak, ATC. He is also the East Coast Presiding Elder with the Aquarian Tabernacle Church, an international Wiccan Church. He loves nature and finds Spirit among the trees and flowers, even after having lived in Florida for thirty years. He can be contacted through the church at (321) 722-0291 or through the web page at [www.ironoak.org](http://www.ironoak.org) or [www.ironoak.us](http://www.ironoak.us)

### JANUARY

**S**o soon? What happened to 2006? The silly years seem to go faster and faster! Why, I'm still wondering what happened to the Twentieth Century! How retro can that be? Still, knowing what time and what date it is has been an interest of us beings of the human persuasion for many years. Ancient "calendars" found in Europe consisting of scratched lines and holes in sticks and bones are believed to be counts of the days between phases of the moon. These go back to 20,000 years ago! More recently, that is to say a piddling 5000 years ago, the Sumerians, living in present day Iraq had a calendar that divided the year into 30 day months and divided the day into 12 "hours" that were two of our hours long. These were divided again into 30 "minutes" that were four of our minutes long.

To see a world in a grain of sand • And Heaven in a Wild Flower;  
Hold Infinity in the palm of your hand • and Eternity in an hour.  
From *Auguries of Innocence* by William Blake (1757-1827)

So important is timekeeping to us, that many ancient and modern gods and goddess are associated with time, time keeping and calendars. In Hinduism, the Goddess of Time is Kali. The Goddess Kali is the terrifying form of the Divine Mother whose name actually means "time". She is the Goddess of Time and the transformation of death. The Aztec god of fire and time is Xiuhtecuhtli who is also the god of the calendar. Quetzalcoatl is also associated with the calendar as well. For the Babylonians, the Moon was Sin, God of the Calendar and to the Norse, Mani was the god of the moon and brother of the sun goddess Sol. The Egyptians worshipped Thoth, (aka Thot, Tehuti, Djehuti) the Egyptian God of wisdom, arts and sciences. He is also the Egyptian God of the calendar. Thoth was also the patron of the European Alchemists who combined him with Hermes (Roman Mercury) in the form of Hermes Trismegistus, Greek for "thrice-great Hermes" or "thrice-many Hermes".

But enough dwelling on the past! It is the future we must look forward to! As Marcus Aurelius Antoninus, Roman Emperor (121 - 180 CE.) put it: "Never let the future disturb you. You will meet it, if you have to, with the same weapons of reason which today arm you against the present."

And finally, in the words of William Faulkner: "Clocks slay time... time is dead as long as it is being clicked off by little wheels; only when the clock stops does time come to life." So, smash the clock and burn the calendar!

Jan 1st - New Year's Day

Jan 1st - Shinto: Gantan-sai (New Years)

Jan 3rd - Buddhist: Mahayana Buddhist New Year

Jan 3rd - Full Ice Moon at 8:59AM EST

Jan 5th - Sikhism: Birthday of Guru Gobindh Singh, the tenth and final prophet

Jan 6th - Christian: Epiphany

Jan 14th - Hinduism: Makhar Sankrat, Marks the start of the sun's journey north

Jan 18th - New Moon at 11:01 PM EST

Jan 20th - Islam: Al Hijra, Islamic New Year

Jan 23rd - Hinduism: Vasant Panchami, festival for Saraswati, the goddess of learning

*Beltaine*  
May 3-6, 2007

## Gathering of the Elders

Camp Ocala in the Ocala National Forest

Featuring...

JANET FARRAR & GAVIN BONE • SELENA FOX  
EDAIN MCCOY • MIKE NICHOLS • TONY MIERZWICKI  
GAVIN & YVONNE FROST • ANN MOURA  
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## Barbara Brennan

*...continued from page 17...*

Changing one's whole perspective on life is, of course, a tall order, an apparently daunting prospect that involves challenging the very principles that we believe have kept us 'safe' and contained for so many years. It takes courage, commitment and trust. So what are the basic steps on that journey and how do we set out?

The desire for material gain alone often originates in a lack of trust in yourself and the inability to believe that life/God/the world will provide for you. Often, it comes from an experience in early childhood of not being adequately supported or nourished, and this premature experience of hunger (for food, nurturing or encouragement) creates a lot of pain and a core belief that the world will not provide the necessary support: "I will not receive what I need."

Even when we have plenty of money, we can be left with a feeling of failure or the sense that what we do have is insufficient. Money alone is not a goal that will generate contentment or fulfillment. Look at the number of pop stars who have achieved fame and fortune only to realize that it is not enough. Many turn to drugs and alcohol to dull the pain of not being able to fully express their true longing.

It is better to step back and come from a place of wholeness that already exists within us - connecting to our longing to create, to express our gifts, to serve the world and ease suffering, or move the world to another paradigm (technological, for example).

This is our place of power, our vision, where our hearts are filled with essence. Then we flow down and meet enough sense of self in the 2nd and 3rd chakras and enough relationship with the earth, the physical world (1st chakra) to see our manifestation happen.

Many people have a beautiful vision, but early experiences of apparent failure (generating the belief that they are not good enough) mean that they will hit pain in the 2nd or 3rd chakras when they start the manifestation process. So even the smallest of setbacks will bring up feelings of hopelessness and frustration that are beyond proportion to the event that is in the present moment.

Negative thoughts such as "What's the point?" or "I never get what I want" or "I don't deserve" - old tapes - begin to play.

These appear as blocks in the energy field. To heal them, we need to ride the wave of energy each time one appears;

we can then stay conscious as feelings and memories come up with the thoughts. As these integrate with process, we return to the present moment.

Old images sometimes appear because of generations of struggle and economic difficulty within the family. These inherited thought-forms can be deep-seated in the 1st chakra and can cluster together to form powerful core beliefs about life: "Life is hard"; "Life is a struggle"; "You have to work very hard to get what you want" or "Life is about hard work", creating a very joyless constellation of beliefs.

Brennan Work is very powerful. It helps us honor and return the struggle of our forefathers to their lives and times. This frees up enormous creative energy for our own lives and helps us see the reality of the 21st century with its unprecedented opportunities.

With daily chakra work, hara work, healings and self-awareness, we get better at telling the difference between our lives and our parents' lives (psychologically, this is the process of "differentiation"). This facilitates healthy cord relationships and returns us to the present.

All manifestation happens in the present. The more free we are of the past, the more energy we have for our work in the present - to relate in healthy ways to family, colleagues and employers; to know who we are and to live that effortlessly, and to receive back joyfully the harvest of our talent and work.

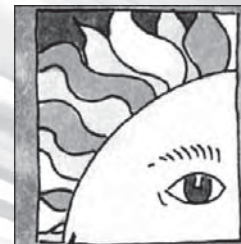
### Use Horizons Magazine to create your own Horizons Community Group

- Mark on your appointment book all of the events from the calendar you are interested in. That way, when the day comes and you're suddenly free, you know about it in time to go.

- Have friends over once a week to discuss articles and ideas. Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.

- Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,

### Expand your Horizons!





# This month's thoughts about things...

...continued from  
page 33 ...



*by overstimulation and just needs a good clearing and rebooting of the system. So it's important to state your intention at each step, and hold the visualization, and you totally know when you've become distracted and broken the connection.*

*Part of a clearing technique is similar to Therapeutic Touch's unruffling process, where you imagine (via creative visualization) there is a tangled aura of the subject extending about 2 feet from the body, and use your hands to rhythmically comb the tangles free while holding in mind the vision of what you are doing. You can even work on yourself, and you can work on your own back or on others for distance healing by imagining the form before you and just hold the focused intent while you perform the sequence of motions.*

*A good example is if someone has stiff joints like a knee or shoulder, you would imagine (via creative viz) something like seeing into their joints and - using cupping motions with your closed hands about 2-4 inches away from the body part - kind of dig the mud out of the joints in a dog paddling motion. You would have on hand before the session began, a bowl of about a gallon of water with a cup of salt in it (not epsom salt, but pool salt is good.) After every 10 or so sweeps of the dog paddling motion, you would flick your hands toward the bowl of salt water, and change it out every hour. You'd then spray your hands with a spray of essential lavender oil and alcohol or witch hazel to keep your own hand chakras clean. You keep yourself recharged and full of usable prana by a series of daily deep breathing and energy field clearing exercises.*

*It's very powerful! And even if you only do for friends what I just told you above, you will begin to get more sensitive. If you don't see auras or chakras yet, this will help train you. Master Co said he didn't feel anything for the first 4 years he did the work, but that is typical, so don't feel discouraged just because you don't feel like you are making it happen. Every time you practice, it serves to build your training. I can vouch for this. I also witnessed several seemingly miraculous healings. One was a woman with macular degeneration, whom he worked on for about 25 minutes. Not once, might I add, did Stephen Co touch her. She had significant enough improvement after that one session to read a page of text without assistance.*

...continued on page 42...

## The College of Metaphysical Studies



The Educational Division of New Awareness Ministries, Int'l

Authorized to operate by the Commission for Independent Colleges and Universities, Florida Department of Education

### Earn a Certification or Degree from the comfort of your own home

The College of Metaphysical Studies (CMS) has been a leader in metaphysical and spiritual education since 1986. Our primary purpose is to train prospective leaders for metaphysical, New Age, New Thought, Spiritualist and Neo-Pagan communities through Distant-Learning or On-campus Training. Those persons not planning to become practitioners, but who only wish to pursue a solid self-improvement program and acquire an excellent education in metaphysics and the spiritual sciences, are also encouraged to attend in a degree or non-degree status.

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Email: [meta@gte.net](mailto:meta@gte.net) or  
[drbarbara@cms.edu](mailto:drbarbara@cms.edu)



Dr's. Barbara and Paul Daniele

## METAPHYSICIANS' CIRCLE



**Sunday evenings**

**7-8:30pm \$2 fee**

**INTERESTING TALKS ON  
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*The Excursion Workshop is a two-day program designed to introduce you to specific states of consciousness as well as techniques and tools for*

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*Participants will receive a special take-home manual to write down your experiences and will receive a \$100 certificate that can be used as a credit for residential programs at The Monroe Institute (TMI), and a discount on TMI products.*

Participants need to wear comfortable clothes, bring water and if you wish, a reclining lawn chair, blanket and pillows, because you will be listening to taped exercises for most of the workshop, through headphones (which will be provided), so please bring whatever you need to be comfortable.

**Feb 24-25 (Sat/Sun) in West Palm Beach, FL  
(class in a private home)  
and**

**March 30-31 (Fri/Sat) in Melbourne, FL (at the  
Unity Church of Melbourne)**

Hours for the workshop are 9-5 both days, lunch provided.  
Fee for workshop is \$250 per person,  
or \$220 if paid in full 30 days prior to class.

*Please call  
**561-868-0905**  
or email Anna White at  
**AWhite777@aol.com** to register*

*All credit cards accepted*

## This month's thoughts about things...

*...continued from  
page 41 ...*



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

I'm not giving away any secrets in printing the above, there is a format and formula for all energy work, and I'm one that likes to keep it simple. I don't need to know dozens of methods or techniques, no matter what traemarked name they go by. Very little of the work I do requires the certifications I have. I'd just like to know enough to be able to help keep energy flowing in a healthy way for me and my friends and anyone who asks my assistance.

I want to find something that works easily for me, with my effort and time spent most efficiently and productively. And for me, pranic healing is all that and more. It has made me more sensitive to the energetic field around me. So come see Stephen Co for his free introduction classes, which are loads of fun.

And if you or anyone you knows could use some personal healing, take the weekend **Pranic Healing Workshop** in **Orlando** and I'll see you there. This is another way you can be of service to others, even from behind the scenes. Also, during the weekend workshop, Co delights the attendees with personal stories of celebrity encounters, which alone is worth the class fee. Our spiritual community continues to grow and radiant ever outward!

On the topic of working with the energy field, we have articles this month by **Barbara Brennan** and by **Donna Eden**. See Donna January 2, 2007 in St. Petersburg and January 10, 2007 and March 15-20, 2007 in Orlando.

Enjoy our offering this month.  
Life is good! Hari Om.

*Andrea*





# The Sound Of Healing

*..continued from page 29...*

brush of a hand or a mallet elicits an exotic changing range of clear bright bell tones intertwine with a deep, droning bass that you feel throughout your body. The range of tones exceeds the normal human's range of hearing.

Subsonic vibrations and layers of overtones increase the density of the vibrations without drastically affecting volume. The effect is like having a vibrating massage sending pleasant messages through every nerve connected to your skin while you are listening to hypnotic music.

After I obtained my first gong I began to play it at the end of my yoga classes on a regular basis. Most everyone really liked the effect, claiming they felt very relaxed and energized. Without making a big deal out of it, the gong meditations provided opportunities for magical experiences to happen. Integrating the gongs with various forms of intense breathing exercises facilitated spiritual visions for seekers during some of the retreats I facilitated during weekends. Their hypnotic and transforming effect set the stage for healing and spiritual growth. It was just a natural outcome for me to bring the gongs with me when I began providing therapeutic yoga to hospitalized patients in Texas in 1987.

The first time I played a gong in the hospital as a part of a yoga therapy group, the response was immediate, but I didn't know what it meant until I returned in two days for the next class. Mrs. G did not want to initially join the group that Monday night. Morbidly obese, severely depressed and on crutches, suffering from advanced arthritis she had every reason to believe that she would not enjoy yoga therapy! Only after I promised to drag her recliner chair into the activities room did she agree to come. We did some chair yoga exercises to loosen everyone up a little and increase self awareness. I played the gongs for a few minutes and then checked in with everybody. I encouraged them to share any anxieties they might have with listening to the gongs while relaxing on the floor or in the recliner. I asked them all to lie on their backs and take a deep breath as I began with gently stroking the edge of the gong. I began describing the most beautiful crystal sand beach and asked each of them to imagine their own private beach at sunrise. I asked them to imagine laying on their beaches so that they could feel the warmth of the sun as it rises. The gong sounds seemed to sizzle in the air as they were asked to feel the heat of the sun melting all the tension in their bodies and as the sizzling became even more intense, to feel their bodies melt into the warm sands until they become one with the beach. "Each day at your beach," I went on, "the tides come in and the waves build as the ocean bathes and cleanses your beach of all the debris and trash from the wrecks that have occurred during your lifetime. The playing began to build into waves of crescendoing, crashing sound that seemed to descend onto their bodies like cleansing waters. My voice was instructing

the class to be sure they walked on their beach and looked for the treasures their oceans might have left them before trailing off into the sounds. This continued for about fifteen minutes before I gradually brought the intensity back down to just a gentle blend of harmonious tones and overtones before allowing the gong to just come to rest naturally, quietly into a deep stillness. No one but Mrs. G moved for a few minutes. She suddenly raised her recliner into a sitting position and without saying a word, jumped up and left the room, taking her crutches with her. The rest of the patients sat up one by one and quietly left the room and went to bed. Most made some comment about the experience being pleasant. One piped up that she hoped I would bring the gong again, to which all agreed. I did not see Mrs. G again that night, but when I returned two days later to teach the group again, she met me at the door.

Mrs. G looked like a different woman. She wore a dress for the first time since coming into the unit and had put her make up on as well. No longer unkempt, she beamed radiantly when she saw me coming. We had a few minutes before class so we sat as she told me what had happened. Living with both an alcoholic husband and drug addicted son had taken a deadly toll on her, plunging her into a depression so deep that her urinary functioning had ceased. She had not been able to go to the bathroom for more than three days. This was the precipitating event that brought her to the hospital. She had been scheduled for catheterization the morning after that first class. She had a clear image of her beach and felt her body relax with the suggestions. "But nothing really happened," she said, "The wind began to blow and the waves just seemed to wash over me, but I wasn't scared. The clouds just seemed to swirl and swirl around the whole sky!" With this she was moving her hands around in big circles to show the movement of the clouds when she stopped, put both hands on my forearm, looked me in the eyes and said, "I suddenly had the biggest urge to pee you could imagine, but I couldn't move. It was as if my body really was the beach until you stopped playing that gong. Thank goodness you did, too. The reason I did not return to class after I ran out, was that it took me more than an hour to empty my bladder. I wanted to talk with you then but you had left already. Do you have a tape of the gongs?" I did not have a tape at the time. Mrs. G did not have her crutches either. She told me she walked out of the class without them to hurry to the bathroom and, "I haven't had to use them since!"

The gong meditations became a regular part of the therapeutic yoga groups after that first experience. I called them low tech medical devices. They attracted attention every time I carried them down hospital corridors. The patients liked them. Staff and doctors would come in just to lie on the floor and "get gonged" at the end of the class. I developed a playing style that uses several different mallet sizes at the same time to create extremely dense, multilayered, hypnotic songs. Sometimes I heard stories from participants that spoke of profound spiritual healing after they had lain on the floor and listen to one of the meditations.

What is the sound of healing? It is the healing voice of God that waits within you. It finds its resonance in all those moments that you listen deeply.

Richard Hite will perform Feb. 10th and 11th in Cocoa at the Center For Spiritual Awareness, see ad on page 37. His website is: [www.acallingofangels.com/](http://www.acallingofangels.com/)



Rev. Beth Head

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# Unity Church OF MELBOURNE

*New Thought Teachings in Practical Christianity*

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12 weeks beginning Wed, Jan 17th at 7PM  
Are you creative?...Do you want to be much more  
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night as he skillfully leads you through "Walking In This  
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life changing in many ways. The course requirements are  
"Walking In This World" book by Julia Cameron and a will-  
ingness to grow and become more creative. The course  
will begin Wed., Jan 17th at 7:00PM at Unity Church of  
Melbourne located at 1745 Trimble Rd, Melbourne. Any  
questions ??? call Fred Goodnight at 330 232 1827

**Questions and Answers about  
Unity with Rev. Beth Head Satur-  
day, Jan 20th 9:30am.** Coffee will  
be brewing at 9:00. We will meet  
and introduce each other and then  
Rev. Beth will cover Unity's Five Ba-  
sic Principles. There will be time for  
questions and a video about Unity  
Village. This class is a requirement  
for membership in Unity Church of  
Melbourne. There is no charge for this class.



**Join us Sunday January 28th  
Welcome Back Dr. Michael Mirdad.**  
Sunday talk topic "It's Time For Your  
Miracle." The afternoon workshop will  
be "Creating Miracles." Dr. Mirdad  
will be speaking at both the 9:15  
and 11:00AM services and he will be  
conducting an afternoon workshop.  
Dr. Mirdad is a Course In Miracles

instructor and an inspiring speaker. (Workshop offered on  
a love offering basis.)

**February 4th - Dr. Char-  
lotte Shelton, President  
of Unity and author of the  
book Quantum Leaps,** a  
book about using quantum  
physics and spiritual prin-  
ciples in your life and in your  
business. Dr. Shelton will  
be speaking at both the 9:15  
and 11:00AM services and  
at an afternoon workshop.  
(Workshop offered on a love  
offering basis.)

**February 5-9 - Join us for a  
week of Spiritual Education  
and Enlightenment.** Mon-  
day through Friday, there will  
be daytime classes taught by  
instructors (Rev. Tom Thorpe  
and Rev. Norma Rosado)  
from Unity Village which may  
be taken for credit. Classes  
offered include: New Testa-  
ment Bible Interpretation,  
The Creative Process In  
The Bible, Prosperity, and  
Development Of The Unity  
Movement. Monday through  
Wednesday Rev. Jim Rose-  
mergy will be teaching The  
Spiritual Journey. For more  
information, please see our  
website [www.unityofmel-  
bourne.com](http://www.unityofmel-<br/>bourne.com).

**February 14th - Master  
Stephen Co**  
will return  
for another  
evening  
with Pranic  
Healing.



**DIRECTIONS TO US:** I-95 exit 72, follow Eau Gallie Blvd  
(518) to Wickham Rd & go north (left) on Wickham Road,  
then west (left) on Trimble. Trimble is north of Eau Gallie  
Cswy, south of Aurora Road.

[www.unityofmelbourne.com](http://www.unityofmelbourne.com)



Barbara Lee is a Reiki Master Teacher,  
Psychic and Professional Astrologer.  
She offers phone consultations and  
a state of the art astrological chart  
service with six types of computerized reports available. Barbara  
can be reached at 1-208-773-7822 and at P.O.Box 3427 Post Falls,  
Idaho 83877 and on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or by  
email at [barbaralee21@verizon.net](mailto:barbaralee21@verizon.net)

**Aries: March 20 to April 19/20 "I Am".** You love the Holidays  
but now that they are over, a sense of relief will set in. The New  
Year is here with no more goals than you can meet and not too many  
projects to complete. Your lesson this year is about delegating ideas  
and learning to pace yourself. You are no good to anyone if you run  
yourself ragged. Balance is your key to happiness.

**Taurus: April 19/20 to May 20/21 "I Have".** This New Year  
has many gifts in store for you. Your greatest desire will be to  
reconnect with your higher self as you are submerged for the  
depths of your soul. Many of the gifts are inside you waiting for you  
to take a deeper look at your life. There is nothing to fear, have the  
courage to delve deep into your soul. You will be pleasantly surprised.

**Gemini: May 20/21 to June 21 "I Think".** Your emotions are  
ready to come up to the surface, you can only hide your true feelings  
for so long. If you just deal with them, life will be much easier and  
more honest for the long haul. Pay attention to your feelings as well  
as your psychic impressions of others this year, your intuition will be  
very strong, as well as your psychic impressions.

**Cancer: June 21 to July 22 "I Feel".** January brings a change  
for the better in your finances. The fluctuating climate of your  
resources will come to an end. Life has handed you many tests and  
trials. The Universe wants to make sure that you are serious about  
what you want and that you are to be steadfast about your goals.  
The proof is in the pudding, so now it is time to enjoy your dessert.



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# HOROSCOPES FOR JANUARY 2007

**Leo: July 22 to August 22/23 "I Will".** If you have not gone back to school, now is the time to investigate your options. You are tired of doing everything other than what is truly important to you. Surround yourself this year with successful people that are doing what you would love to do. Before long you will find yourself living your ideal life. What ever you love will be nurtured and strong.

**Virgo: August 22/23 to September 22/23 "I Analyze".** You are very close to your soul powers, now that you have connected with your true path in life, it is time to share your inner knowledge with the public. You are at a point in life now that you are so clear with yourself and who you are, nothing can rattle your composer. January is a great time of year for you because you always look forward to new beginnings.

**Libra: September 22/23 to October 23 "I Balance".** You have recently opened the door to creativity where you have reconnected to your passionate nature. The arts, food, and healing modalities will hold most of your attention this month. Don't forget to try your keen sense of creativity on your relationships. Soon you will have that special someone wrapped around your finger tips.

**Scorpio: October 23 to November 22 "I Create".** Your energies are running high and strong this January. This is a good time to start an exercise program, clean your whole house as well as your closets, and complete those projects that have been on the back burner from last year. It will be obvious the things in your life that need to be changed, you will let go much easier now.

**Sagittarius: November 22 to December 21 "I Perceive".** You will be walking in to the New Year carefree, outgoing and very optimistic. Your outlook on life will bring you everything you ever dreamed possible this year. You are capable of attracting beneficial partnerships that will support any and all humanitarian ventures. You have your new beginning that you have been praying for.

**Capricorn: December 21 to January 19/20 "I Use".** You are in the Money this year! Open your mind to prosperity, and initiate many avenues for prosperity to come to you. Your physical display of affection will be stronger than ever. Beware that your desire for others to do things for you, like put them to work for your own cause may not be how they choose to show their affection. Let it be their idea.

**Aquarius: January 19/20 to February 18 "I Know".** The time has come for you to fully step into your teacher role. Be grounded in your approach and follow the guidance from your higher self. You have stepped into a mystical vibration and will be a channel for spiritual wisdom. Yoga and Meditation will only help to fine tune your gifts.

**Pisces: February 18 to March 20 "I Believe".** It pays to know people in high places. That job that you wanted may not have been for your highest and greatest good, this or something better. Remember everything happens for a reason. You are not a conformer, but a strong team player. It is important to stand tall in your most precious attributes. You are very unique and sensitive, so be who you are and people will respect you.



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# SUGGESTED READING & LISTENING



The Law of Attraction: Teachings of Abraham  
by Esther and Jerry Hicks

Timing is Everything: Astrology is the Key by Wes Alistair

Your Daily Walk with the Great Minds of the Past & Present by Richard A. Singer, Jr. <http://www.yourdailywalk.org/>

Soul Adventures by Jean Adrienne with Mardeene B. Mitchell  
[www.inner-speak.com/](http://www.inner-speak.com/)

From [www.acallingofangels.com/](http://www.acallingofangels.com/)

Sacred Sounds & Healing Wisdom: Creating Wellness for the rest of your life by Richard D. Hite, M.A., L.P.C.

From [www.newworldlibrary.com](http://www.newworldlibrary.com)

Why Buffalo Dance: Animal and Wilderness Meditations through the Seasons by Susan Chernak McElroy  
Eckhart Tolle's Findhorn Retreat: Stillness Amidst The World Book and 2 DVD set

**MUST SEE DVD:** The Secret Movie also see online at <http://thesecret.tv/>

From [www.soundstrue.com](http://www.soundstrue.com)

The 1-2-3 of God (audio) Ken Wilber  
The Biology of Belief (audio) Bruce Lipton Ph.D

## LAW OF ATTRACTION COMES TO MAINSTREAM MEDIA ON LARRY KING LIVE

<http://transcripts.cnn.com/TRANSCRIPTS/0611/16/lkl.01.html>  
<http://transcripts.cnn.com/TRANSCRIPTS/0611/02/lkl.01.html>

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## OUR 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, and use our combined power to encourage each other in our personal visions, promoting social transformation.

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, by every thought we think and every word we speak.

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.

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.

*From my heart to yours,  
Andrea de Michaelis*





*Just behind the visible world is a whole other world in which it all works differently. ~ Ram Das*



## Contacting Your Angels, Guides & Teachers

Andrea de Michaelis has designed a new audio series for you.

This cd is designed to activate the third eye, expand awareness, develop psychic perception and help you become receptive to inner guidance.



Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before.

Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers.

While relaxing, does your body begin to hum or vibrate, sometimes so intensely you think the room itself is shaking? Learn how to manage this energy and use it for more expansive experiences with your invisible helpers.

Go into each session with questions you would like answered by your angels, guides and teachers.

## Sleepytime Recharge



Play this recording as you are falling asleep for a refreshing segment of restful sleep and rejuvenation. Even when asleep, your subconscious mind is listening, so you can still expect change to occur.

We've learned that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear others speak. The cells of our body process information and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. Our beliefs, true or false, positive or negative, affect our genetic activity and alter our genetic code.

We can retrain our consciousness to create healthy beliefs, and thus create a profoundly positive effect on our bodies and in our lives. We can not only regulate our own brain chemistry to overcome ailments and bad habits, we can reprogram ourselves and reformat our lives for more personal joy.

Our body is a community of 50 trillion living cells, all cooperating as a collective amoebic consciousness, and we speak to it and direct it every time we have a thought or reaction. The body is a biochemical machine and the driver is the mind. So dis-ease is merely a result of how we're driving our physiology.

Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health. Each time you listen to this recording, you will awaken refreshed, rejuvenated and motivated to get into your day.

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Email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) Andrea de Michaelis is a Certified Hypnotherapist, ABH



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

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## Meet Master Co in February!

**Wednesday, February 14th, 7:00 PM**

*"SuperBrain Yoga® and Pranic Healing®: Ancient Tools for  
Harnessing the Energy of Your Own Life Force"*

**Unity Church of Melbourne**, 1745 Trimble Road, Melbourne • 321-254-0313

**Thursday, February 15th, 7:00 PM**

*"Rapid Emotional Healing for Relationships - The Energetic Approach"*

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