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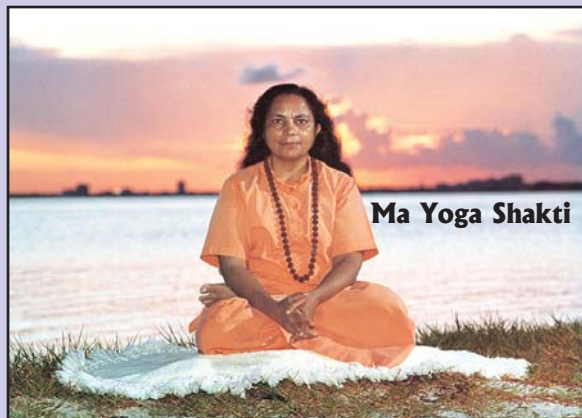
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4 March - Early Childhood Development -success with body/mind Yogic techniques with Jennifer Mehlich

11 March - Memories of Life in Kenya with Martha Mehlich

18 March - Re-upholstering Furniture 101 with Estela Pujals (hands on)

25 March - Harmonics and the Ancients with Kathleen Iacona

Full Moon Puja
Satya Narayan Katha
March 3

Bring Fruit, Flowers and a Pure Heart - 5:00 pm

Ramayan Chanting
Sundays 10:15-11:15 am

Bhajans/Kirtans
March 7

First Wednesday of Month 6.45- 7 45 PM

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Shiva Das - 10:00-11:00 a.m.
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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

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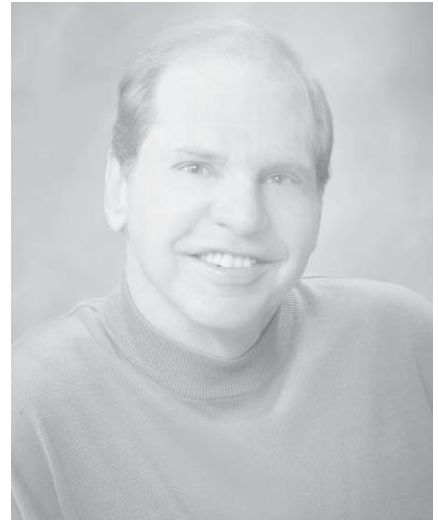
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Andrea de Michaelis

Thanks for help this month

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Horizons

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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

Hello and welcome to the **March 2007** edition of **Horizons Magazine**. Isn't this great weather we're having? The perfect weather for getting outside and doing things. People often ask me how I keep my life in order while being involved in so many projects, where I find the time to do all that I do. I always tell them that I decide what I want to do, then I make time for it and stay focused on it until I achieve it. Easier said than done, I know. I'm asked so often that I thought I'd share a few thoughts with you.

DAILY PRACTICE We spend much time daily doing things we look back on later as such a waste of time, so why not turn some of that time to good use? Daily practice is the key to so many things. Steady, focused practice on a

regular basis. Practicing what, you ask? For me, that's a variety of things. I usually fall asleep about 10:00 p.m. and wake up between 3:00-4:00 a.m. Someone once said, "when you wake up, get up ~ God (the Universe) is giving you a wakeup call. Go see what They want." This private, quiet time alone is invaluable to me.

I may drive to the beach to meditate on the sound of the surf, I may just sit and study a favorite philosophy but always I take about 20 minutes to just stretch and breathe and focus on my breath. That's when the good insights come ~ when I'm completely in silence, alone, relaxed, not thinking or talking about anything. I usually go back to sleep about dawn for another hour or two and always awaken refreshed.

When I get up, before I go into my daily work, I make a list of everything I want to accomplish that day; next I review and revise my ongoing list of everything I want to accomplish this week, this month, this year. I just check it over to see if there are any additions, amendments or things to check off that have already been accomplished.

CULTIVATING THE INNER EXPERIENCE I believe that the easiest way to achieve peace of mind, centeredness and everything else that I want, is to cultivate the inner experience. What do I mean by that? I mean doing those things and being with those people that encourage the Higher Self within me to emerge and express Itself. For me, this includes sacred study, prayer, meditation, affirmations and writing.

...continued on page 28...

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The Science of Deliberate Creation



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

It's All About Vibrational Relativity

Whenever you start guiding yourself by caring about how you feel, you start guiding yourself back into your Stream of Source Energy, and that's where your clarity is; that's where your joy is; that's where your flexibility is; that's where your balance is; that's where your good ideas come from. That's where all the good stuff is accessed from... You cannot get to the good stuff from the place of feeling bad—it defies Law. And you cannot get to bad stuff from the place of feeling good—it defies Law.

But you've got to decide first, that it is good to feel good. It is so screwy...how did you ever get crosswise of that? "Let's see now, struggle is good; pain is good." And we say, in what world? Oh, they promised you that it would be good after you die. Well, they lied...It will be good after you die, but not because you've paid the price of struggle.

It's just good when you die because when you die, you quantum leap into Pure Positive Energy. When you die, you stop beating the drum of all of those things that have been keeping you from full Connection to Source.

But friends, as long as you're here in these physical bodies, quantum leaps, rare as they are, never last. That's not the route you're wanting to go. You're not wanting to jump right to bliss from despair. Just work your way up your emotional scale.

So here's this Emotional Scale. On one end of it, it feels really good; on the other end it feels really bad. On the really goodfeeling end there is your perception of freedom. On the really bad-feeling end, there is your perception of not freedom. (And we carefully ask Esther to find the word perception because freedom is perceptual.) You are free. You're so free, you can choose bondage. You are so free, that no one can do anything to you. You are so free, that you are the only one who is causing anything to happen in your experience.

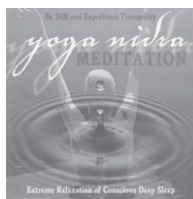
You say, "But wait. That person did such-and-such to me." And we say, but it was your observation of it, and the subsequent contradiction in vibration, that caused the vibrational meltdown within you that disallowed the Well-Being that would have been there if you hadn't been observing it. And you say, "Well, I wouldn't have been observing it if they weren't doing it." And we say, yes, but now you're getting into that realm where you have to control the conditions. Now you're saying, "If I observe things that feel bad, I feel bad. So, I need to find some way of controlling things so that everything that I observe will be good." And we say, give it up! You don't get to decide what other people put in their pie.

Nobody can put anything in your pie unless you observe what they're putting in their pie. And when you observe what they're putting in their pie, now you're a vibrational match to what they're putting in their pie, and now you're putting it in your pie. And now you're blaming them because you've got it in your pie! But you are the one who put it in your pie. "No, I didn't," you say, "I didn't put it in my pie. They put it in my pie. They put it in their pie first, and then some of it got in my pie." And we say, none of it could have gotten in your pie if you hadn't had your nose in their pie. If you hadn't been paying attention to somebody else's pie, you wouldn't have their stuff in your pie. You only get in your pie what you are giving your attention to.

And you say, "Well, it's hard not to notice what other people are putting in their pie." And we say, we know it can be hard, but maybe you could start making your own pie and getting interested in that. "Well, my pie isn't as interesting as their pie. Their pie's on CNN! Their pie is on the front page of the newspaper. Their pie is on my soap opera and on all the television programs. The stuff that they're putting in their pie seems to be everywhere. And because it's everywhere, it keeps getting in my pie." Only because you're giving attention to it. Nothing can get in your pie that you're not giving your attention to.

"Well, how can I not give my attention to the things that are everywhere?" And we say, find something that feels good to you—and give your attention to that. "Well, it's hard," you say. "It's hard to focus." And we say, but that's what a

...continued on page 30...



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A black and white portrait of a man with short, dark hair. He is wearing a light-colored, button-down shirt. His sunglasses are perched on his head, resting on his hair. He is looking slightly to the left of the camera with a neutral expression. The background is dark and out of focus.

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./](http://www.yourdailywalk.org/) or E-Mail him at RAS9999@aol.com.

"Shoot for the moon, even if you miss you'll land among the stars." Les Brown

Meditation

Mediocrity seems to be a dis-ease of the ego. So many individuals are accepting of merely being average. We are not here to be average; we have an extraordinary journey to take part in and need to begin moving along that path. Move away from the bonds of the ego and utilize your impressive ability to achieve all that you desire in your life. Did you dream of mediocrity, boredom, and conformity as a child? Then do not do it now. Get out of this rut of monotony and comfort and begin achieving excellence in everything you do.

Personal Journaling

How will you move away from mediocrity and begin achieving greatness today?

[illegible]

**Today, I will leave the security of my comfort zone
and take a risk.**

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How To Know God

In *How to Know God*, Deepak Chopra takes us on a breathtaking visual and philosophical journey where he investigates the meaning of creation, miracles, immortality and of existence itself. Uniquely blending science and philosophy, Chopra offers such an inspiring approach in spiritual thinking that any viewer, regardless of faith, can undergo a profound quest "to know God". *How to Know God* is now available on DVD at: www.chopra.com or www.Amazon.com

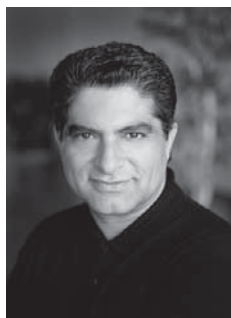


Photo: Jeremiah Sullivan

Are we here by accident or is there a Creator or Divine Force that is behind our existence? Does **God** exist? Does God care about us? Where do we find God? These questions and more are explored in the groundbreaking new DVD *How to Know God*, based on the inspirational, best-selling book by **Deepak Chopra**. Now spiritual seekers of all faiths can join Deepak as he traverses the secular and the sacred on the soul's journey into the mystery of mysteries and the mind of God.

I believe that the experience of God is available to anyone regardless of their religious background or lack of it. The human nervous system is hardwired to experience God. God is defined as infinite intelligence and therefore infinite creativity. The universe is a manifestation of this

infinite creativity. Whenever we create something new in our lives, we tap into the infinite mind. The miracles that are described in every spiritual tradition are manifestations of the creativity that we have access to when we tap into "the mind of God." **Einstein** once said "I want to know how God thinks, everything else is a detail."

How do we know God? All creative impulses share certain things in common. These include intended outcome, information gathering, incubation (as happens in meditation and prayer), insight, inspiration, implementation and integration. Creativity is a quantum leap in our consciousness. When we understand how miraculous healing occurs and why desires sometimes get fulfilled without any conscious effort on our part, then we have the ability to co-create (with God) anything in our lives.

Science has usually considered things like the remembrance of former lifetimes, synchronicities, telepathy, extra sensory perception, prophecy and remote healing, as anomalies. I believe if people understand the mechanics of such events, they too can consciously create them.

Our biological responses to reality and the more sophisticated responses of the human nervous system allow us to tap into the infinite mind. These responses are as follows:

1. **Restful Awareness**, which is being centered in the midst of chaos and confusion.
2. **The Intuitive Response**, which is using a non-rational, contextual, relational, holistic, nourishing intelligence that we all have, often described as a feeling from the heart or a gut feeling.
3. **The Creative Response**, which is the ability to create something that never existed before but also the ability to co-create the events of our life.
4. **The Visionary Response**, which is the ability to access the mind of enlightened beings and also our spiritual inheritance.
5. **The Sacred Response**, which is to become one with God or Infinite Mind.

As we become familiar with these higher states of consciousness our nervous system correspondingly changes so that we perceive things that we usually wouldn't in our normal waking state of consciousness. We begin to understand what **Mohammed** may have experienced when the angel **Gabriel** visited him, What **Moses** may have heard when he confronted **God**, or how **Jesus** may have performed the 35 miracles described in the **New Testament**. To Know God is to empower oneself and to understand that a spark of the divinity that great prophets experienced inside themselves is also present in every being. When we pay attention to this spark and nurture it, it can become a brilliant flame that can transform our lives and all those who are affected by them.

How to Know God is now available on DVD at: www.chopra.com or www.Amazon.com / \$19.98/ Running time: 67 minutes /Produced by Chopra Media and Frank Productions. (c)2006 Twentieth Century Fox Home Entertainment.

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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

Hair Today Gone Tomorrow

Thinning hair is a natural process of aging for both men and women. When we were younger the membranes of the scalp were thin and pliable allowing for good circulation of nutrients. As we age this membrane thickens, circulation decreases and pressure of the capillaries increase blocking the nutrients needed for hair growth and all importantly the retention of your hair.

Hair loss at a young age can be linked to genetics, lack of vitamins and minerals, thyroid conditions, stress, auto immune conditions, alopecia, chemo or radiation treatments, hormonal changes due to pregnancy, child birth, menopause or andropause. Medications can also cause damage to your hair and even hair loss if this is a problem for you and you have been on beta-blockers, birth control pills or ulcer medications to name a few ask your pharmacist for a print out of your medication, maybe all you need to do is change your prescription.

So what can you do herbally to keep hair healthy & strong?

First find out what's causing your hair loss.

For a while be gentle with your hair try cutting back on chemical processing or perming, try henna for color or a rinse of stale beer to add fullness curl to your hair.

Hair loss due to hormonal changes can be helped with herbs like **Vitex**, **Black Cohosh**, **Wild Yam** or **Saw Palmetto**. If it's thyroid related, herbs rich in iodine like **Kelp**, **Bladderwrack** or **Dulse** are good choices. To reduce stress related hair loss then a nice blend of **Oatstraw**, **Chamomile**, **Lavender**, **Catnip**, **Lemon Balm**, **Gotu Kola** and **Ginseng** can be used.

A healthy head of hair depends on vitamins A, C, E and B, iron, iodine, protein, zinc, calcium and silica a nice tea of **Alfalfa**, **Oatstraw**, **Nettles** and **Horsetail** help increase these nutrients; drinking 2-4 cups of this blend strengthens, thickens and adds shine to your hair.

To enhance hair growth add the essential oils of **Rosemary**, **Lavender** or **Sage** (20 total drops) to 8 ounces of unscented natural shampoo this help to stimulate circulation to the scalp increasing nutrients needed for growth, they also improve the texture of your hair and repair damage. Follow that with an herbal rinse using 1 quart cider vinegar infused with **Rose Petals**, **Rosemary**, **Lemon Balm** and **Nettles** these help to revitalize and balance the pH of the scalp.

You will find that there are many ways herbs can be incorporated into your life for the prevention of hair loss and a healthy head of hair.

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See SUGGESTED READING & LISTENING on page 46! Read what we're reading, listen to what we're listening to, learn what we're learning. We're all in this discovery adventure together!

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Jim Self (see pg 17) is presenting Creating the Personal Power Field in Melbourne, FL, March 24-25, as well as 22 FREE teleclass on Merging with the Soul, the Fall of Consciousness, the Creator gods and more. For info visit: www.masteringalchemy.com, or call 888-285-1223

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™ or www.hayhouse.com®. And, tune in to HayHouseRadio.com® for the best in inspirational talk radio featuring top Hay House authors!



Dear Louise, My three boys (10, 7, and 4) have all been diagnosed with farsightedness. I know from your books that so much can be done, and that there is a reason for everything, but this has just floored me. Where do I start, and what can I do? **O.D., Ireland**

Dear O.D., Whenever our small children have problems, it's good to begin with clearing our own consciousness. It is safe for me to see would be a good affirmation for you to start with. I would repeat this affirmation over and over, and notice areas you don't want to look at or things you don't like to see that might come up. Then repeat: I am safe.

I highly recommend a wonderful book titled **Healthy Healing** by **Linda G. Rector Page, N.D., Ph.D.** It's a great source for alternative healing techniques. You can probably find it in your local health-food store. Among many wonderful pieces of advice, Dr. Page offers dietary, herbal, and lifestyle support therapies for more than 400 conditions, including eyesight. She recommends increasing vitamin A, C, and D intake; use of an herbal supplement called Bilberry; and eating mineral foods such as carrots, broccoli, leafy greens, and sunflower seeds.

Dear Louise, My six-year-old daughter constantly complains about earaches, and when I have her checked by a doctor, there is an actual ear infection. It's the right ear mostly. We use medication to cure this, but I wonder if there's another way to handle this? Thank you for your help. **M.H., Los Angeles, CA**

Dear M.H., You'll see a big difference if you remove dairy products from her diet immediately—that is, no milk, cheese, yogurt, or ice cream. So many children are actually highly allergic to dairy, and the first complaint is usually earaches. Rice or almond milk can be substituted, but not soy, as it is usually genetically altered.

On the metaphysical level, what does your daughter not want to hear? Is there too much fighting in the house? Does she hear the word no too often, or does she feel that she's not loved enough?

Have her affirm: I hear with love. I love my ears. They are happy ears. All is well in my world.

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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, email info@alancohen.com, or phone 1-800-568-3079.



Dad's Checkbook

Leap, and the net will appear. Julia Cameron

"I feel caught between my old life and my new one," John confessed in our coaching session. He reached into his pocket, took out his wallet, and handed me his business card. It was loaded with telephone, cell, and pager numbers, along with several e-mail addresses and a website. "For many years I was very successful in the oil business," he explained. "I had vast amounts of money, prestige, and power. Then I got sick of the whole scene and quit. I just walked away from it all; I just wanted to clear my head and find some inner peace.

"I felt content for a while," John went on, "but then my money began to dry up and I started to panic. I had let go of all of my security and I felt like a trapeze artist flying through the air without a safety net. It was really scary. Then a few weeks ago I received a phone call from a friend in the oil business, offering me a job. I don't want to go back, but I don't know how I am going to pay my bills."

I considered John's situation and asked him, "If you were not afraid about money, what would you be doing?"

John's face softened and his eyes lit up. "I would study holistic healing," he told me. "I would travel. I would meditate. I would spend time in nature. I would connect with my spirit and pass along to others what I learned."

"Can you trust that if you are true to yourself, the universe will provide for you?" I asked him.

John thought for quite a while. I could see he was moving through significant inner territory. Then he answered firmly, "Yes, I would." John's eyes looked resolute. He had tapped into a bank of faith.

"Then you are in a perfect position to manifest what you want," I told him.

A week later I received a phone call from John. He was laughing. "You're never going to believe what happened!" he exclaimed. "After our session I went to visit my father, who has never approved of my lifestyle. We had a good talk and I told him what I wanted to do. Without saying a word, my dad walked to his study and came back with a check for me. When I read the check I was stunned — it was enough to sustain me for a year."

During the next six months John took yoga teacher's training, became certified as a hypnotherapist, and attended the **Mastery Training**. Then he went off to **Nepal**, where he meditated in a Tibetan monastery. Later John came to visit me, and he bore no resemblance to the man who had been struggling. He looked happy. Then he returned to Nepal where, I am told, he is meditating peacefully.

The force of your personal evolution, speaking to you through your spirit, is moving you toward the fulfillment of your dreams. Your role is to move with the strongest energy you feel. If, out of fear or insecurity, you try to hold on to something that no longer serves you, you will feel constricted and unfulfilled. If, on the other hand, you give more power and attention to your destiny rather than your history, doors will open in amazing ways.

John had a strong intention to follow his dreams, but his fear was throwing up a thick smoke screen that obscured his vision. When he tapped into his faith, his fear dissipated. Fear and faith cannot coexist in the same mind or place. The antidote to fear is not to push hard against it or buck your way through it. The answer is to tap into a deeper knowing than the level that fear is speaking from. That deep place always exists inside you; your role is to relax into it.

There is a profound difference between fearlessness and courage. Fearlessness means that you are not afraid, so you go ahead and do what you want. Courage means that you feel fear, but you move ahead anyway. That movement is not accomplished through sheer will. It is accomplished through heart. The word "courage" derives from the French word "coeur," which means "heart." So the answer to fear is not force; it is heart.

John's dad has a checkbook, and so does yours. Consider the universe your loving parent who is happy to support you to live the life you would sincerely choose. Then you will not have to make compromises and do something you detest. "If a man's son asked him for a loaf of bread, would he give him a stone?" Just as you would answer your child's need, your spiritual source will answer yours. You can ask my friend John, but you might have to go to Nepal to find him.

This month's article is an excerpt from Alan Cohen's extraordinary new prosperity book, *Relax into Wealth: How to Get More by Doing Less*. To order the book, receive information about Alan's life-changing Mastery Training in Fiji, or receive Alan's free daily inspirational quote and monthly newsletter, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.

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MASTERING ALCHEMY



Jim Self is a gifted national speaker, teacher and founder of Northern California's Avalon Institute and director of the **Mastering**

Alchemy Program. He is presenting the weekend seminar, **Creating the Personal Power Field in Melbourne, FL, March 24-25**. Jim is also currently presenting 22 FREE teleclass on Merging with the Soul, the Fall of Consciousness, the Creator gods and more. For more info visit: www.masteringalchemy.com, or call 888-285-1223

Alchemy is not magic; however, it does produce very wonderful magical results. When you are aligned, alchemy is your natural state of Wisdom. Simple? Yes! Easy? Actually it is easier than you might think. By first accepting and understanding that everything is possible, you are then able to intentionally transform one possibility into another. By learning to simply alter one vibrational form, thought, feeling or belief into another vibrational form, you then understand and have the ability to create and sustain Well-Being, Abundance and Joy effortlessly.

So what is Alchemy? It can be most simply defined as changing the frequency of thought, altering the harmonics of matter and applying the elements of Love to create a desired result.

Let's start simply. For example, if you wish to have water available to you, it is useful to have a container to hold the water. Similarly, to hold the knowledge of Alchemy for your creation, you must have a container. The aura is an electromagnetic field surrounding you but it has no structure. It is like the water without the container. By changing your thought and becoming aware that you can change the harmonics of the aura to be contained within one of the sacred geometric fields, such as the Octahedron (Diamond shape). The octahedron becomes the shape that contains the aura.

Try this... An Octahedron is two, four sided pyramids connected to each other at the base. One points up, the other down. With your imagination create four points about five feet in front, back, left and right at the level of your heart. Then add two more points, two feet above and below your body. From the points below and above, draw lines to the four surrounding points, then connect the four surrounding points.

Once this is created, see and feel this shape surrounding you and breathe. As you allow this shape to stabilize, you will find a new sense of balance and well being. You have created a vessel that allows you to anchor and access the knowledge of Alchemy.

...continued on page 40...

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

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Rev. Beth Head is Minister of Unity Church of Melbourne, where she welcomes you to the 9:15am and 11am Sunday morning services at 1745 Trimble Road, Melbourne. Call her at 321-254-0313 or email at RevBethDH@aol.com.

Awakening is one of the stages in our healing, in our spiritual growth. Sometimes in life, we have to awaken to be moved forward. Sometimes we aren't very comfortable when the awakening comes - like for the prodigal son. Sometimes we are very comfortable with things just the way they are when the awakening comes. But the universe or **God** or your higher power is calling you higher.

Sometimes we try to drown out the call to awaken, if we aren't willing to change. We won't respond:
If the TV a little too loud and the recliner too comfortable
If being right is more important
If the beer too refreshing
If the book is too good
Or if the fried chicken too tasty

If we don't pay attention, WE may end up leading lives of quiet desperation.

So once we are awake, what next? Are we going to ignore the signal? Are we going to press the psychological snooze button waiting on a bigger more dramatic awakening?

The next step towards healing - whether it a healing of our body, or our emotions, or our finances, or our relationships... after we are awake, there comes a time of purification - a time of letting go of something - a time of doing something new or different - something has to change - there's some part of us that needs purifying.

Think back, what do you think the prodigal son did after he was welcomed back? Do you think he was humbled enough, awakened enough that he let go of his old attitudes? Do you think he let go of thinking that he knew better than his dad?

This purification stage is a period of letting go and adjusting attitudes, behaviors, beliefs and patterns that no longer serve our highest purpose.

In the **Gospel of Luke**, Chapter 18 there was a rich young ruler who said to **Jesus**, "I'm doing what the laws say - what else should I do?" Jesus told him to give up his wealth. The young man couldn't make decision to let go of his attachment to the material and his fear of not being taken care of - he could not surrender to God's love for him. Mistakenly, he thought his good came from world - thus he was destined not to know the kingdom of heaven available to him in the moment - and because he couldn't let go or give up his error thinking, he missed out.

Jesus asked the man at the pool of **Bethesda**, "Do you want to be healed? Then take up your mat and walk?" Don't you think that's a strange question for him to ask? Of course he would want to be healed, wouldn't he? Or maybe not, maybe he would rather be taken care of. If he's healed he might have to work.

...continued on page 43...

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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

Know Thyself

The indispensable first step to getting the things you want out of life is this: decide what you want. -Ben Stein



One important secret of spiritual happiness is to really know, understand, and respect your nature — your own individual blend. We are all great and magnificent demonstrations of God's glory and nature's creative expression. Even though some spiritual folks like to talk about "oneness" and "equality consciousness,"

these concepts do not mean that everyone has to be the same in every respect. How boring would that be?

Instead, we can honor ourselves by respecting the unique recipe that God used to make each one of us. Rather than fighting our styles and preferences, we can see if there is a way to integrate them into creating a fulfilling life that honors and respects our individual blend. For example, consider what kinds of work are fulfilling for you. What are you good at doing? What do you like to do?

Someone who fixes cars for a living may be envious of someone else who makes a lot more money by running a successful business. Even though fixing cars may be just the key to their happy life, the person may have been swayed by the opinions of this world to think that running a business would be a better career path.

If you like to fix cars and are envious of someone who makes more money by running a business, then you may very well be experiencing envy for a set of circumstances that you would never even want for yourself. I'd guess that many of our envies are for things we wouldn't want even if they came our way. For example, recent decades of tabloid media have shown that even the most enviable celebrities may not be as happy as they appear to be, or as happy as we might imagine they must be.

Being a princess isn't all it's cracked up to be.
— Princess Diana

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Maybe your happiness lies in coming home from work and being completely free from work worries, unlike a person you think you are envious of — who might look like a big shot, but may also be walking around with way too much stress, and working way too many hours to enjoy the simple and peaceful pleasures of life.

...continued on page 22...

Sharing & Caring Hope for the Homeless *Good for your Health*

by Srin Das

The acts of pursuing material possessions and acquiring those possessions if by themselves were to make us happy then the world will not be filled with people who are searching for an answer to understand their emptiness or to make sense of their desultory search for that "something". We need to ponder why our "egocentric" based living is unable to provide everlasting happiness beyond the initial euphoria.

Though the above thoughts emanated from different faiths, the common theme to be compassionate and to help the needy is unmistakable. Therefore it would not be presumptuous to assume that serving fellow humans in distress and need is a sure way to achieve joy, contentment and spiritual progress in our lives.

With these thoughts in mind a group of individuals started an interactive not for profit organization **Share & Care Foundation** based out of **Orlando, FL** in Nov'06 with the purpose to help those in need by providing food, tools and other resources. This fledgling organization - with contributions only from friends and families - has gone into the streets of Orlando seeking out the homeless to distribute food packets. Since Dec'06 **Share & Care Foundation** has distributed 600 bags of food with an average cost of \$3 per food bag. It was astounding and overwhelming to observe the impact of just a few dollars on the life of someone in need. The foundation has collected personal hygiene items like shampoo, soaps, hand sanitizers, etc. to be distributed to the women who live on the streets and

in shelters. **Share & Care Foundation** has set immediate goals to feed 200 people every month and to provide rental deposits/emergency motel vouchers for people that have been deemed ready

for rehabilitation but lack the funds to secure a place. The fruition of these goals is incumbent on the availability of contributions. All the contributions are directly applied to the programs - that means 100% of the donations go towards the program.

Recent scientific experiments conducted have proved that helping, giving and sharing affects the brain positively thus making us happy and content, thereby proving that by helping others, we help ourselves. In giving, we receive.

A volunteer said the following after his first visit to the streets to distribute food *"I saw enough faces close enough to mine for me to know that the difference between them and me might be a matter of quitting drugs a month sooner, or finding a good job just in the nick of time, or having the right insurance AND the right doctor at the same time,*

...continued on page 32...



Melissa Springer



"When you reap the harvest of your land, you shall not reap all the way to the edges of your field, or gather the gleanings of your harvest. You shall not pick your vineyard bare, or gather the fallen fruit of your vineyard; you shall leave them for the poor and the stranger."

Book of Leviticus

For I was hungry and you gave me food, I was thirsty and you gave me drink. Truly I tell you, inasmuch as you have done it to one of the least of these my brethren, you did it to me'

Matthew 25: 35, 40

"Of their goods take alms, that so thou mightest purify and sanctify them; and pray on their behalf, verily thy prayers are a source of security for them."

Quran (9:103)

Whatever joy there is in this world All comes from desiring others to be happy. And whatever suffering there is in this world All comes from desiring my self to be happy

Shantideva, 8th century Buddhist scholar

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 everywhere.



Extend Kindness



One caring deed performed each day can elevate your energy, causing you to ride on a cushion of gratitude from those who receive your kindness. When you act compassionately, you're literally directing your power outward, like a beam of light that supports and uplifts the other person.

When that individual then extends appreciation back toward you, you then become elevated on a ray of very powerful energy. So each time someone thinks of you in a grateful way, your spirits are also raised.

You may even notice a lift in your mood or a warm feeling in your heart as the other person sends gratitude your way.

Performing a thoughtful deed each day is an investment in your own ascension and elevation in spiritual growth. You, therefore, are actually extending the kindness to yourself. It's a situation where everyone wins.

Thought for Today

I extend kindness as I feel guided. I give of it freely, with loving words, thoughts, energies, ideas, and help. I speak kindly about myself, others, and my world.



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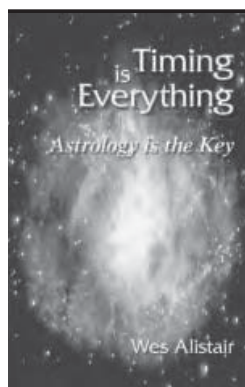
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SECRETS

Excerpts from
Secrets of Spiritual Happiness



...continued from page 19...

Who are you, and why are you here? What is it that you want in life? The more we comprehend our individual natures, and what we may be here to give and receive, the more we can make efforts to bring our outer world in harmony with that vision. Therefore, this secret says, as did the ancient Greek Oracle, "Know Thyself."

An important road to spiritual happiness is to create a life that is in harmony with what our soul is here to give, to receive, and to learn. Our reasons for being here are not firm and clear answers on a multiple choice test, but more like an ongoing essay question that we are writing throughout our lives. Each experience teaches us more about who we are, and each experience also refines who we are.

If you don't know your own nature, then you may be fooled into wanting things that you don't really want, and living a life that is a reaction to what others have, or to what others think you should have. Your mind will first want one thing, then hop to wanting another, and another, until you have a huge pile of tossed arrows of desire - many contradicting one another - using up your time and energy without ever giving the deep satisfaction that comes from dedicated efforts with clear goals and self-knowledge.

Don't wish to be who other people are; wish to be who you truly are. Instead of just automatically wanting what "everyone else" seems to want, contemplate your true nature to find out what you truly want. Notice what interests you most, and what stirs your soul. Happily pursue your dreams with clarity and confidence - always leaving the door open for unexpected twists, turns, and blessings. Follow your bliss.

When your personal nature and your outer life are in harmony, then you are successful, no matter what kind of work you do, and no matter how much money you earn. Do whatever you do with enthusiasm, dedication, honor, and love. If you can't do this where you are right now, then consider taking a look at whether you are devoting your time and efforts in the right places for you. Figure out what you love to do, and find a way to do it. Then, you'll enter a space of spiritual happiness where even time feels timeless and work feels effortless.

**If you love what you do,
you will never work another day in your life.**
- Confucius

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SACRED STUDY When I say sacred study, that doesn't necessarily mean religious scripture, for me it also includes Joseph Goldsmith, John Randolph Price, Ma Yoga Shakti, Roy Eugene Davis, Gangaji, Wayne Dyer, Deepak Chopra, They all delve into the heart of Life and inspire me to be all I came here to be; they've all inspired me in my own personal journey of transformation and awakening. When reading any of their material, be sure to take time to reflect deeply on what you read.

PRAYER I have a series of prayers I say in sequence as I sit to meditate, including the Great Invocation, the Lord's Prayer, the Gayantri Mantra and others. These take about 10 minutes and prepare my mind for meditation.



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MEDITATION If you enjoy listening to guided visualization tapes, after you've listened to the tape, sit quietly in the silence just following your breath for about 20 minutes afterward. I prefer just following my breath, no tape. Sit quietly, put your attention at the base of your nostrils where your breath comes in and out and feel the breath in your nostrils and when a thought comes, and it will, just focus your attention back at the base of your nostrils and again follow your breath, that releases the thought. This is more powerful than you imagine in cultivating the inner experience.

DO AFFIRMATIONS REALLY WORK? Affirmations absolutely work. My favorite affirmation is "I live a joyful life and blessings flow to me in abundance." I have others as well, and I say this one about 500 times a day. That's only 50 times every hour on the hour all day long.

I tack my affirmations up all over the house where I can see them. They say things like "My life is getting easier and happier. I am Divinely guided in all that I do. The Universe is supporting me in unseen ways and guiding me in every moment. Every day I am becoming clearer and fulfilling my goals. I have loving relationships with everyone I know. My life is free of tension & worry. I am becoming

This month's thoughts about things...



...continued from page 7 ...

more and more focused every day." Don't worry that your friends will think you're nuts, they may be inspired by these seeds also.

As I sit and say my affirmation 50 times every hour, I relax and allow the feeling of well-being to emerge within me. I remember that I do, in fact, live a joyful life and I mentally bring to mind all evidence of that. I remember that blessings do, indeed, flow to me in abundance and I mentally bring to mind all evidence of that.

If your dog just died, your car is broken down and you've just been evicted, for the time you spend doing your affirmation, put those thoughts aside completely and focus just on all evidence of good in your life. Bringing to mind all the good in your life, despite the chaos around you, is the surest way to cultivate the inner experience and, incidentally, to bring more love and abundance into your life at the same time. Use my affirmations, just for 30 days, 500 times a day, then write and tell me your experience. I think you'll be surprised.

WRITING Make a list of all the things you appreciate and are thankful for. Mine begins with a roof over my head, food to eat, indoor plumbing, electric lights and includes good health, friends who care for me, and my list is quite long. Review this list every morning and add to it anytime you wish. Make a list of all the things you want to accomplish today, this week, this month, this year, and in your lifetime. Review this list daily and revise it as needed. This helps keep you focused and on track.

EXPERIENCING EVERYTHING CONSCIOUSLY ALSO CULTIVATES THE INNER EXPERIENCE. Don't deny yourself outer experiences, experiencing them consciously also cultivates the inner experience. How do you experience

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Conversations with God Reveals the Spiritual Side of Homelessness



By Jill V. Mangino
Jill V. Mangino is a
freelance publicist
and writer based in
New Jersey. Visit
www.circle3media.com.

Last Fall I joined 500 people at a special screening of **Conversations with God** in New York City, not knowing that the movie I was about to see would forever change how I view the homeless. *Conversations with God* depicts the true life story of **New York Times** Best-Selling author **Neale Donald Walsch**. The film portrays Neale's soulful and emotional journey into his "Dark Night of the Soul" as a homeless man and reveals the illuminating moment that called him to become a modern-day spiritual messenger.

Neale found himself homeless, at 49 years old, after surviving a car accident in which he broke his neck. He was separated and divorced from his wife and supporting his children as best he could. Out of work and forced to wear a Philadelphia collar neck brace he was unemployable.

What little benefits the government gives a single man ran out very quickly and before he knew it, he found himself homeless living in a tent in a makeshift campground. He lived outside for the better part of a year panhandling for quarters and dimes on the street and living under the stars.

Neale's plight, as depicted so poignantly in the film, uncovers the stark reality of the homeless situation in this country. It sheds light on the circumstances that lead many of society's outcasts to find themselves without shelter and often without hope. I'm sure Neale never envisioned eating out of a garbage bin--one of the more uncomfortable and compelling scenes in the film. However, it can unknowingly happen to any of us.

As many as 3.5 million people experience homelessness in a given year (1% of the entire US population or 10% of its poor), and about 842,000 people in any given week

While there is on-going legislation and initiatives to address the homeless situation, many critics of social policy assert that a failure to live responsibly and lack of determination are what keep people homeless. However, such thinking is

largely accredited with fueling a stigmatization of homelessness. It is not uncommon for Americans to think of the homeless as lazy, apathetic, irresponsible or worthless. Such people typically believe it is by choice that people are homeless. Many Americans complain about the presence of homeless people and feel that their requests for "hand outs" are unjustified. Likewise, many homeless feel they are ignored, despised or even hated.

During a recent **Spiritual Cinema Circle** tele-class, Neale recounted a story about how one person refused to tell him the time, when he was homeless, and how incredibly painful and humiliating that experience was for him... to be literally not "worth the time of day".

It is often thought that such experiences can actually encourage substance abuse or exacerbate mental health issues, which in turn increase the difficulty of functioning within mainstream society. Some believe these social views and lack of concern provide an obstacle to the elimination of poverty.

Neale had one "angel" in the film a woman names Sunny who helped him get "cleaned up" for a job interview. If she had not seen his potential or had a biased view towards his homeless situation, he may have never been able to have picked himself up. Just one person, made such a huge difference and changed the course of his life forever.

Eventually, after finally finding work, another streak of bad luck compelled Neale to finally cry out in desperation, frustration and anger to God...and surprisingly... God answered. From his darkest hours he found the greatest light, God revealed himself in that moment and offered answers, not only for Neale personally, but with a profound message which has become an exceptional and gripping spiritual dialogue (with over 7 million books sold and translated into 34 languages).

While **Conversations with God** immerses you in the reality of homelessness, Neale's story offers hope for those who find themselves down-and-out literally and spiritually. As Neale's life unfolded on the big screen, it revealed a courageous man who rose like the phoenix from the ashes to touch all of our lives. And one thing is certain this movie will forever change the way you view the homeless.

It's encouraging when movies can not only address social causes in an entertaining way but inspire us to take action or behave more positively with compassion, ultimately trickling down and hopefully creating a paradigm shift.

Neale's personal triumph reminds us all that God is listening and is our true home, our our true shelter.

For more info on homelessness and how you can help contact www.nationalhomeless.org. and www.endhomelessness.org

Conversations with God is now available on DVD by Fox Home Entertainment. For more information about the film please visit: www.cwgthemovie.com. (see review on page 32)

The Science of Deliberate Creation

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creator does. A deliberate creator focuses. A deliberate creator decides what he wants in his pie, and puts it in his pie. "Well, how do I know for sure what I want in my pie?" Make some pies and eat them, and see how they taste. We call that post-manifestational pie eating. We call that waiting until it has manifested in order to figure out what the vibrational content of it was... It works.



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Or, you could pay attention to the way you feel while you're putting the stuff in your pie, because if it feels good while you're putting it in there, it's going to taste good when it's done.

We call these teachings the Art of Allowing because it is the art of learning, by feeling your way, by releasing resistance little by little until you become up to speed, or in vibrational alignment, with your own desires. And

when you do that, the vibrational alignment—even though your object of desire has not yet been manifested—the alignment with the idea of it is truly heaven on earth.

When you get in sync with the power of You; when you get in sync with your right, and your ability, to create, then you can relax and acknowledge that there is nothing that I cannot be or do or have—but I don't have to be or do or have it all right now. There is plenty to enjoy now, and plenty coming along the way, and, fortunately, it will not come in faster than I can allow it.

You will not be able to receive something that you're not vibrationally up to speed with.

So, it turns out that the joyous life is the life that is being lived by the person who is aware of the relativity between their currently active thought (which is all a belief is) and their desire. When you learn to manage this Vibrational Relationship between where you are and where you want to be, life becomes sweet even though many things are not fulfilled—yet... Now, what we mean by that is, if you

get—by virtue of focusing; doing creative workshops; going to meetings where people are getting you all juiced up about wanting things—if you get your desire factor activated at a much faster pace, on one or a number of subjects, than you've got your belief factor activated, you're going to cause chaos in your own experience.

What things you don't believe are possible is not pleasant. And yet, we don't want you to ratchet your desire back down to your belief level—because then, nothing can change. And, do you know, that's what most people are doing? Most people are spending most of their time looking at what-is.

When you are giving most of your attention to what-is, you're offering most of your vibration about what-is, so you're just getting more of what-is—different places, different faces, but essentially, what-is.

So, the way it works is, you observe what-is. You offer a vibration about what-is. Law of Attraction matches what-is, and you get more of what-is... So, you observe more of what-is; you offer a vibration about what-is. Law of Attraction matches what-is, and you get more of what-is... So, you observe what-is; you offer a vibration about what-is. Law of Attraction matches what-is, and then you get more of what-is. And then you observe what... (Fun!) We could go on because you do. That's what you keep doing, mostly.

And what we are wanting to call your attention to is that it's fine to observe what-is, especially if what-is is pleasing you. But you might want to fill in the missing gaps with memories of things that were pleasing, or imagining things that are pleasing, because Law of Attraction does not give you access to thoughts that are very far from the thoughts that you've been actively thinking... When you focus upon something, you activate the vibration. And when you activate a vibration, Law of Attraction gives you more thoughts that are like that. And as you hold your attention there, that activation becomes strong enough that it's not just an activation—it's a dominant activation. And when something becomes a dominant activation, you call that a belief. We want to soften it by just saying a belief is only a thought you keep thinking.

When you continue to think a thought (or activate a vibration) that is not in alignment with who your Inner Being knows you are, and with what you really want—then negative emotion ensues. And what happens to so many of you (bless your hearts; we mean this adoringly) you get used to that negative emotion. So, you call it normal. You just become willing to put up with being ornery, or being overwhelmed, or being frustrated, or being angry.

And you are really not wanting to put up with that when your Guidance System is alerting you to the fact that you're not on the path that you have designed; that you have divined—that you have honed out of the contrast of your life experience... All that stuff's being held over there for you in Vibrational Escrow, just waiting for you to become a vibrational match to it—all of the things that you want are just

...continued on page 31...

The Science of Deliberate Creation



...continued from page 30...

waiting for you to find vibrational alignment with them. And if we were standing in your physical shoes, we would not put up for a moment with negative emotion.

So, it is our powerful desire that today you discover a new determination to bless your Emotional Guidance System because it is giving you such important information about the Vibrational Relativity between the thoughts that you're thinking and what you really are wanting, and that you make a decision that you are going to do your best to feel as good as you can feel—all day long—on every subject that becomes active within you.

You have, long ago, most of you, given up your rights to your own Guidance. You stopped trusting yourself because they ganged up on you. There were two of them when you were born, (most of you) and then more and more and more, and more. Then, there's all that peer group pressure, and then all those law enforcement agencies, not to mention the people that you really care about... But you tend to care more about what they think about what you're doing, than you do about how you feel.

We want to reactivate within you a determination that you are going to get hold of the Vibrational Relationship between you and You. Because you are Eternal extensions of Source Energy, and the Source Energy that is you loves you, and loves others. The Source Energy that is you knows your value; knows your worthiness; knows all of the wonderful things that are over here in Vibrational Escrow waiting for you, and will always be a vibrational match to those things that you want, and will never join you in your depression. That's why depression feels like depression:

The feeling of anger, the feeling of any negative emotion, is you holding a vibrational pattern that is disallowing your full Connection with who-you-are. And so, negative emotion is your indication that you are not allowing that full Connection to Source.

We never see you stick a "Happy-face" sticker over your gas gauge because it is troubling to you to see that it's empty. "Oh, I'm empty. I'd better cover that up. It bothers me to see that." You sort of want to know when your tank's empty, don't you? And if you wait 'til it really empties out, it's much more trouble than if you just catch it as it approaches empty, and then do something about it. And this is what your Emotional Guidance System is doing for you, too. It's letting you know you're sort of emptying out in this moment. And so, you might want to see if you can't find a better feeling-place about this.

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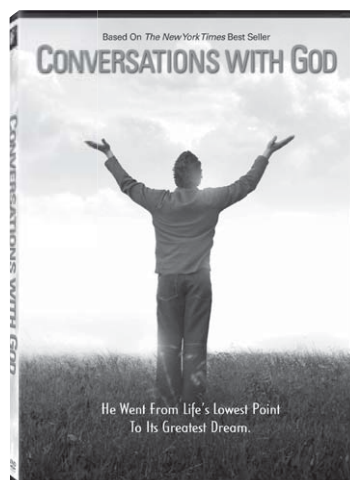
Start guiding yourself by caring about how you feel. Start guiding yourself into your Stream of Source Energy, for that's where your clarity is; that's where your joy is; that's where your flexibility is; that's where your balance is; that's where your good ideas come from. That's where all the good stuff is accessed from...

You cannot get to the good stuff from the place of feeling bad—it defies Law. And you cannot get to the bad stuff from the place of feeling good—it defies Law!

Conversations with God

A Review

by Will Arntz



The movie, **Conversations with God** is faithfully based on the life of **Neale Donald Walsch**. It focuses

intensely upon the period of time when Neale was descending into homeless status, and is a riveting portrayal of a man whose ego is slowly - and painfully - being eroded so that something finer can flow through him. Ultimately his journey is a healing one, eventually leading to the publishing of the enormously popular *Conversations with God* books.

The movie is an excellent telling of this epic story of spiritual realization. And epic it is. As **Cate Montana**, our **What the BLEEP** newsletter editor, said: "It's amazing what spirit has to put us through before we're ready to listen." All of the elements of a great storytelling are here - Fine acting, photography, direction, all combine to maximize the impact of this very human story. And because it is so effectively told, it's a story that I've gone back to in my mind for days afterwards.

For me it's great to watch a film about a true hero. Not some "hero" who miraculously dodges 20,000 bullets to shoot everyone else, but someone who wrestles with the self-bullets, and comes out the other side to help millions (7 million + books sold!).

On a more personal note - there are really two people behind this film. The one in front of the camera (as acted by **Henry Czerny**) is Neale. The one behind the camera is producer/director **Stephen Simon**. Stephen has been on his own journey to get these films made for decades. **Mark Vicente** - one of the **BLEEP** filmmakers - even took a film class 15 years ago taught by Stephen about making mystical movies. Stephen has produced spiritual movies, written books and articles about it, created a new way of distributing films, via the **Spiritual Cinema Circle**, and finally made this film. For his unrelenting passion to make this all happen, we fellow filmmakers are all most grateful.

Will Arntz is the co-creator of the movies *What the BLEEP Do We Know?* and *Down the Rabbit Hole*. For more information please go to: www.whatthebleep.com *Conversations with God* is now available on DVD from FOX Home Entertainment for \$29.98.

SHARING & CARING

Hope for the Homeless

Good for your Health

...continued from page 20...

or leaving Vietnam in January 1973 rather than March and that every one of those things was absolutely in the Hand of God, and I thanked Him all day for His marvelous treatment of this undeserving soul. I saw old friends on street corners, men long dead but still here, just today, to warn me and bless me for caring enough to try".

Share & Care Foundation will gladly accept your contributions. Please get in touch with us to see how you can help. Please ponder on the words of Shantideva which are most relevant in this 21st century filled with sufferings and strife:

*When both myself and others
Are similar in what we wish to be happy
What is so special about me?
Why do I strive for my happiness alone?
And when both myself and others
Are similar in that we do not wish to suffer
What is so special about me?
Why do I protect myself and not others?*

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Below is a photo of the Brown Bag Brigade



This month's thoughts about things...

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them consciously? Be present in the Now when you do them. When you eat, eat consciously, enjoy every bite and swallow; turn off the radio and tv and put down the book and, as they say in Zen, eat when you eat. Cultivate mindfulness in every act you do in your daily life. When washing dishes, feel the weight of each plate and revel in the soapy delight of washing dishes. Feel the happy soap bubbles under your sponge. Be conscious in every thing you do.

ON ASCENSION AND RAISING OUR VIBRATION We've heard these phrases for decades now and many still aren't sure what they mean. I like using terms everyone understands and can automatically apply to their life right now. Right now, not way off in some theoretical enlightened future. What activities or friends used to hold your attention that no longer do? Who and what holds your attention now? Do you feel you've risen in consciousness since that time?

For many, going clubbing was a weekly event and was immensely fulfilling ~ dressing up, going out, having a few drinks, gathering with friends, meeting new people, dancing until 2:00 a.m. Then just as you got to know every club and

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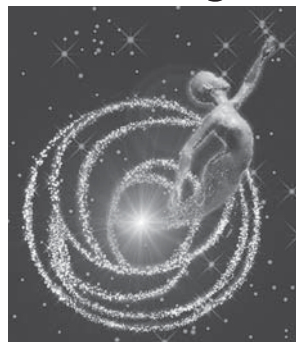
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Participants will receive a special take-home manual to write down your experiences and a \$100 certificate that can be used as a credit for residential programs at The Monroe Institute® (TMI), and a discount on Hemi-Sync® products

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.

**March 30-31
in Melbourne, FL
at the Unity Church of Melbourne**

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

**Please call
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AWhite777@aol.com to register**

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SoulSongs

Karen Williams

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



SOULSONG #445 HOW CAN I PROTECT MYSELF FROM NEGATIVE ENERGY?

Sometimes I might enter a room or encounter people who seem to make me feel drained, depleted. Some psychic people say they can actually see energy being sucked or siphoned away from unsuspecting people by others who may not even realize they're doing it.

How do I protect myself from such things or from people's negative emotional energy in general?

The same way that I protect myself from everything: by refusing to give my attention to it while consistently focusing on all I like and want from life.

Nothing in physical or non-physical realms can jump into my experience unless I first give consistent thought to it or to something that I equally dislike. This is the only way that a mugger, cancer cell, back- stabber, drunk driver, or some sort of renegade energy can ever harm me.

"NO" does not compute in this Universe orchestrated by Law of Attraction. Every thought about something I want to avoid is actually a request to encounter it.

I remove my attention from scary aspects of seen and unseen realms, and I go about fulfilling my purpose: delighting in each new day and savoring my desires for the future. Unwanted phenomena CANNOT exist in that space.

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 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

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 or call 386-228-2880.

Tuesdays MERRITT ISLAND 6-7pm Drumming at Natural Mystique in the Merrit 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 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

Wednesdays CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 6:30-7:45pm Family Health and Wellness Center on AIA 321-626-5333 Rivers97@rocketmail.com

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 CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 6:30-7:45pm Family Health and Wellness Center on AIA 321-626-5333 Rivers97@rocketmail.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

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 email Aquaaura@gmail.com 321-254-0000

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

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

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

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

2nd & 4th Fridays - WEST PALM BEACH - All Message - 7PM, UMC 528 S. Haverhill Rd, 561-686-0217

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

Saturdays CASSADAGA Historial & Orb Photography Tours at Cassadaga Spiritualist Camp. Historical at 1 and 3 pm; Orb at 7 pm. Visit 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 CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 10:30-11:45am Family Health and Wellness Center on AIA 321-626-5333 Rivers97@rocketmail.com

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 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

Sundays-WEST PALM BEACH - Metaphysical Church - meets at Unity at 6073 Summit Blvd, 5:30 PM Healing 6PM Service. Various guest speakers.

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.

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

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

Saturday, 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.

Saturday, March 3 WEST PALM BEACH David Hulse Bridging to 2012. Ancient tones help build vibrational bridges during challenging times, UMC 528 S. Haverhill Rd. <http://www.somaenergetics.com/>

Saturday, March 17 WEST PALM BEACH What Really Happens When We Die Workshop -Michelle Whitedove UMC 528 S. Haverhill Rd., \$40 561-686-0217 <http://www.michellewhitedove.com/>

Saturday, March 24 WEST PALM BEACH "Healing Thru Music" with Paul Esch 10AM-4PM UMC, 528 S. Haverhill Rd, 561-686-0217

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.

Saturday March 17 MELBOURNE AREA 9-6pm The MerKaBa Breath class \$100 Vibrate at 9/10 the speed of light 321-795-1595

Sunday, March 25, HOLLYWOOD Hollywood Metaphysical Chapel, 11:00 a.m. church service with messages from spirit, followed by luncheon and psychic development workshop with Speaker and Medium Rev. Albert Bowes, 954-923-0066 call to set appointment for readings

March 31st 2007 MELBOURNE 1 - 3pm at Heaven Sent Wellness Raindrop Technique™ and its Many Benefits. Discussion and demonstration of the Raindrop Technique - a Must See for Massage Therapists and energy workers. 321-652-5910

April 7 PANHANDLE Psychic Fair 10am-5pm Aura photography, psychic readers, Egyptian Healing Rods, energy workers. Location: Indigo Skies 25122 Perdido Beach Blvd. Orange Beach, AL. We're just 5 minutes from the Florida border. 251-981-4377

APRIL 20-22, 2007 PAISLEY, FL Long Dance, a Ceremony to Honor the Ancient Ways of the Earth. Drum, Dance and Sing in Circle from Sundown to Sunrise (Sat.-Sun.) • Iniyapi (Sweat Lodges) • Talking Circles • Giveaway Ceremony • More. \$50 plus Lodging and Food - Reservations Required Location: Deervhaven Retreat & Conference Center 47924 NFS 540-2, Paisley FL 32767 Michelle 561-929-4959 * Diane 954-292-0383 E-mail: dee7aum@gmail.com *Drug and Alcohol Free Environment

April 28th 2007 MELBOURNE 1 - 3pm at Heaven Sent Wellness Essential Oils for Emotional Support. This uses the Feelings Kit and will have time to use these oils in an Emotional Meditation. Very powerful and can be releasing. 321-652-5910

May 26th 2007 MELBOURNE 1 - 3pm at Heaven Sent Wellness Mold - Allergies Become the Home Healer: Making your Home Environment Healthy for your family. Cleaning the air you breathe, the power of Thieves™ Non-toxic cleaning solutions and more. 321-652-5910

June 30th 2007 MELBOURNE 1 - 3pm at Heaven Sent Wellness 12 Oils of Ancient Scripture. Discussion on the 12 most common oils mentioned in the Bible and how we can use them in our daily lives. Plus hands on with the Kit. 321-652-5910



April 7 Psychic Fair

10am-5pm

Aura photography, psychics,
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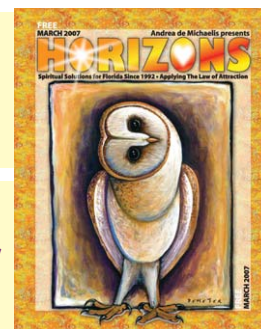
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COVER ARTIST

"LOOK"

by Brian Demeter



For all of those who
view things a bit differently



Born in New Jersey in 1975, Brian Demeter (Dem-eh-ter) knew he wanted to become an illustrator since kindergarten. When the teacher displayed Brian's giraffe drawing on the board, fellow students offered to trade candy for unique pieces of original artwork for their own collection.

As the years advanced, so did Brian's talent as he continued creating wonderfully colorful pieces of artwork throughout Elementary school and Junior High. "I remember drawing cartoons of my teachers. I'd make sure to over-exaggerate their features and place them in funny situations. The

pictures would crack my friends up!"

In 1990, Brian's family moved to Winter Springs, Florida, where he attended high school. "High School is where I really started to develop my painting skills. I remember that my first period class was Art, and it was a great way start to the day!"

Now, with a Degree in Design Technology, from Valencia Community College and years of hand-rendering experience, Brian prides himself in discovering new mediums and adding subtle embellishments to his illustrations. "I love the feeling that I get when a piece of artwork is finished and allowed to start living!"

Continually referencing his design background, Brian tries to keep his painting compositions dynamic, helping to bring the viewer face-to-face with the subject matter. "Response is key. If I try a new medium or technique, I love to hear how it made someone feel."

Brian lives and works in Oviedo FL, with his wife Lindsay and cat Alex. For more info and artwork, please visit www.BrianDemeter.com



SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

Roger is the Principal Minister of the Church of Iron Oak, ATC. He is also 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 30 years. He can be contacted through the church at (321) 722-0291 or through www.ironoak.org or www.ironoak.us

MARCH

March...In Like a Lion, Out Like a Lamb! Meaning, of course, that if the beginning of the month is all bluster and nasty and stuff, then it will become mild and wimpy at the end of the month. Of course, that further assumes that you believe that a dear little lamb would never, never be blustery and angry! For this, we will not consider "angry lamb" or "agnello all'arrabbiata" to have anything whatsoever to do with the weather. That should not disappoint the most ardent climatologist since the aforementioned phrase refers to a really hot Italian dish. I won't dwell on this; for one thing, I realize that it is close to dinner time and my mind is beginning to wander.

Never Mind, March
Never mind, March, we know
When you blow
You're not really mad
Or angry or bad;
You're only blowing the winter away
To get the world ready for April and May.
unknown

This is the month dedicated to the Roman god Mars. At the beginning of this month, the Salii, twelve well-to-do young men, would gather dressed in ancient warrior costumes. The costumes would consist of a rather fancy embroidered tunic and red cloak, breast-plate and pointed helmet. Wearing these costumes, the Salii or priests of Mars would dance down the street singing and leaping about, and banging their swords on their shields. These young men were the keepers of the shields of Mars.

A boy with a kite * In windy weather
Tying the earth * And sky together.
May Richstone

It was warm here in Florida, warmer than usual. Some believe that this is a sign of things to come because of global warming. Others think that the global temperature increase is not yet large enough to cause this change. In any case, my thoughts seem to warm me quite thoroughly despite the weather. But I think it has to do with agnello all'arrabbiata!

Mar 1st- Roman: Dance of Salii (priests) of Mars, the god of agriculture and warfare
Mar 3rd - Full Death Moon at 6:17 PM, EST
Mar 3rd - Welsh: Rhyfeddod Lleiaf o Rhiannon (Lesser Mysteries of Rhiannon), through the 6th
Mar 5th- Egyptian: Celebration of Isis
Mar 8th - Chinese: Birthday of Mother Earth
Mar 13th - Balinese: Purification Feast
Mar 18th - New Moon at 9:33PM EDT
Mar 19th - Welsh: Gwyl Canol Gwenwynol (spring equinox) beginning sundown
Mar 19th - Santeria: Day of Aganyu, Orisha associated with the volcano and wilderness
Mar 20th- Vernal Equinox
Mar 20th - Wiccan: Ostara or Eostre, place a lily on your altar to honor the Goddess Eostre
Mar 23rd- Norse Summer Finding, celebration of the god Thor and the beginning of the farming season.
Mar 29th - Babylonian: Festival for the goddess Ishtar

Beltaine
May 3-6, 2007



Gathering of the Elders

Camp Ocala in the Ocala National Forest

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drbarbara@cms.edu



Dr's. Barbara and Paul Daniele

Mastering Alchemy

...continued from page 17...



An aura without structure and focus is like a radio that can not hold a station. To tune your "Personal" energy field to your frequency, you must raise the vibration or speed of the field to approaching the Speed of Light. Impossible? No. Again, it is easier than you may think. By fine-tuning your field or antenna, you will eliminate the noisy, incoherent frequencies of events and people around you and begin to access the higher faster aspects of yourself.

As you begin to find this quiet focus, you begin to remember, rewire and reconnect yourself in ways that have not been available for many life times, allowing you to align with the wisdom that you have always had in the higher dimensions.

From this higher, faster, stabilized form of consciousness, you become aware that many of the concepts, beliefs and truths you once held are no longer useful or accurate from the higher perspective. Simply by reconstructing a sentence or speaking with a different tone will create a very different outcome.

Another aspect of this shift, as you have already noticed: Time is going faster. From this new, higher perspective you will find that Time exists in a very different form. There is no past or future. There is only NOW. In this NOW, all experiences exist at the same moment in the same place. When the internal wiring to understand this concept is actually connected, you will discover an ability to observe all the possibilities of a given situation. You can then choose the possibility that most joyfully meets your needs and then step into that choice, creating that reality you desire.

If this sounds like wishful thinking or fantasy, it is not. It is a simple doorway that has been hidden by the duality of the game, the push and shove, right and wrong, good and bad of the third dimension. It is a doorway that leads to merging with the Soul, walking with the Archangels, learning to create with the Great Rays of Creation and much, much more.

It is time to awaken and become who you are as a citizen of the Higher Dimensions.

As the veils of ignorance and forgetfulness are being dissolved, many wonderful teachers, leaders and healers are awakening. And as YOU awaken, it will be your opportunity to awaken the others next to you who are now stirring. Alchemy is your natural state of wisdom. Mastering Alchemy is the means to create Heaven on Earth.

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."

every person who went there, you got bored with it; it was no longer stimulating; it no longer held your interest. You started noticing all the people who were there time after time and weren't having fun. It seemed almost like a routine designed to fill the time and ease the ache of their lonely lives. Their heart wasn't in it. For many, their heart wasn't in anything and that is a Universal condition we all know. We've all been there at some point in our lives. As soon as you've begun to notice you're not having fun anymore, that's the evidence that you've ascended to another level, that you've raised your vibration a notch. A good rule of thumb is don't do anything unless your heart is completely in it.

HOW DO WE RAISE OUR VIBRATION? We raise our vibration by raising our level of compassion and understanding of ourselves and others. We know we're raising our vibration every time we feel the thrill of being in complete appreciation of and gratitude for everything around us.

HOW DO I KNOW IF I'M ASCENDING? We ascend in gradual, and sometimes not so gradual, steps daily by working through the challenges in our own lives, by striving to see and understand the point of view of others. We know we're ascending when we allow others to make statements we don't agree with and commit acts we wouldn't choose for ourselves without fighting against it, knowing that there is a reason for everything and that every experience has value in helping us integrate our personality.

HOW DO I GET OUT OF A SLUMP? The quickest way I know to pull myself out of the blues is to sit down and make my appreciation and I want lists. When I'm in a slump, the fastest way I've found to raise my vibration is to re-read these lists and remember exactly what I have, and who I really am.



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

Andrea

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Cost: by Donation

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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,

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Clean Up Your Act



...continued from page 18 ...

When we get the diagnosis or our partner leaves - that's an awakening. Then with lots of love for ourselves and without condemning ourselves, we get to take the next step... we get to decide what we are going to do about it.

Maybe we seek love or comfort through addictive substances, like drugs, alcohol, food or sex - and we may need help with our addiction. But there are many other things we may have to let go of. Maybe we find that we are addicted to things like gossip, being in control, clutter, books, being right or workshops. Maybe we have chosen to play the victim or we are afraid of confrontation, or we're unable to ask for what we need. Maybe we procrastinate or shop until we drop. Maybe it's the habit of being irritable or disorganized.

All of this stuff takes up energy and when you release it, that energy is released to help you heal.

Sometimes our wake up call comes in other ways: We realize that many people in our town are living in sub-standard housing. Will we volunteer at Habitat - that calls for us to give up our precious time?

We realize that there are children dying from hunger. Do we send money to food relief agencies - that calls us to give up our money?

Maybe we are upset with the government. Do we go vote? Do we support our candidates with positive actions? That might mean giving up complaining.

Maybe you love God? Will you become a chaplain? Or will you help clean up the park when it needs it?

Or maybe like me, and my challenge this month. I went to a great retreat in September and I got some meditation tools - the question, is how am I going to be different? How am I going to use them this month to be better? Will I give up an extra hour of sleep to have more meditation time?

If this month's article has made you uncomfortable, maybe you will spend some time thinking about why and what are you going to do about it? And if it hasn't made you uncomfortable, maybe you need to ask yourself, am I awake?

Each of us gets wake up calls and then we're called to do something. And whether we like it or not, that usually requires us to give something up. The everlasting truth is what we get in return is always better.



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Saturday, March 10th 7:00 PM

Manifesting God's Grace: Discovering Your Spiritual Strengths
Sunday, March 11th 1:30-3:30 pm Rev. Tom and Rev. Therese Lee Come and discover how you are spiritually blessed and how to use your gifts to fulfill your heart's desire to know God.

"The Process" of Advanced Prosperity II Christopher Ian Chenoweth Sunday, March 18th 9:15 and 11:00 AM And workshop at 1:30 PM Are you tired of roller coaster living? Join Rev. Chenoweth for his revised, expanded and updated prosperity seminar. You will learn proven spiritual techniques, experience instant changes, experiences permanent changes and Prove God in Your Life. You will leave with a thirty day process to reinvent your thinking.

Peace Gathering March 23, 2007

Movie: Illusion

Saturday, March 24th 7:00 PM
Sunday, March 25th 2:00 PM
Sunday, April 1st 2:00 PM
Starring legendary actor Kirk Douglas in his final film role opposite Emmy winner Michael Gough in a story of how our decisions shape our lives.

Monroe Institute Hemi Sync Excursion Workshop March 30-31st
All credit cards accepted.
561-868-0905 AWhite777@aol.com

Brevard County A Season for Non-violence Invites You To A Roundtable Discussion Saturday, March 31 7pm
The discussion will be based on the vision of Dr. Martin Luther King's global vision, in which all people can share in the wealth of the earth.

Easter Services Sunday, April 1st
for Palm Sunday 9:15 and 11:00 AM
Friday Evening April 6th at 7:00 PM for Good Friday Service Easter Sunday, April 8th. We will have Sunrise Service at 6:45 AM and regular Sunday services at 9:15 and 11:00 AM.

New Meditation Techniques Class
Facilitated by Lloyd Reiser
Thursdays 6:30 PM Suggested love offering \$20 per class.

Healing Services at Unity Healing
Prayer and Reiki - 1st Sunday of every month 6:30 PM

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

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



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, or by email at barbaralee21@verizon.net

Aries: March 20 to April 20 "I Am". If you are feeling the pre Spring restless energy syndrome, you may be perfect for an exotic shopping spree. Although make sure your checkbook is balanced, and choices are made on what you choose to do with your money. Make sure that your passport is up to date just in case that special someone wants to take you on an unforgettable vacation!

Taurus: April 20 to May 21 "I Have". The Universe is supporting you in your process to go to the depths of your soul as you move towards what you are passionate about. In manifesting your goals you are faced with dynamic thinking that requires you to be focused in body mind and spirit. As you move forward with intent you face your fears and work through them and gently land at a place of peace.

Gemini: May 21 to June 21 "I Think". In your efforts to heal your mental turmoil you've had to face your indecision as well as your fear of letting go. When life makes you feel like enough is enough, you know it is time to move on. True healing happens in the moving on and letting go of what is not working. True balance can affect every area of your life for the better.

Cancer: June 21 to July 22/23 "I Feel". It is time to take charge of the energy in your life through meditation and awareness. Honoring your true feeling is a big start. Whatever has been lurking beneath the surface, is now ready to be seen. You now know what you are dealing with, and because your happiness is the key factor in all this, you now know what has to be done.



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HOROSCOPES FOR MARCH 2007

Leo: July 22/23 to August 23 "I Will". Your creative fire is ablaze with focused intention. This is a time to plant your seeds very carefully, for what you sow is what you will reap. Only you know what is real, so take this time to let go of worries and remember to trust your inner knowledge to take you to the next level. You make your ancestors proud.

Virgo: August 23 to September 23 "I Analyze". You have a great ability to stay strong and focused no matter what is going on around you, as well as being able to keep going in the midst of any personal drama. You know the meaning of serve or suffer, and you do it with such responsibility. This Spring you can expect your situation to lighten up.

Libra: September 23 to October 23 "I Balance". Redecorating and remodeling is heavy on your mind this Spring. If you can't change your partner at least you can do is change your home environment. Go the path of least resistance and that will lead you into greener pastures towards a peace with plenty and a soulful contentment that only is fulfilled from within.

Scorpio: October 23 to November 22 "I Create". Have you felt like the Phoenix rising this last Winter? Is it time to start over or is it time to get started. What ever you have been going through, you can rise out of the ashes with increased wisdom and understanding for your future. Now is the time to follow a renewed sense of passion in your love life and career.

Sagittarius: November 22 to December 21/22 "I Perceive". The way you experience your creativity is a direct link to your higher self. You have stepped into a different energy field, one where you become obsessed with a passion beyond anything you have ever felt before. You have been given a gift of energy, make the most of what has been given to you.

Capricorn: December 21 to Jan 20 "I Use". March 12th and 13th are great days to take an overview of what else needs to be done. You are the work horse of the zodiac, even if you don't find the time to do it yourself you will delegate and delegate until the job is done. A raise is in the works, all your talents and gifts will be recognized, keep up the good work.

Aquarius: January 20 to February 18 "I Know". Live and let live is your motto, you must have the right to live your life, do your work and express your God given talents. Don't fence me in is what you say to your relationships. You have to remind them that you are like a butterfly, one that needs to be free to explore and grow and given the freedom to be oneself will love gently and deeply for ever.

Pisces: February 18 to March 20 "I Believe". You should be dancing, there is a New Moon in Pisces a Solar Eclipse March 18. This is a new beginning in so many ways for you. Your canvas is clear, it is up to you the picture you want to paint for your life. Change is going to be your ace in the hole this year, just know that you can expect the unexpected.

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

From www.chopra.com or www.Amazon.com
How to Know God by Deepak Chopra DVD

From www.hayhouse.com **The Divine Matrix**, by Gregg Braden

LAW OF ATTRACTION COMES TO LARRY KING LIVE
<http://transcripts.cnn.com/TRANSCRIPTS/0611/16/lkl.01.html>
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MUST SEE DVD: The Secret Movie <http://thesecret.tv/>

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From www.soundstrue.com
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From www.richheartmusic.com
Music of Peace Solo Piano by Richard Shulman

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OUR MISSION STATEMENT

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

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life, and use our combined power to encourage each other in our personal visions, promoting social transformation.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience, by every thought we think and every word we speak.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation. Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, now.

We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them. Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

*From my heart to yours,
Andrea de Michaelis*

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