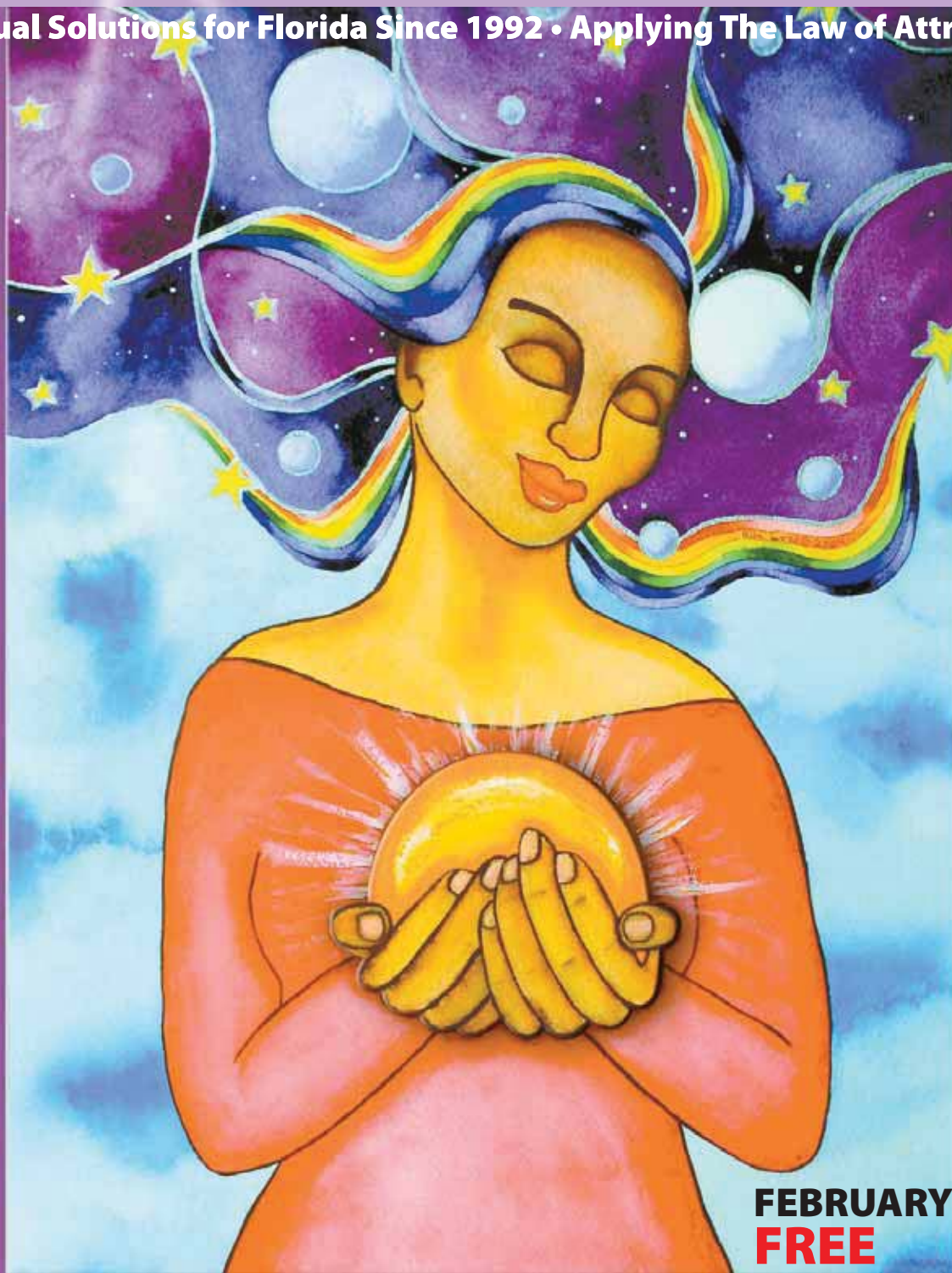


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**Saturday, Feb. 10th, 2007, 9:00 AM to**

**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, conch shells will be used to invoke spiritual awareness. This is a lying down experience. Bring a pillow, and a blanket.



**Sunday Feb 11th  
 at 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.

***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. Suggested \$20 love offering.

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

**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. Suggested \$20 love offering.

**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 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) Suggested \$20 love offering

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# Rev. Albert J. Bowes

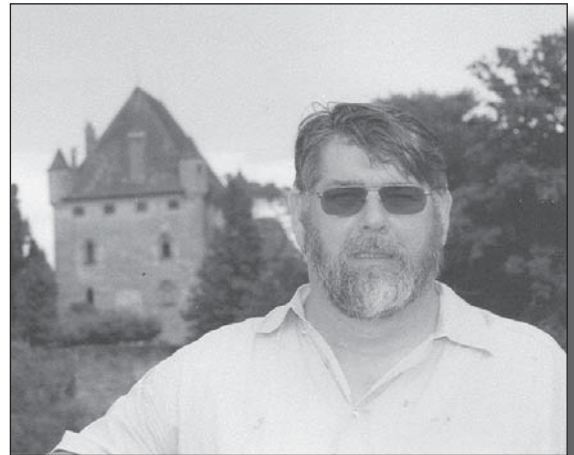
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**CREDENTIALS:** Albert was the subject of the internationally published book "VISIONS OF TIME", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University 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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**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**

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

www.new-thought.org/ Email 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 **February 2007**  
edition of **Horizons Magazine**.

Each month as I approach the deadline for the next issue of Horizons, there is final layout where I often don't leave the house the entire week, staying glued to the computer 14-16 hours a day, working happily away. A few days into my final layout week for the February magazine, my monitor stopped working. Aaaaugggh! In the middle of several critical tasks - and after 5pm - the screen went blank! I checked all the connections. Nothing. I knew it was the Universe's way of making me take a break and "get a new window on the world." Another life-style upgrade to add to my year 2007.

I couldn't just go online and price search since I didn't have my monitor. This was a major purchase and I didn't want to pay too much or make a bad choice. So I immediately sat for a moment to take stock of where I was emotionally and vibrationally before I took any physical action. I got quiet and tuned in and thought, "OK, what do I know?"

"I know that even when 'bad' things happen to me, they are not all that bad. I am due for a new monitor anyway. I know I am always good at finding bargains and getting especially good prices for new equipment." Those thoughts felt good, so I recognized that as a signal from my emotional guidance system that I was on the right track. The right track to attracting a good result in the situation in question. The right track to making a wise purchase despite the fact that I didn't have time to re-search it ahead of time.

"What else do I know? I know that I have good luck with equipment, it lasts me a long time despite almost constant use." Ahh, that thought felt good as well. Since I was feeling hopeful and headed in the right direction, I knew that all I had to do next was put my body in motion and Spirit would guide me to a successful conclusion. I jumped in my car and headed toward town and on the way called my computer guru, Chuck. He was home \*yay\*

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

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

**Page 7**



# 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*. Visit them at [www.abraham-hicks.com](http://www.abraham-hicks.com). Excerpted from Abraham's NY Times Best Seller, *The Law of Attraction*.

## The Universal Law of Attraction

Everything in your life and the lives of those around you is affected by the Law of Attraction. It is the basis of everything that you see manifesting. It is the basis of everything that comes into your experience... An awareness of the Law of Attraction and an understanding of how it works is essential to living life on purpose. In fact, it is essential to living the life of joy that you came forth to live.

The Law of Attraction says: That which is like unto itself, is drawn... When you say, "Birds of a feather flock together," you are actually talking about the Law of Attraction. You see it evidenced when you wake up feeling unhappy, and throughout the day things get worse and worse, and at the end of the day you say, "I shouldn't have gotten out of bed." You see the Law of Attraction evidenced in your society when you see that the one who speaks most of illness has illness; when you see that the one who speaks most of prosperity has prosperity... The Law of Attraction is evident when you set your radio dial on 630AM and expect to receive the broadcast from the transmitting tower of 630AM, because you understand that the radio signals between the transmitting tower and your receiver must match. As you begin to understand—or better stated, as you begin to remember—this powerful Law of Attraction, the evidence of it, which surrounds you will be easily apparent, for you will begin to recognize the exact correlation between what

you have been thinking about and what is actually coming into your experience. Nothing merely shows up in your experience. You attract it, all of it, no exceptions.

### Giving Thought to It Is Inviting It

The more you come to understand the power of the Law of Attraction the more interest you will have in deliberately directing your thoughts—for you get what you think about, whether you want it, or not.

Without exception, that which you give thought to is that which you begin to invite into your experience. When you think a little thought of something that you want, through the Law of Attraction, that thought grows larger and larger, and more, and more powerful. When you think a thought of something you do not want, the Law of Attraction draws unto it, and it grows larger and larger, also. And so, the larger it grows, the more power it draws unto it, and then the more certain you are to receive the experience.

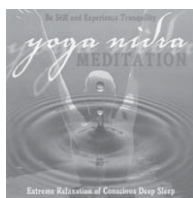
When you see something you would like to experience and you say, "Yes, I would like to have that," through your attention to it you invite it into your experience. However, when you see something that you do not want to experience and you shout, "No, no, I do not want that!" through your attention to it you invite it into your experience. In this attraction-based Universe, there is no such thing as exclusion. Your attention to it includes it in your vibration, and if you hold it in your attention or awareness long enough, the Law of Attraction will bring it into your experience, for there is no such thing as "No". To clarify, when you look at something and shout, "No, I don't want to experience that; go away!" then what you are actually doing is calling it into your experience, for there is no such thing as "No" in an attraction-based Universe. Your attention to it says, "Yes, come to me this thing I do not want!"

Fortunately, here in your physical time-space reality, things do not manifest into your experience instantaneously. There is a wonderful buffer of time between when you begin to think about something and the time it manifests. That buffer of time gives you the opportunity to redirect your attention more and more in the direction of the things that you actually do want to manifest in your experience. And long before it manifests (actually, when you first begin to give thought to it), you can tell by the way you feel whether it is something you want to manifest or not. If you continue to give your attention to it—whether it is something you want, or something you don't want— it will come into your experience.

These Laws, even if you do not understand that they do, affect your experience even in your ignorance of them. And while you may not be aware of having heard of the Law of Attraction, it's powerful effect is evident in every aspect of your life experience.

As you consider what you read here and begin to notice the correlation between what you are thinking and speaking

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



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# Your Daily Walk

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](mailto:RAS9999@aol.com).



"If you are lonely when you are alone, you are in bad company." Jean-Paul Sartre

## Meditation

**L**oneliness is purely the ego's way of disrespecting the worthiness of your being and your intimate relationship with the entire Universe. It is merely an illusion and feeling that the ego creates to disconnect you from the oneness of humanity. If you are tuned into your higher self and joined with the positive energy of the Universe you will never be alone. You will always have the collective companionship of the spirit. This is the gift of oneness and the totality of connection with all things.

## Personal Journaling

How will you join in and embrace the friendship of the collective spirit of the Universe today?

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Today, I will unite with the universal source and bask in the illumination of the spirit.



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# The Divine Matrix



The following excerpt is taken from the book by Gregg Braden. It is published by Hay House (January 2007) and available at all bookstores or online at: [www.hayhouse.com](http://www.hayhouse.com)

## Are We Passive Observers or Powerful Creators?

"We are tiny patches of the universe looking at itself—and building itself." — John Wheeler (1911- ), physicist

"Imagination creates reality. . . . Man is all imagination."  
— Neville (1905-1972), visionary and mystic

In 1854, **Chief Seattle** warned the legislators in **Washington, D.C.**, how the destruction of North America's wilderness had implications that would reach far beyond the current time and threaten the survival of future generations. With a profound wisdom that's as true today as it was in the mid-19th century, the chief reportedly stated, "Man did not weave the web of life—he is merely a strand in it. Whatever he does to the web, he does to himself."<sup>1</sup>

The parallel between Chief Seattle's description of our place in the "web of life" and our connection to (and within) the Divine Matrix is unmistakable. As part of all that we see, we're participants in an ongoing conversation—a quantum dialogue—with ourselves, our world, and beyond. Within this cosmic exchange, our feelings, emotions, prayers, and beliefs at each moment represent our speaking to the uni-

verse. And everything from the vitality of our bodies to the peace in our world is the universe answering back.

## What Does It Mean to "Participate" in the Universe?

Physicist **John Wheeler** suggests that not only do we play a role in what he calls a "participatory universe," but we fulfill the primary role. The key to Wheeler's proposition is the word participatory. In this type of universe, you and I are part of the equation. We're both catalysts for the events of our lives, as well as the "experiencers" of what we create . . . these things are happening at the same time! We're "part of a universe that is a work in progress." In this unfinished creation, "we are tiny patches of the universe looking at itself—and building itself."<sup>2</sup>

Wheeler's suggestion opens the door to a radical possibility: If consciousness creates, then the universe itself may be the result of this awareness. While Wheeler's views were proposed later in the 20th century, we can't help but think back to Max Planck's 1944 statement that everything exists because of an "intelligent Mind," which he called "the matrix of all matter." The question that begs to be asked here is simply: What Mind?

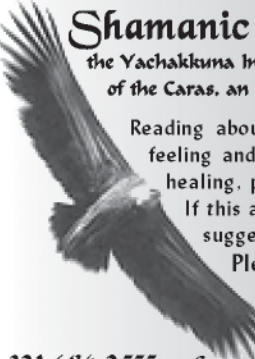
In a participatory universe, the act of focusing our consciousness—of us looking somewhere and examining the world—is an act of creation in and of itself. We're the ones observing and studying our world. We're the mind (or at least part of a greater mind), as Planck described. Everywhere we look, our consciousness makes something for us to look at.

In our search to find the smallest particle of matter and our quest to define the edge of the universe, this relationship suggests that we may never find either. No matter how deeply we peer into the quantum world of the atom or how far we reach into the vastness of outer space, the act of us looking with the expectation that something exists may be precisely the force that creates something for us to see.

**A participatory universe . . . exactly what would that entail?** If consciousness really creates, then how much power do we actually have to change our world? The answer may surprise you.

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



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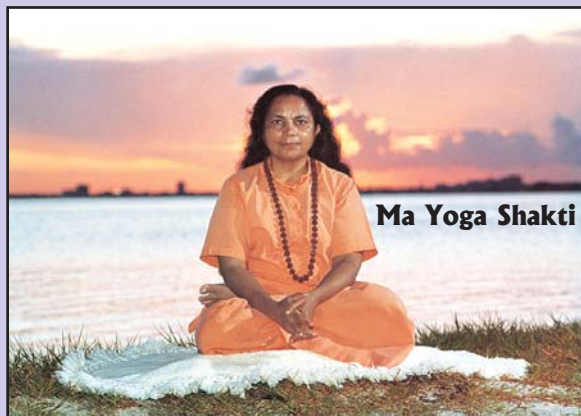
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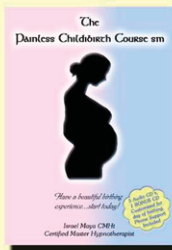
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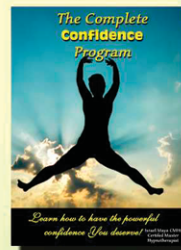
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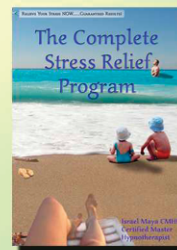
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one whole heart home.*  
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# Herb Corner

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

## Alternatives to Hormone Therapy

With all the stories today in the news about **Hormone Replacement Therapy (HRT)** many women are now turning to alternative means of hormone replacement called phyto estrogens. Phytoestrogens or plant estrogens are not actually estrogens at all. They are hormone-like chemicals (lignans, coumetans, isoflavones and resorcylic acid lactones). When these chemicals come into contact with the bacteria in the digestive system they are then converted into usable estrogens. As soon as the good bacteria levels drop in the digestive system so do the levels of estrogen. So if you are taking antibiotics or your diet changes the good bacteria levels along with your estrogen levels will fall.

For phytoestrogens to work their best you need to keep these bacteria going strong by eating yogurt, homemade beers, unwashed fruits and vegetables, miso, mushrooms acidophilus or fermented foods these will change the flora within the gut.

One of the ways to obtain phytoestrogens is through your diet. Let your foods be your medicine. Seeds like sesame, sunflower pumpkin or buckwheat are high in phytoestrogens as are whole grains like brown rice, wheat, corn rye and oats. Many types of beans and fruits as well as garlic, onions and those green vegetables are other foods that contain phyto estrogen properties. Its not hard at all to begin putting these foods in your diet if they are not already there remembering fresh is always better than processed.

Another way to get you estrogen levels in balance is by using herbs. Balck cohosh, Black haw, Vitex, Dong Quai, False Unicorn, Siberian Ginseng, Licorice, Motherwort, Red Raspberry, Sage, Dandelion, Wild Yam and Yarrow are just some of the herbs that contain phyto estrogens. These herbs when used in combination can help to reduce the night sweats, bloating, mood swings and hot flashes associated with menopause. However if you have had your ovaries removed herbs like wild yam, Dong Quai, Red clover and Licorice would be the ones that you would want to use but only for short periods of time. These will help to prevent the thickening of the uterine wall, which over time may lead to cancer. One of the extra benefits to using phytoestrogen herbs is that they also have anti cancer actions with red clover being one of the best. For those who may not yet be going through menopause these herbs will help to balance hormonal levels, regulate your periods, reduce water retention help the moodiness and the other symptoms that are associated with PMS.

2oz Wild Yam	1oz Sarsaparilla
1oz Black cohosh	3oz Dandelion root
3oz Licorice	3 oz Sage
2 oz False unicorn	1oz Don Quai

These can be prepared as a tea, made into a tincture or powered and prepared as capsules. If you have questions on how do make any of these please stop by the shop and I will gladly teach you.

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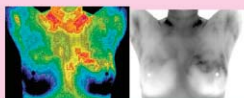
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# Dear Louise...

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 [HayHouseRadio.com](http://HayHouseRadio.com)® for the best in inspirational talk radio featuring top Hay House authors!



**D**ear Louise, I've been reading your books for years, but I didn't really "get it" until recently. Last month I took a meditation course and shortly after I began practicing I started to feel a bit different, so I kept going and meditating daily. I started to feel the presence of my inner child, and when I would hold my 20-month-old daughter, I'd feel my own inner child being held and loved along with her. I read your book *LIFE!* and started to tell myself that I love myself constantly. I started to practice forgiveness, and my thoughts have been changing for the positive. I expected to go through a glorious transformation and had my arms wide open for the rush of abundance that I believed would come through. Instead of any of that happening, I started to get sick—a plethora of illnesses attacking my head. First I grew a small pea-sized ball of infection from a root-canal tooth. Then I got the flu. Then I got strep throat, which spread through my jaw and into my ear. Now I have a cold and a nasal drip that is nonstop (as well as a lot of headaches). And then last night in bed, my husband broke the news to me that we're almost broke, and he's terrified. My question to you is, although I know and believe with my whole heart that this is me doing this to myself, is this just a bump on the road, or a cleansing of old beliefs and anxieties (in reference to my minor illnesses)? Help! **C.K., Canada**

**Dear C.K.,** This is definitely a bump on the road. Sometimes when we begin to clear our consciousness and change our thinking, we stir up a big mess. Think of the turkey pan after Thanksgiving dinner. There's all this baked grease, so we fill the pan with hot, soapy water and set it out to soak. Then we begin to scrape the pan, and boy, do we have a mess. However, if we keep scrubbing, we'll soon have a nice clean pan. This is where you are now. However, keep going, keep meditating, and keep doing your affirmations. The mess will clear, and life will be better than ever. Use the powerful affirmation below. And if your husband is willing to say the affirmation, too, the situation will clear even quicker! All is well. Everything is working out for my highest good. Out of this situation only good will come. We are safe.



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**Dear Louise,** My dog recently passed away, and I thought I would be okay with it, but I'm actually very sad. What can I do to ease my pain about this? He was my companion for a long time, and I really miss him. **K.K., Los Angeles**


**Dear K.K.,** Our animals give us so much unconditional love, and it's heartbreaking when they leave. There's a homeopathic remedy that soothes grief. It's called Star of Bethlehem and can be purchased at any health-food store. Just a few drops under your tongue several times a day will bring relief. Grief is a normal emotion. Allow yourself to go through it in your own way. Also, talk to your pet and ask him to help dissolve the pain. Know that you'll be united in a twinkling of an eye when you leave the planet. There are many puppies in shelters just waiting for a good home. In time, that might be right for you. Affirm: I remember the past with joy and love.

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# 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*. 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.



## How You Know

Who looks outside, dreams. Who looks inside, awakens.  
— Carl Jung

**D**r. Norman Vincent Peale, author of the perennially popular book, *The Power of Positive Thinking*, was seated on an airplane next to a young woman who struck up a conversation with him. When she discovered that Dr. Peale was a man of seasoned wisdom, she asked him for help with a dilemma.

"I have been dating two men and both have proposed to me," she explained. "I'm not sure which one to say 'yes' to. Can you help me decide?"

"That's easy," Dr. Peale answered abruptly.

"Then tell me!" the woman eagerly requested.

"I don't think you should marry either of them," Dr. Peale stated authoritatively.

"Why is that?" she asked, surprised.

"If you have to ask me who to marry, you're not in love with either of them," he answered.

When something is right and good for you, it resonates within you in a compelling and unmistakable way. You know just because you know — not because anyone or anything outside you has convinced you. Your inner being speaks so loudly and clearly that you don't need confirmation or validation from the outer world.

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If you want to know if a potential course of action is right for you, be honest about how you feel about it. If it feels like a fit for you, move with it. If it doesn't feel like a fit, don't act on it. If thinking about something doesn't feel good, doing it is not going to feel better. And if thinking about something feels good, doing it will probably feel even better.

Your guidance speaks to you in a way that is unique and meaningful for you. For some people, that knowing brings a sense of peace or relief, like hearing a familiar favorite song. Others feel tingly, bubbly, or experience a sense of exhilaration and increased life force. Others feel a visceral sensation, such as Goosebumps or the hairs on the back of their neck standing up.

Get to know how you personally experience your inner guidance, and then move with it. Practice doing only those things that match your joy, and avoiding deeds that grate against you. Make enthusiasm a prerequisite for action and you will progress to a new level of joy and success in your business and relationships.

If you do not know what choice to make, wait until you receive a stronger impression. Put the issue aside temporarily, ask for guidance from your inner sage, and keep listening and watching for signs. You might receive an insight in a dream; hear a key word from a friend; or someone may recommend a book that sounds interesting to you. You may see a magazine ad with a slogan that speaks to you directly. Or you may simply tap into a stronger feeling. Trust your knowing, however it arrives and expresses. Your answer may come immediately, or it might take a while. But it will come in the perfect way and time.

Other people can suggest, counsel, and guide, but their suggestions are worthwhile only if they resonate with your inner being. Try advice on for size, and accept only what fits you and enhances your life. Someone, something, some place inside you knows. Admit it, trust it, and act on it. You are inherently wise and lovingly guided.

We have been taught that we must search the world for answers, while they live within us. The story is told of the fabled musk deer that searches the mountains and valleys for the source of an exotic aroma. Eventually the deer discovers that the aroma is emanating from itself. Likewise, we do not need to struggle for guidance or spend a lot of time seeking advice. You may receive many opinions from well-meaning and qualified people. Yet since you are the one who must live with your choices, you must make them in accord with your heart.

Adopt the position recommended by Dr. Peale to the young woman: If you love it, you know it. If not, let it go and trust that your own shall find you.

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, attend Alan's Life Mastery Training in Fiji this March, or receive his 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.



# Vibration, Color, Crystals and Sound



Margaret Ann Lembo is the owner of The Crystal Garden, a gift store and spiritual center since 1989 in Boynton Beach, FL. She has 6 published Guided Meditations CDs, is a professional speaker and author, trained spiritual healer, Reiki Master, ordained Minister and Angel Therapy Practitioner® Her website is [www.thecrystalgarden.com](http://www.thecrystalgarden.com)



Everything that moves vibrates. As long as it is vibrating, it is making some kind of sound. We may not perceive the sound, as it may be below or above the threshold of our hearing, although we also perceive sound by skin and bone conduction, absorbing it with the whole body.

In the beginning there was the Word and the Word is sound. Sound, intention and thought create reality.

Scientific studies show that sound can produce changes in the autonomic, immune, and endocrine systems. Every atom, molecule, cell, gland, and organ of the human body absorbs and emits sound. The entire body, as well as our brain waves in a relaxed state, vibrates at a fundamental frequency of about 8 cycles per second.

Color is visible sound, and sound is auditory color. Both light and sound affect the chakras, especially when used in conjunction. Each of the energy centers is associated with a specific tone of the musical scale and with a specific color. Red, the color that vibrates the slowest, corresponds to the root chakra. The colors follow a rainbow progression, with violet as the highest vibration, corresponding with the crown chakra.

When an organ or body part is healthy, it creates a natural resonant frequency in harmony with the rest of the body. When the vibration of a part of the body is out of harmony, we have dis-ease. With dis-ease, a different sound pattern is established in the affected part of the body. When sound is projected into the dis-eased area, correct harmonic patterns are restored.

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

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

What are the best cities for your business? How will you get along with friends, lovers, employees, bosses, etc.



World-renowned Kabbalah Numerologist, Astrologer, and author of best-selling book, The Rabbi's Tarot, Daphna comes to Brevard County from Denver, CO. For the most accurate Intuitive astrology and numerology readings, and phone consultations, she offers these readings:

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"Daphna has been doing readings for me on my patients for over 18 years, prior to their first appointment. Her insights and intuitive abilities are the most profound I have encountered. Her readings give me insights into my patient's challenges, karmic lessons, and expedite their healing processes and time I spend with them."

R. J., MD, Switzerland

"Daphna has given me my readings for over ten years. Her intuitive wisdom and compassionate understanding has blessed my life with insight for my business, relationships and personal growth. I feel incredibly fortunate to have found someone so spiritually gifted in this field. The time she spends on the combined Personal Astrology and Numerology reading is the most accurate reading I have ever experience. I still refer back to the cassette often. There is so much in her personal taped reading it is difficult to retain all of it the first time you listen to it.

Terri Walker-McBroom, Owner, Among the Flowers, Vera Bradley Products - St. Augustine, FL

"Daphna has provided me with excellent readings for the past three years. Her taped readings are the best I've ever had. I highly recommend her astrology numerology combined reading, as well as her solar return reading every year."

Susan E. Harrington, Book Editor, Anchorage, AK  
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Daphna offers you a one time choice of three readings for an introductory price of \$115.00.

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## *Manifesting the Transformative Power of the Quantum In Our Lives*

Amit Goswami, Ph.D., was born in India and raised in the Hindu tradition. He earned his doctorate from Calcutta University in 1964 in theoretical nuclear physics and has been a profes-

sor of physics at the University of Oregon since 1968. Dr. Goswami is the author of ten books, including *The Self-Aware Universe*, *Quantum Creativity*, *Physics of the Soul*, and *The Visionary Window*, and *The Quantum Doctor*. He lectures and conducts workshops on using the Quantum Field for transformation throughout the world. He recently appeared in the movie "What the Bleep Do We Know?" Dr. Goswami will conduct a workshop in Jupiter, FL on March 10-11. Visit [www.dramitgoswami.com](http://www.dramitgoswami.com) and see ad on page 43.

### Right Living

How can we live so as to serve the evolution of consciousness in manifestation? It turns out that it is a balancing act. Materialists see life way biased toward the material

end, hardly leaving any room for meaning, let alone the supramental. The conventional people of spirit live life weighted heavily toward the spirit. The path of the quantum activist is the middle path: the subtle and the spirit is valued, but so is matter that makes representations.

To the materialist, life is the playing out of genetically, evolutionarily, and environmentally conditioned programs. Only ego exists. Spending life in the service of the ego is the goal. To the spirit seeker, the object is to become embodied spirit—the quantum self. To perpetually live in the quantum self of (inner) creativity is the motto.

The quantum activist lives in growing balance between the two extremes. The activist knows that it is as important to manifest the content (the insight) of a quantum-self experience as is the context. And the manifestation of the content requires sophisticated structures of the mind, many repertoires of representing meaning. For the quantum activist, living in the ego and living in the quantum self has to be balanced. Creativity and conditioning have to be balanced.

Religions of the old attempted to "kill" the ego. But then, "how does the Zenmaster go to the bathroom?" In truth, the ego is important even in the creative process. The creative process, as I often say, consists of do-be-do-be-do, a joint effort of our do-mode (ego) and the be-mode (God). When they touch, as in that immortal portrait of **Michaelangelo** on the ceiling of the **Sistine Chapel** of **God** and **Adam** reaching out to each other, a quantum leap to the quantum self takes place, and a creative insight is born.

### Balancing the Gross and the Subtle

Materialists avowedly live in the gross although I suspect surreptitiously many of them do partake of the subtle. Likewise the spiritual aficionado avowedly ignores the gross but secretly may appreciate the color of money quite a bit—survival instinct you know. For the quantum activist, there is no conflict of worldview there. Both gross and subtle are necessary for making manifestation possible; both are important. The quantum activist pays attention to both.

The quantum activist pays attention to the nuances of the material dimensions of life such as making a living, but does not get lost, does not identify as such with his or her professional persona. The quantum activist openly enjoys and explores the subtle — feelings, meanings, and values — soul food.

In the olden days and to some extent even now, spiritual practices were identified as things like meditation, prayer, the reading of good books. If love is included as a spiritual practice it is in the form of agape or compassion — objective love. This aspect of spirituality is important for the quantum activist also, but this is not all of it. The quantum activist engages in spirituality in everyday living as well. Not only is love explored in events of charity and service to others, but also in intimate relationships, even

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

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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)

## Choose Happiness

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness.

- United States Declaration of Independence

**T**he builders of the United States declared that every person has a God-given right to pursue happiness. What a concept that must have been back in their times of hardship and sacrifice. However, being given the right to pursue happiness is still a big step away from finding and attaining that happiness. As Benjamin Franklin also said, "The U.S. Constitution doesn't guarantee happiness, only the pursuit of it. You have to catch up with it yourself."

Indeed, happiness is a choice for each one of us to make, regardless of what blessings and tragedies have fallen upon our plate of life.

Choosing happiness helps us to think good thoughts, and thinking good thoughts helps to create even more happiness. Instead of waiting for all your desires to be met before you can feel happy, just choose to be happy right now - as is. Simply decide, "I am going to be happy," regardless. Then, even if you're going through some discomforts or troubling times, you'll find that spiritual happiness remains alive like a fresh stream flowing within you.

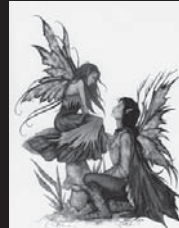
*...continued on page 22...*

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#### \* Special Events

**DNA Activation #1**

Dr. Robert V. Gerard

Sunday February 4 – 3:00 to 6:30

**Zc Ro Point® Technologies Workshop**

Ms. Zeljka Roksandic

Tuesday February 6 – 7:00 to 10:00

**Zc Ro Point® Technologies Workshop**

Ms. Zeljka Roksandic

Friday February 9 – 7:00 to 10:00

**Verbal Confrontation Skills Training®**

Dr. Robert V. Gerard

Saturday February 10 – 9:00 am to 5:00 pm

**DNA Activation #2**

Dr. Robert V. Gerard

Sunday February 11 – 3:00 to 6:30

**Zc Ro Point® Technologies Workshop**

Ms. Zeljka Roksandic

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## Your Health Is In The Energies



One of my first clients, from over two decades ago, showed me the power of working with a person's energies. A woman with ovarian cancer came for a session with the hope that I could help relax her body and prepare it for a surgery that was scheduled in five days. She had been told to "get her affairs in order" as her immune system was so weak that her chances of surviving the surgery were limited. Metastases was also suspected.

From looking at her energy, I was certain the cancer had not metastasized. While her energy was dim and collapsed close to her body, the only place that looked like cancer to me was in her left ovary. In addition, the texture and vibration and appearance of the energy coming up through her ovary was responsive to my work with her. I could see and feel it shift, and by the end of the session, the pain that had been with her for weeks was gone.

I told her that her body was so responsive to what I had done that I wondered about her plan to have surgery. I was concerned that her immune system was indeed too weak, and I was confident that by working with her energy, not only would her immune system be strengthened, the tumor's growth could be reversed. While I made my statements with the strong disclaimers required to avoid immediate arrest for practicing medicine without a license, she responded to the implication that she cancel the surgery with horror. I suggested she at least delay the operation for two weeks. She scheduled a session with me for the next day and said she would discuss the surgery with her husband.

That evening I received a call from her husband. He was outraged and threatening. He called me a "quack." He said I was putting his wife's life in jeopardy by giving her false hope, and he told me I would never have another chance to confuse her like this. He made it clear that she would not

...continued on page 29...



# 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. It is available everyone.

## Dedicate This Day



You can set the tone of your day by dedicating it to a specific intention, lesson, or theme that you'd like to experience. For example, you may devote yourself to having warm and loving relationships; seeing the beauty within you, all others, and every situation; taking excellent care of yourself; making good money in meaningful ways; or something else that's personally significant for you.

By offering a dedication each morning, your soul casts a signal outward to the universe—like an angler throwing a large net—attracting situations along its theme, just as you've asked. Dedications are a potent way for you to understand just how powerful you and your decisions are.

## Thought for Today

I dedicate this day to \_\_\_\_\_ [fill in the blank]. I call upon God and my angels to help me notice and enjoy the gifts that my dedication brings me.



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# SECRETS

*Excerpts from*  
Secrets of Spiritual Happiness

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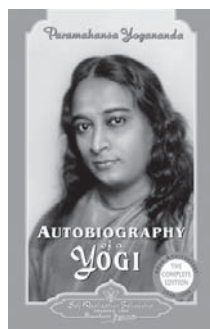
If you are focused only on your temporary feelings - always asking yourself whether this thing or that person is making you feel happy in each moment - then you'll spend your life at the mercy of outer events that may not always be under your control. On the other hand, if you choose to be happy, your experience of happiness is back in your court. Say out loud, "I choose to be happy, right here and right now." Say it, and mean it.

Choosing to be happy doesn't mean that you stop making efforts to improve your circumstances, but that you stop making them with stress and doubtfulness. With a happy spirit, pursue your goals with your best efforts. Choose to be happy, and universal grace may even find ways to surprise you with blessings far beyond your imagined goals. By choosing happiness, you'll be more likely to take clear-headed and clear-hearted actions that can also help to bring your outer life into greater harmony with your essential nature.

With faith and trust, allow the universal power of grace to flow through your life. Don't block that grace with fears, worries, or doubts. Watch your life with happy eyes, and you'll find a happy life.

When one goal manifests, don't be upset thinking, "Where is the other one?" Just be grateful that one has manifested, and let the positive energy of your gratitude feed back into the universe and create even more positive results.

Be content with what you have;  
rejoice in the way things are.  
When you realize that nothing is lacking,  
the whole world belongs to you! Lao Tzu



## In honor of the 60th Anniversary

of AUTOBIOGRAPHY OF  
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site: [www.ayanniversary.org/](http://www.ayanniversary.org/).

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nary history behind the making of the  
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with the great Yoga master, and audio excerpts from the book (read by Sir Ben Kingsley), the website invites the millions of Autobiography of a Yogi readers to send in their stories of how the book has changed their lives.

AUTOBIOGRAPHY OF A YOGI is still one of the most widely read and respected books ever published on yoga and meditation. Often recommended as a spiritual "must-read", this literary masterpiece has influenced and inspired generations of spiritual seekers and still appears on bestseller lists today after 60 years of continuous print!

It is ultimately your decision to choose happiness. Why not choose to focus on what is good in life? Appreciate the fact that maybe you did find a pretty good place to live for now. Or maybe you found a job that is not exactly in the location you planned, or in the field you thought, or in the pay range you wanted, but instead of complaining, you say "Yes" to God. "Yes, I will look at the positive things that have come. I trust you, and I trust the universal perfection that expresses fully in my life. I trust that whatever else is meant to come of my goals will come at the right time, with the nourishment of my clarity, faith, and right effort. I choose to be happy - right here, and right now!"

Instead of waiting for something to make you happy, you can choose to feel joy about anything. Right now, there is something in your life that you can feel joy about. Just by feeling that joy, you will be putting out more "joy energy" into your world, and that same joy will reflect and come back to you even more abundantly.

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



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

Chuck suggested where I might look and what to look for. Two hours after my "crisis" began, the new monitor was hooked up and I was back to work. Yay!

So basically the Universe knew I could use a two hour break from final layout, and wanted me to start the new year with a fresh filter, a fresh screen. Only there was one thing wrong with this fresh screen. This monitor, at 19", was 2" wider than my former monitor, so the display looked somewhat fish eyed and the colors appeared very faded. I was unable to install the proper driver for the new monitor until after final layout was over since I needed Chuck's help to do it. The instructions for adjusting the display using the controls on the monitor were not helpful. This left me having to guess what was really going on in the document I was working on, leaving me working just a little bit blind.

I thought how often I do that in my everyday life too, what a great metaphor that was for me. For example, the strips of color on the calendar pages 35-37. I know from memory and from looking at a copy of the magazine in print what those colors are. I know how dark the colors are and I know they are each 14% saturation. However on the new monitor, the colors appear so faded that to see the color as I wanted it to appear in print, it had to be 35+% saturation! So I knew that I could not darken the color strips, that it was really just an error that would be corrected once the proper driver was installed. To darken the color so I could see it well on the screen would make it way, way, way too dark on the printed page you're holding in your hand. I just had to figure out how to place the colors without actually seeing them in front of me. Interesting task!

A lot of energy work is like that, often you are working blind. Not everyone sees the energy field, or aura, even experienced practitioners. And by the way, not everyone who tells you they see it really see it \*smile\*

But it's not necessary to see it in order to work effectively within in. You just have to hold in mind what you know to be the Truth, despite what you see or don't see before you. With continued practice, at some point you will begin to sense or see the energetic field more tangibly, so the blindness is temporary. Just as my monitor malfunction was temporary and was resolved the following week.

My challenge was getting the February magazine done on time without being distracted by how the colors appeared on my display. My challenge was to hold in mind what I knew to be the truth of what the background colors looked liked, despite being barely able to discern them.

In my daily life, my biggest challenge is to do the same thing: to hold in mind the Truth of my Being, despite worldly circumstances. To hold in mind the background of a loving Universe that is responsive to my thoughts, and that all things are possible. To hold this background in mind no matter what I see in front of me, that is my biggest daily challenge.

But I've learned that the longer I am able to hold these background thoughts, the easier it becomes to hold them. Once it becomes easy to hold those thoughts, then very little comes into my life that is not a good experience.

The more often I hold those thoughts, despite what I see on tv or in the movies, the more often I want to hold thoughts of a pleasant and peaceful nature. And thus I attract even more pleasant, peaceful thoughts.

When I begin having peaceful thoughts, I automatically begin having a more peaceful life. The people and circumstances that no longer add to my peace or pleasure slowly fade away from my experience.

*...continued on page 33...*

# Energy Medicine

...continued from page 20...

be coming back. When I began to respond, he hung up. I called back a short while later. She answered. Talking in hushed tones, she was clearly uncomfortable speaking with me. I said, "Okay, don't postpone the surgery, but please keep your appointment tomorrow. You don't have to pay. You have nothing to lose. I believe in what I am saying. In fact, I want you to bring your husband in with you. Find a way!" She did not believe he would come in, but the next day, they both arrived for the appointment.

I had her lie down on the massage table. My hope was to find a way to give this traditional and skeptical man, so poignantly fierce in his protection of his wife, an experience of healing energy that his senses could not deny. I could see a dark, dense energy at the site of his wife's left ovary, and it felt like my hand was moving through a muddy swamp. I asked the husband to place his hand a few inches above the area and begin to circle it, using a motion that tends to draw energy out of the body. To his great surprise, not only could he immediately feel that he was moving against something, within two minutes his hand was pulsing with pain. To his utter amazement, his wife reported that her pain diminished as his increased.

By the end of the session she was again pain-free, felt better, and looked better. I had also been able to show them both, through the use of "energy testing," that we had been able to direct healing energies from her immune system to the area of her cancer. I taught him a set of procedures to use with her every day. They decided to temporarily postpone the surgery and ask for further medical tests prior to rescheduling it. After about ten days of these daily treatments from him and three more sessions with me, she went through the additional testing. The tumor was gone.

In the twenty-plus years since that session, I have seen hundreds of similar healings based on working with the body's energies, and I have taught thousands of people how to manage their own energy systems. I do not know of a more important skill to develop. The first practitioner of energy medicine for you is you. We are required today to live in conscious partnership with our body's energy systems if we are to live fully. And it is easier than you might think to learn how to mobilize inner forces that enhance your health, empower your mind, and literally brighten your spirit.

Known as a wise and joyful teacher, Donna Eden is an internationally acclaimed pioneer of energy medicine. In her introduction to Eden's book, *Energy Medicine*, Caroline Myss states: "The contribution Donna Eden has made with *Energy Medicine* will stand as one of the backbone studies as we lay a sound foundation for the field of holistic medicine." For further information about Donna, her books and videotapes, and her classes worldwide, visit [www.innersource.net](http://www.innersource.net). 24-hour ordering line: 800-835-8332, or attend the Energy Medicine Intensive March 15-20 in Orlando, FL.

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# The Science of Deliberate Creation

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

and what you are getting, you will begin to understand the powerful Law of Attraction. And as you deliberately direct your thoughts and focus upon the things that you do want to draw into your experience—you will begin to receive the life experience that you desire on all subjects.



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Your physical world is a vast and diverse place full of an amazing variety of events and circumstances, some of which you approve of (and would like to experience) and some of which you disapprove of (and would not like to experience). It was not your intention as you came forth into this physical experience to ask the world to change in order to accommodate your opinions of the way things should be, by eliminating all things that you do not approve of and adding to the things you do approve of.

You are here to create the world around you that you choose, while you allow the world—as others choose it to be—to exist, also. And while their choices in no way hinder your own choices, your attention to what they are choosing does affect your vibration, and therefore your own point of attraction.

## My Thoughts Have Magnetic Power

The Law of Attraction and its magnetic power reaches out into the Universe and attracts other thoughts that are vibrationally like it... and brings that to you: Your attention to subjects, your activation of thoughts, and Law of Attraction's response to those thoughts is responsible for every person, every event, and every circumstance that comes into your experience. All of these things are brought into your experience through a sort of powerful magnetic funnel as they are vibrational matches to your own thoughts.

You get the essence of what you are thinking about, whether it is something you want or something you do not want...

That may be unsettling to you at first, but in time, it is our expectation that you will come to appreciate the fairness, the consistency, and the absoluteness of this powerful Law of Attraction. Once you understand this Law, and begin to pay attention to what you are giving your attention to, you will regain control of your own life experience. And with that control you will again remember that there is nothing that you desire that you cannot achieve, and nothing that you do not want that you cannot release from your experience.

Understanding the Law of Attraction and recognizing the absolute correlation between what you have been thinking and feeling—and what is manifesting in your life experience—will cause you to be more aware of the stimulation of your own thoughts. You will begin to notice that your own thoughts may be stimulated from something you read, or watch on television or hear or observe from someone else's experience. And once you see the effect that the Law of Attraction has upon these thoughts that begin small and grow larger and more powerful with your attention to them, you will feel a desire within you to begin to direct your thoughts to more of the things that you do want to experience. For whatever you are pondering, and no matter what the source of stimulation of that thought... as you ponder that thought, the Law of Attraction goes to work and begins to offer you other thoughts, conversations, and experiences that are of a similar nature.

Whether you are remembering the past, observing the present, or imagining the future, you are doing it right now, and whatever you are focusing upon is causing an activation of a vibration that Law of Attraction is responding to. At first you may be privately pondering a particular subject, but if you think about it long enough, you will start to notice other people beginning to discuss it with you as the Law of Attraction finds others who are offering a similar vibration and brings them right to you. The longer you focus upon something, the more powerful it becomes; and the stronger that your point of attraction is to it, the more evidence of it appears in your life experience. Whether you are focusing upon things you want or things you do not want, the evidence of your thoughts continually flows toward you.

## Welcome to Planet Earth

You may be feeling that it would be easier to be hearing these words if they had come to you on the first day of your experience upon this Planet Earth. And if we were talking to you on your first day of physical life experience, this is what we would be saying: Welcome, little one, to Planet Earth... There is nothing that you cannot be, or do, or have. You are a magnificent creator, and you are here by virtue of your powerful and deliberate wanting to be here. You have specifically applied the wondrous Law of Deliberate Creation, and by your ability to do that, you are here.

Go forth, giving thought to what you want, attracting life experience to help you decide what you want, and once you have decided, giving thought only unto that.

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



# The Science of Deliberate Creation



*...continued from page 30...*

Most of your time will be spent collecting data—data that will help you decide what it is you want... Your real work is to decide what you want and then to focus upon it, for it is through focusing upon what you want that you will attract it. That is the process of creating: giving thought to what you want, so much thought, and such clear thought, that your Inner Being offers forth emotion. And as you are giving thought, with emotion, you become the most powerful of all magnets. That is the process by which you will attract (what you want) into your experience.

Many of the thoughts that you will be thinking will not be powerful in their attracting, not in the beginning— not unless you stay focused upon them long enough that they become more. For as they become more in quantity, they become more in power; as they are becoming more in quantity, and more in power—the emotion that you will be feeling, from your Inner Being, will be greater.

When you think thoughts that bring forth emotion— you are accessing the power of the Universe. Go forth, (we would say) on this first day of life experience, knowing that your work is to decide what you want— and then to focus upon that.

But we are not talking to you on the first day of your life experience. You have been here for a while... Most of you have been seeing yourself, not only through your own eyes (in fact, not even primarily through your own eyes) but through the eyes of others; therefore, many of you are not now currently in the state of Being that you want to be.

## **Is My "Reality" Really All That Real?**

We intend to offer you a process whereby you can achieve the state of Being that is of your choosing so that you can access the power of the Universe and begin attracting the subject of your wanting, rather than the subject of what you feel is your actual state of Being. For, from our perspective, there is a very great difference between that which now exists—which you call your "reality"— and that which your reality really is.

Even if you sit in a body that is not healthy or in a body that is not the size, shape, or vitality, that you choose; in a lifestyle that does not please you; driving an automobile that embarrasses you; interacting with others that do not bring

you pleasure—we want to assist you in understanding that while that may seem to be your state of Being, it need not be. Your state of Being is the way you feel about yourself in any point in time.

Your words will not bring you immediate manifestations of what you are asking for, but the more often you say them, and the better you feel while you are saying them, the purer or less contradicted your vibration will be. And soon your world will be filled with these things you have spoken about... Words alone do not attract, but when you feel emotion when you speak, that means your vibration is strong—and the Law of Attraction must answer those vibrations.

## **What Is the Measure of Our Success?**

The achievement of anything that you desire must be considered success, whether it is a trophy, money, relationships, or things. But if you will let your standard of success be your achievement of joy, everything else will fall easily into place. For in the finding of joy, you are finding vibrational alignment with the resources of the Universe.

You cannot feel joy while you are focusing upon something not wanted, or the lack of something wanted; therefore, while you are feeling joy, you will never be in the state of contradicted vibration. And only the contradiction in your own thoughts and vibration can keep you from the things you desire.

We are amused as we watch the majority spending most of their life seeking a set of rules against which they can measure their life experience, looking outside of self for those who will tell them what is right or wrong, when all along they have within them a Guidance System that is so sophisticated, so intricate, so precise, and so readily available.

By paying attention to this Emotional Guidance System, and by reaching for the best-feeling thought that you can find right now from wherever you are, you will allow your Broader Perspective to help you move in the direction of the things that you truly want.

As you sift through the magnificent contrast of your physical timespace reality, consciously aware of the way you feel, and deliberately guiding your thoughts toward those that feel better and better, in time you begin to see your life through the eyes of your Broader Inner Being. And as you do so, you feel the satisfaction of being upon the path that you have chosen from your Non-physical perspective when you made the decision to come forth into this wonderful body. For, from your Nonphysical vantage point, you understood the eternally evolving nature of your Being and the promise that this Leading Edge contrasting environment held. You understood the nature of your magnificent guidance system and how, with practice, you could see this world as your Inner Being sees it. You understood the powerful Law of Attraction and the fairness and accuracy with which it responds to the free will of all creators.

By reaching for the best-feeling thought you can find, you reconnect with that perspective, and you shiver with exhilaration as you reconnect with your purpose, with your zest for life—and with You!

# Divine Matrix

...continued from page 10...

Just as the Divine Matrix provides the container for the universe, Neville suggested that it's impossible for anything to happen outside the container of consciousness.

How easy it is to think otherwise! Immediately after the terrorist acts of **September 11** in **New York** and **Washington, D.C.**, the questions that everyone was asking were "Why did they do this to us?" and "What did we do to them?" We live during a time in history when it's so easy to think of the world in terms of "them" and "us" and wonder how bad things can happen to good people. If there is in fact a single field of energy that connects everything in our world, and if the Divine Matrix works the way the evidence suggests, then there can be no them and us, only we.

From the leaders of nations whom we've learned to fear and hate to the people in other countries who touch our hearts and invite our love, we're all connected in what may be the most intimate way imaginable: through the field of consciousness that's the incubator for our reality. Together, we create the healing or the suffering, the peace or the war. This could very well be the most difficult implication of what the new science is showing us. And it might also be the source of our greatest healing and survival.

Neville's work reminds us that perhaps the biggest error in our worldview is to look to external reasons for life's ups and downs. While there are certainly causes and effects that may lead to the events of every day, they seem to originate from a time and a place that appears completely disconnected with the moment. Neville shares the crux of the greatest mystery regarding our relationship to the world around us: "Man's chief delusion is his conviction that there are causes other than his own state of consciousness."<sup>3</sup> Just what does this mean? It's the practical

question that naturally arises when we talk about living in a participatory universe. When we inquire how much power we really have to bring about change in our lives and our world, the answer is simple.

This capability is available to us through the way we use the power of our awareness and where we choose to place our focus. In his book **The Power of Awareness**, Neville offers example after example of case histories that clearly illustrate precisely how this works.

One of his most poignant stories has remained with me for years. It involves a man in his 20s who'd been diagnosed with a rare heart condition that his doctors believed was fatal. Married with two small children, he was loved by all who knew him and had every reason in the world to enjoy a long and healthy life. By the time Neville was asked to speak with him, the man had lost a tremendous amount of weight and "shrunk to almost a skeleton." He was so weak that even conversation was hard for him, but he agreed to simply listen and nod his understanding as Neville shared with him the power of his beliefs.

From the perspective of our participating in a dynamic and evolving universe, there can be only one solution to any problem: a change in attitude and in consciousness. With this in mind, Neville asked the man to experience himself as if his healing had already taken place. As the poet **William Blake** suggested, there's a very fine line between imagination and reality: "Man is all Imagination." Just as physicist **David Bohm** proposes that this world is a projection of events in a deeper realm of reality, Blake continues, "All that you behold, tho' it appears Without, it is Within, / In your Imagination, of which this World of Mortality is but a Shadow."<sup>4</sup> Through the power of consciously focusing on the things that we create in our imagination, we give them the "nudge" that brings them through the barrier from the unreal to the real.

In a single sentence, Neville explains how he provided the words that would help his new friend accomplish his new way of thinking: "I suggested that in imagination, he see the doctor's face expressing incredulous amazement in finding him recovered, contrary to all reason, from the last stages of an incurable disease, that he see him double-checking in his examination and hear him saying over and over, 'It's a miracle—it's a miracle.'"<sup>5</sup> Well, you can guess the reason why I'm sharing this story: The fellow did get better. Months later, the visionary received a letter telling him that the young man had, in fact, made a truly miraculous recovery. Neville later met with him and found that he was enjoying his family and his life in perfect health.

The secret, the man revealed, was that rather than simply wishing for his health, since the day of their meeting, he had lived from the "assumption of already being well and healed." And herein we find the secret of propelling our heart's desires from the state of imagination to the reality of our everyday lives: It's our ability to feel as if our dreams have already come to life, our wishes are fulfilled, and our prayers already answered. In this way, we actively share in what Wheeler called our "participatory universe."



## Kermit was right - it's not easy being green. Actor Ed Begley Jr.,

perhaps the greenest man in Tinsel Town, rides his electric car to the Academy Awards and powers his home with the sun and his stationary bike. But Living with Ed and his environmentalist passion isn't always a walk in the park for wife Rachelle. This first-of-its-kind reality green show chronicles life with an earth-friendly fanatic with humor and heart. Check out this fresh unscripted docu-soap Sundays 10pm/ET on HGTV and visit <http://www.livingwithed.net/> Ed's own website is [www.begleysbest.com](http://www.begleysbest.com)

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

*...continued from page 28 ...*



So I've learned that if I am not having a peaceful or enjoyable life, it's time to prime the pump by thinking some of my own pleasant thoughts until I can attract other good thoughts. Call them affirmations, call them positive aspects, call them anything you want. I call them replacement thoughts and I have an entire bank of scripts I've made for myself, and I make sure to practice them several times a day. I know they work because I can see my life changing, and I am being guided ever upward into more joy and satisfaction.

### **One of my favorite Abraham-Hicks' quotes is:**

"When you withdraw your attention from those things that are not pleasing, and you put your attention upon those things that are pleasing, those pleasing things begin to become more abundant, and those not-pleasing things become more rare. Until, eventually, those not-pleasing things cannot be part of your experience because you will have eliminated your attraction factor from your vibration. What you think and what you get always matches."

### **Another favorite Abraham-Hicks' quote is:**

"It's not about years. It's not about age. It's not about youth., It's about decline. And decline is about alignment, or not. Decline is about, in this moment, which way am I forking? In this moment, which way am I forking? In this moment, which way am I forking? That's all it's about. What makes people decline is that they start forking in the direction that doesn't allow them to be the receivers of the never-ending Stream of Well-Being. You don't have to decline... "Happy, healthy, happy, healthy, happy, healthy, dead!" That's Esther's plan..."

*...continued on page 41...*

## THE SPIRITUALIST CHAPEL OF MELBOURNE



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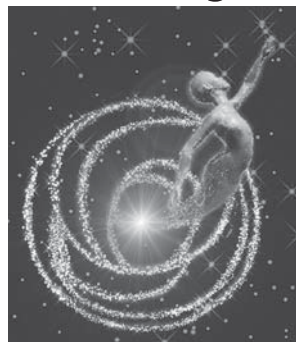
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## THE MONROE INSTITUTE

### Hemi Sync



### Excursion Workshop

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

*further exploration on your own.* You will learn about Hemi Sync and directly experience two unique "focus levels." The first is **focus 10, "Mind Awake/Body Asleep"** where the body is deeply relaxed and sensory input is greatly diminished while the mind maintains full alertness and direction. Robert Monroe and others used this as a jumping off point for out of body experiences, astral travel, remote viewing and much more. The second is **focus 12, "More Than Your Five Physical Senses"**, a state of expanded awareness that can be used to access non ordinary information and is often used by Shamans and Healers. Applications of the focus levels are many, and in the workshop, we will use these focus levels for practical issues, such as overcoming fears and limiting beliefs, problem solving and healing.

*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.

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AWhite777@aol.com to register**

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# SoulSongs

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She also writes a humor column,  
"Funny Side Up," for *The Seminole  
Chronicle* (Florida) newspaper. Visit  
<http://www.karenwilliams.net>



## **SOULSONG #437 PROBLEM SOLVING 101**

When I have a problem, the natural reaction is to figure out a solution.

Most people examine their problem from all angles and then take various remedial actions.

But people who tackle problems through physical action alone often end up tired and worn.

Life was never designed as a battle, struggle, or test of perseverance. Life was designed as a joyous flow of delight and adventure.

There's an easier, far more effective way to bring improvement.

And that involves imagining myself already having the solution, the desired end result.

Then I let my pal and partner, universal energy, line up events and opportunities for me to easily access.

Infinitely resourceful, unseen powers are, this moment, yearning to bring me situations to solve even the toughest, thorniest, long-standing problem.

Goodbye, frenetic activity. Adios, chatter about what went wrong.

When I consistently envision desired results, confusion will turn to clarity and roadblocks will crumble.

I may actually begin to welcome problems, because I now know a fun and creative approach that works every single time.

# 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. Marilyn Jenquin, 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

Mondays CASSADAGA Mediums Night at Cassadaga Spiritualist Camp. Mini-readings available from certified camp mediums. Readings are provided by Camp certified mediums the first Monday and student mediums the third Monday of every month. Visit our website at [www.cassadaga.org](http://www.cassadaga.org) or call 386-228-2880.

Tuesdays MERRITT ISLAND 6-7pm Drumming at Natural Mystique in the Merritt Square Mall, featuring Fred Goodnight. Bring your drums and percussion instruments. Donations accepted. 321-455-1538

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 MERRITT 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, MERRITT 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.

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



# OUR CALENDAR OF EVENTS

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

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)

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

Saturdays CASSADAGA Historical & Orb Photography Tours at Cassadaga Spiritualist Camp. Historical at 1 and 3 pm; Orb at 7 pm. Visit [www.cassadaga.org](http://www.cassadaga.org) or call 386-228-2880.

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

Sundays CASSADAGA Services at Cassadaga Spiritualist Camp. Church services 10:30 am; Afternoon Message Service 12:30 pm. Visit our website at [www.cassadaga.org](http://www.cassadaga.org) or call 386-228-2880.

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

Sundays ST. AUGUSTINE 6:15 pm Psychic Development Classes at 47 San Marco Ave. Ph: 888-753-3290

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

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 I95). Learn more about the ancient religion of Light & Sound. This month's topic is "HWhat would love do now?" 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.

Sunday, February 11 WEST PALM BEACH - Faery Elaine Silver - 6PM New Age Musician at United Metaphysical Church 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

Wed., Feb 14th MELBOURNE 7PM Master Stephen Co at Unity Church, 1745 Trimble Rd., 321-254-0313 SuperBrain Yoga® and Pranic Healing® Ancient Indian techniques that harness 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. 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 mediation 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.

Saturday, February 17 CASSADAGA Visit Historic Cassadaga and "Meet the Mediums" from 10 am - 3 pm. Visit our website at [www.cassadaga.org](http://www.cassadaga.org) or call 386-228-2880.

Saturday, February 17 CASSADAGA A Valentine Concert of Love Songs from 7 pm. Visit our website at [www.cassadaga.org](http://www.cassadaga.org) or call 386-228-2880.

Sunday, February 18 WEST PALM BEACH - Workshop 1P--3P-Two Phases of Mediumship and Connect with Your Guides, Professional Medium Sandra Tedora United Metaphysical Church, 528 S. Haverhill Rd, 561-686-0217 and Guest Speaker for 6PM Service at 6073 Summit Blvd

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

Saturday, February 24-WEST PALM BEACH -Workshop Rainbow Eagle, American Indian Wisdom Keeper, 10A-12N - Native American Spirituality and Christianity Compared:Potluck lunch. 1P-4P - Ancient Peace Shield Teachings: Old Wisdom for Today's Journey, UMC 528 S. Haverhill Rd, 561-686-0217.

Sunday, February 25 - WEST PALM BEACH - Rainbow Eagle featured speaker 6PM, "It is your Faith that Healed You" UMC at 6073 Summit Blvd. 561-686-0217

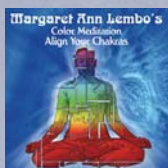
Sunday, Feb. 25 HOLLYWOOD Church Service with messages from Spirit - followed by luncheon Hollywood Metaphysical Chapel, Guest Medium/Speaker Rev. Sandra Tedora 954-923-0066

Saturday, March 3rd TALLAHASSEE 2nd Annual Holistic Spiritual Extravaganza. 11:00 AM - 5:00 PM. Held at but not sponsored by United Church in Tallahassee, 1834 Mahan Drive. Featuring a variety of exhibitors in related Holistic / Spiritual modalities. Free admission. Also, Private Mini Readings, Psychic Demonstrations, and Spiritual Healing available by IFSK personnel. Sponsored by International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776.

March 15-20, 2007 ORLANDO Energy Medicine 5-Day Intensive • Donna Eden with David Feinstein, Ph.D. More info to be found at <http://www.innersource.net> or by calling (541) 482-1800.

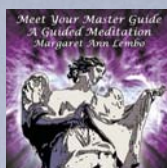


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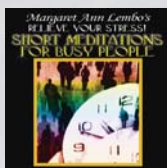
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"Margaret Ann Lembo has been teaching meditation classes at The Crystal Garden in South Florida for many years. Now people everywhere can benefit from her beautiful CD collection." - **Caroline Sutherland, author of The Body Knows.**

"Margaret Ann Lembo's knowledge, expertise and passion for the material she presents on her CD's ensures the listener a deeply enriching experience. Her many years of facilitating workshops has helped develop the subtle nuances of the material not found in many other CD of similar content. Working with Margaret CD's is like having a private session with her. I recommend them highly." - **David Cronin, owner of Changing Times Books and Gifts, West Palm Beach**

"Margaret's collection of guided meditations is an invaluable tool for anyone with a sincere interest in developing inner tranquility and self-awareness. By listening to these meditations you can develop meditation skills at a time you choose in the privacy of your own home. Margaret offers a complete curriculum that makes meditation virtually effortless and totally fun!"

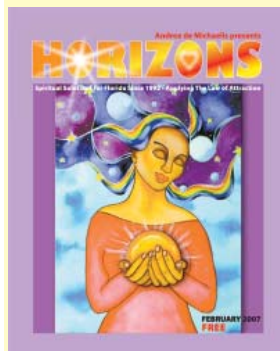
- **Melissa L. Applegate, Meditation instructor and author of The Egyptian Book of Life: Symbolism of Ancient Egyptian Temple and Tomb Art**

Available at your local bookstore or at The Crystal Garden in Boynton Beach, Florida.  
1-877-444-5099.

www.thecrystalgarden.com  
email: info@thecrystalgarden.com

## COVER ARTIST

"Heart of Healing" © 2004 Rita Loyd



*Healing is possible  
when we can gently and  
compassionately  
go inward  
and honestly  
examine, explore, question  
and understand  
who we are.*



Nurturing Art came to me during a long chronic illness. As my life slowly narrowed around me from lack of physical strength and panic attacks, my ego had no other choice than to step aside, and allow the voice of my spirit to emerge and

comfort me through my artwork. In my artwork I am guided to paint images that encourage me to grow as a spiritual being. To find the inspiration to paint such images I go through a process of self examination to explore where in my life I need the most encouragement. I do this with a mind set of compassion rather than judgment for judgment can cause me to feel self defensive-ness rather than open and honest. As I acknowledge where in my life things are not flowing well, I explore the reasons and the misconceptions that have created this block. With what I find, I review my spiritual studies and search my spirit to find a message of wisdom. When this message of truth comes to me, I imagine the symbolism that will translate it best into art-form and that is what I paint. Once a painting is finished, it becomes a powerful reminder and a tool for visualization."

See more ART by Rita Loyd [www.NurturingArt.com](http://www.NurturingArt.com).

Contact Rita Loyd for a FREE brochure of Nurturing Art Greeting Cards, email [rita@nurturingart.com](mailto:rita@nurturingart.com) or call 256 880-3935

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## 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)

### FEBRUARY

February! Believe It or Not! How can anyone of sane mind and spirit think this February? For that matter, how can anyone think this is winter? I'm writing this and thinking that I need to put on shorts and keep the A/C from working so hard! But am I complaining? No, I'm not! I love sweating! Well, at least more than freezing my ears off.

Thanks to El Niño, we miss the really cold weather until it dissipates and the jet stream changes back and it gets cold again. By then, it could be summer just before hurricane season! Those of us who live in this modern world miss out on the ravages of the weather, or at least a lot of it. Not so with those who walked this land in ages before!

*Loud are the thunder drums in the tents of the mountains.  
Oh, long, long have we eaten chia seeds and dried deer's flesh of the summer  
killing. We are tired of our huts and the smoky smell of our clothing. We are  
sick with the desire for the sun And the grass on the mountain.*  
**Paiute Late Winter Song**

Now, everyone: Raise your hands if you heard someone complaining that Christmas just didn't seem right this year. Raise you hands if you heard someone wising that they could be someplace up north and see something like snow for Christmas or Yule or Kwanzaa or Hanukkah or Winter Solstice or even Cat Herder's Day! Yeah...Cat Herder's Day. It is on December 5. Really! Anyway, no snow, not even a frosty look to our exhaled breath! Not a snow plow in sight, not that Melbourne, Florida even has a snow plow!

*The birds are gone, the ground is white,  
The winds are wild, they chill and bite;  
The ground is thick with slush and sleet,  
And I barely feel my feet.*

Winter Poems - Anonymous

Humph!

Feb 2nd - Full Snow Moon at 12:45AM EST  
Feb 2nd - Wicca/Neopagan: Imbolc - northern hemisphere  
Feb 2nd - Christian: Candlemas  
Feb 2nd - Anglican Christian: Presentation of Christ in the Temple  
Feb 2nd - Wicca/Neopagan: Lughnassad in the southern hemisphere  
Feb 3rd - Jewish: Tu B'shvat  
Feb 14th - Valentine's Day  
Feb 15th - Buddhism: Nirvana Day  
Feb 15th - Roman: Ides of February, celebration of Lupercalia  
Feb 17th - New Moon at 11:15 AM, EST  
Feb 18th - Chinese Confucian/Daoist/Buddhism: New Year  
Feb 21st - Christian: Ash Wednesday and Lent begins  
Feb 26th - Baha'i: Beginning of Intercalary Days

#### A FACTOID WITH WHICH TO END THE MONTH:

Speaking of Cat Herder's Day, in the 1800's cats were used to deliver mail. In 1879, in Belgium 37 cats were used to deliver mail to villages, however they found that the cats were not disciplined enough to do this. No wonder Cat Herders have a special day!



**Beltaine**  
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## Vibration, Color, Crystals and Sound



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

### METAPHYSICIANS' CIRCLE



**Sunday evenings**

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

**INTERESTING TALKS ON  
METAPHYSICAL TOPICS**

We meet in the Melbourne Municipal  
Band Room behind the Melbourne Auditorium on Hibiscus Blvd,  
just west of US1, east of Babcock St. Park in back & walk in.

**PSYCHIC FAIR 1ST SUNDAY OF EACH MONTH**

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There are many methods of healing with sound. Mantras and chants have been used for thousands of years. Many acoustic instruments are used in a variety of ways to effect change. The human voice is perhaps the most powerful musical instrument

Quartz crystals have many physical properties. They amplify, transform, store, focus, and transmute energy. They are tools given to us by Mother Earth. Crystal bowls, too, containing the qualities of amplification, storage, transformation and transmutation which are powerful tools in effecting change in one's life

Our bodies are crystalline in structure. When working with crystals, there may be profound effects on the organs, tissues, and cells, as well as the circulatory, endocrine, and metabolic systems.

Thoughts are energy forms. When thought energy interacts with a crystal, those thoughts are changed to more harmonic forms, which change brainwave frequencies, showing possible alterations in consciousness. Thus, the power of positive intention or affirmation combined with the use of crystals provides remarkable healing results.

I encourage you to test out this information for yourself. Give yourself the chance to find balance using these tools I've mentioned here. Come to an event on these subjects. Obtain a copy of some Guided Meditation CDs or buy yourself a couple of crystals to carry around. Watch the DVD, **The Secret**, to assist in aligning with positive thought and watch your world transform into one of peace, health, balance, Love and abundance.

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We are authorized to operate as a private, non-secular college and to issue Associate, Bachelor, Master and Doctorate Degrees in metaphysics, religion, spiritual awareness, spiritual and holistic healing, esoteric studies, parapsychology, and the entire allied metaphysical field. We also train and certify ministers, spiritual and holistic healers, teachers, pastoral counselors, mediums, intuitive practitioners, past-life regression facilitators and administrators.

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[drbarbara@cms.edu](mailto:drbarbara@cms.edu)



Dr's. Barbara and Paul Daniele

# This month's thoughts about things...

...continued from  
page 33 ...



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

And that's my plan, too. And I know if that is to happen, it is up to me to begin to pre-pave it now. It is up to me to withdraw my attention from those things that are not pleasing and to keep my attention on those things that are pleasing. It is up to me to catch myself when I begin a downward spiral, and to pivot my thoughts toward what pleasant next thing I'd like to have happen. To keep myself forking in the direction of what feels good, in the direction that allows me to be a receiver of the never-ending Stream of Well-Being. So far it's working just fine \*smile\*

I've had many people ask why they saw Abraham-Hicks in The Secret and yet when they ordered their own copy of the DVD, they received an extended version that excluded Abraham-Hicks. The actual letter from Hicks is online but basically it seems that Hicks agreed to an initial contract which stated The Secret would be broadcast free on tv simultaneously in different countries. Later, the producers decided otherwise and wanted all participants to sign a new marketing contract. Hicks decided to opt out to keep it simple.

That's the mark of an authentic teacher - not caring who gets the credit. Knowing that their 'source' goes far beyond the confines of any one particular contract, or one particular employer, or one particular investment. They know that they attract their financial resources for material supply as a result of their overall vibrational stance, and their absence of resistance - on all topics. It is all connected.



So this month I've learned or been reminded of:

I never know where I will receive guidance from or in what form it will take.

Each seemingly small, incidental happening in my life contains a profound insight into a significant area of my life.

I can discover this insight if I contempt the metaphor. Hold in mind what I know to be the Truth, despite what I see or don't see before me.

Hold in mind the background of a loving Universe that is responsive to my thoughts, and that all things are possible.

The longer I am able to hold hopeful and pleasant background thoughts, the easier it becomes to hold them.

Once it becomes easy to hold hopeful thoughts, then very little comes into my life that is not a good experience.

When I begin having peaceful thoughts, I automatically begin having a more peaceful life.

If I am not having an enjoyable life, it's time to prime the pump by scripting and thinking my own pleasant thoughts, on purpose.

If I want to have an enjoyable future, it is up to me to begin to pre-pave it now.

It is up to me to keep my attention on those things that are pleasing to think about.

It is up to me to keep myself forking in the direction of what feels good.

It's amazing what gets done when it doesn't matter who gets the credit.

My source goes far beyond the confines of any one particular contract, or one particular employer, or one particular investment.

I attract my financial resources as a result of my overall vibrational stance, and state of allowing.

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

Andrea



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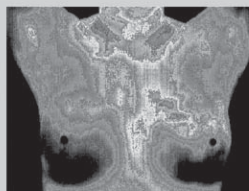
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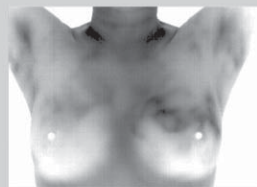
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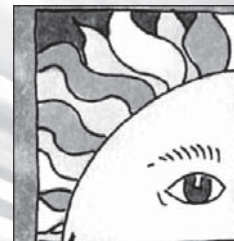
## Use Horizons Magazine to create your own Horizons Community Group

• 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!**



# Quantum Activism

...continued from page 18 ...

carnal relationships. In this way the spirituality of quantum activism is close to the Indian/Tibetan tradition of tantra.

## Balancing the Various Subtle Domains

Of utmost importance to the quantum activist is the balancing of the various subtle domains of our persona—feeling, thinking, and intuition.

To the materialist, thinking is everything, rationality is supreme. Even the fact that the progress of scientific research itself depends on quantum leaps of intuition does not influence the strict rationalism of the materialist.

Materialists think that mystics are irrational because mystics do seem to leave the rational behind in their discourses. But materialists misinterpret the situation. Mystics are non-rational, not irrational. They transcend the rational by exploring the intuitive domain frequently, but the rationality of their exploration reveals itself at a much later date. Mystics at various space and time on earth nonrationally conceived of God and downward causation, and it has taken millennia to discover the rationality behind that concept!

So mystics are one step ahead of the materialist, they embrace both the rational and the intuitive planes. But not on an equal footing. Invariably spiritual traditions tend to denigrate creativity involved with the processing of meaning

in outer manifestation—creativity in arts, humanities, and the sciences. This will not do for the quantum activist who must balance both outer and inner creativity in their lives. Both are important for our evolution.

Mystics also by and large tend to avoid base feelings and negative emotions, never bothering to transform them. This has led to much misconception about the behavioral usefulness of the so-called mystical "enlightenment." What good is enlightenment if it does not enable a person to behave with equanimity even when faced with stimuli that call for anger, greed, or lust?

Inner creativity using the mind has been the traditional popular tool of spiritual seekers with the objective of attaining insight or samadhi (or satori, or enlightenment or gnosis, whatever you may call it). Love which requires working with and transforming (vital) energies of emotions are left out in this (male-oriented) traditions so much so that in the eighties the spiritual women of America rose out en masse in protest to coin phrases like "feminine spirituality," and "the feminine face of God." We, quantum activists, have to integrate this dichotomy and practice creativity with love.

The greatest challenge I envision for a quantum activist is the challenge of transformation of negative emotions to positive ones. Look around you. In all our social organizations negative emotions are rampant. If we ourselves don't know how to transform them, how can we effectively ask others to show restraint and emotional maturity?

The transformation of negative emotions involves creativity in the domain of the vital, to engage the creative process in the domain of vital energies. The practice of unconditional love in intimate relationships falls in this category.



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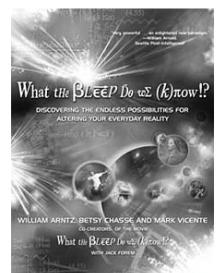
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Rev. Beth Head

**February 4th Dr. Charlotte Shelton**, President of Unity and author of *Quantum Leaps*, a book about using quantum physics and spiritual principles in your life and in your business. Dr. Shelton will speak at both the 9:15 and 11AM services and at an afternoon workshop.

**February 5-9 - Join us for a week of Spiritual Education and Enlightenment.** Mon-Fri daytime classes taught by Rev. Tom Thorpe and Rev. Norma Rosado from Unity Village which may be taken for credit. Classes include: New Testament Bible Interpretation, The Creative Process In The Bible, Prosperity, and Development Of The Unity Movement. Mon-Wed Rev. Jim Rosemergy will teach The Spiritual Journey. For info, see [www.unityofmelbourne.com](http://www.unityofmelbourne.com).

**Feb. 14th - Master Stephen Co** will be returning for an evening of Pranic Healing (see back cover ad)

**Preview Screening of the Movie 2012 The Odyssey**  
**Friday, Feb 16th 7:00 PM**  
**Sunday, Feb 18th 2:00 PM**  
**Saturday, Mar 3rd 2:00 PM**  
Armageddon is not what it used to be. Spiritual exploration with Gregg Braden, Rick Levine, Moira Tims, Jay Weidner and others. For information go to [www.2012theodyssey.com](http://www.2012theodyssey.com)  
Tickets \$10

**Sat., Feb. 17th 9:30 AM Q and A** about **Unity New Member Orientation** with Rev. Beth Head. Coffee will be brewing at 9am. We will meet and introduce each other and then Rev. Beth will cover Unity's 5 Basic 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. No charge for this class.

**Thursday, Feb 22nd 7PM "New Class" Meditation Techniques with Lloyd Reiser.** Have you wanted to deepen your spiritual practice, but are unsure how to meditate? This class will teach you many different techniques or styles of meditation - allowing you to find a way that works for you.

**Friday, February 23rd 7:00 PM People's Gathering** People are looking for new ways of healing, be it emotional, physical or spiritual. David Rindge, D.O.M., L.Ac, R.N. will help unfold the mysteries of Energy Medicine. Come ask your questions about Reiki, Qi gong, Healing Touch, Magnetic Therapy, Sound Therapy, Light Therapy, Acupuncture, Homeopathy, Therapeutic Touch, Distant Healing and Prayer.

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**Pranic Healing - 2nd and 4th Sunday** of every month 4:30-6:30PM

**March 11 Andy Dooley - Workshop "The Power of Visualization"**

**March 18 Chris Chenoweth - Workshop "The Process" of Advanced Prosperity**

**March 23 & 25 Movie:** Illusion starring Kirk Douglas

3/30-31 A Monroe Institute experience

**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 20 "I Am".** Are you pacing the floor yet, knowing that this is not your favorite time of year, being so cold and gray. Spring is just around the corner and you are feeling like the race hoarse ready to race. Be like the bear and take some time to connect with your inner wisdom.

**Taurus: April 20 to May 21 "I Have".** This is the year you will let go of old patterns that have kept you from being as productive as you know you can be. Challenge yourself to create your life by intention not by default, it is time to empower yourself with change and charge full speed ahead with what you want to create.

**Gemini: May 21 to June 21-"I Think".** This February is about regrouping, financially as well as physically and emotionally. Secrets that have been kept will eventually come out in the open. Everything that has been hidden will come to the surface to be cleared. Clarity is the intent, thinking, writing and communicating is the goal.

**Cancer: June 21 to July 22/23 "I Feel".** You may be wondering what you are feeling, because there is a surplus of intense feelings going around this month. What ever you are feeling, everyone can see it; "you are wearing your heart on your sleeve". This February is very important to allow yourself to express whatever the you inside is feeling, and to express it.



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# HOROSCOPES FOR FEBRUARY 2007

**Leo: July 22/23 to August 23 "I Will".** Allow the creative playful side of you to be expressed in your romantic life. This is one area that can use some positive energy. Read romance novels to help you into a more adventurous frame of mind. On Valentines day you will clearly know what is important to you.

**Virgo: August 23 to September 23 "I Analyze".** This February your lesson is to expand your version of reality. Learn to see the situation from a higher perspective, not from a mental perspective but rather from a super conscious power. You are to learn to steady and focus your mind. Faith and devotion will fulfill the goal.

**Libra: September 23 to October 23 "I Balance".** This is a great time of year for you to think about what you want your home to look like and how you will make it happen. Home is where you want to be right now anyway so you might as well make it as beautiful as you can. Home is also synonymous for Mother, so this is also a great time to deal with any 'Mother' issues.

**Scorpio: October 23 to November 22 "I Create".** You may be feeling a bit insecure lately, reasons are because of the season. Concentrate on what you want instead of what you are afraid of getting or not receiving. Your love life is up to you. Give what you want to receive and there should be no malice intended.

**Sagittarius: Nov 22 to December 21/22 "I Perceive".** This is a time for you to express yourself, not repress yourself. Besides being a great time for love and romance, this is also a great time of luck. This could be the perfect time to take a chance on love, remember that luck is truly on your side. Either way you have a lot of energy that needs to find a positive outlet.

**Capricorn: December 21 to January 20 "I Use".** You may have a larger work load this month than usual, even though you have the energy to step up to the plate, it still feels over the top. The best remedy for your circumstances is to exercise. You have a great amount of intensity running through you, make the most of it.

**Aquarius: January 20 to February 18 "I Know".** Your birth month is a time to take a deeper look at yourself. You have to realize that you have become so sensitive that you need to remember who are you feeling anyway. You are feeling intensity, and a power that you have not felt before. Meditation, yoga and journal writing will get you through this month.

**Pisces: February 18 to March 20 "I Believe".** You are on fire with desire, you can not get enough information right now to satisfy your thirst for knowledge. Take all the classes you can because this information is exactly what you need to get you to the next bus stop. Pay attention to how relationships make you feel, they are your teacher.

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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/>

From [www.innerlight-publications.com](http://www.innerlight-publications.com)  
**Surfacing: A Poetic Journey of The Self** by Karuna Devi

From [www.hayhouse.com](http://www.hayhouse.com) **The Divine Matrix**, by Gregg Braden

From [www.acallingofangels.com/](http://www.acallingofangels.com/) **Sacred Sounds & Healing Wisdom: Creating Wellness** by Richard D. Hite, M.A., L.P.C.

From [www.rubyslippersinc.com](http://www.rubyslippersinc.com)  
**My Gift of Light: A Bereaved Mother's Loving Pilgrimage from Skeptic to Psychic Medium** by Sandy Wiltshire. The remarkable true story of a mother's transformation from ordinary suburban housewife to professional psychic medium

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

**MUST SEE DVD: The Secret Movie** <http://thesecret.tv/>

**MUSIC** from [www.paulschwartz.com](http://www.paulschwartz.com)  
**State of Grace III** by Paul Schwartz with Lisbeth Scott

## **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*



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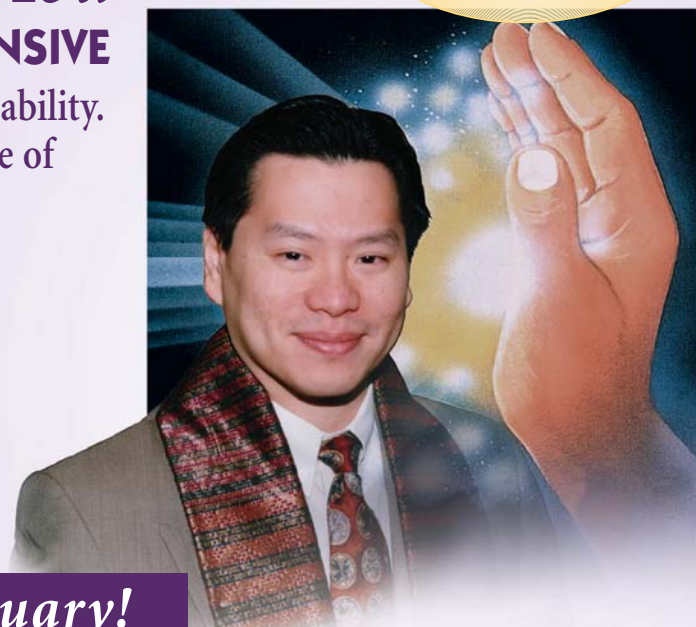
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