April 2007 Andrea de Michaelis presents Image: Comparison of the second secon

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Annual Friends of the World Gathering Sunday May 27th Noon to 4pm

There will be a variety of cultural dances, music, drama, international food and vendor booths. We hope to provide an atmosphere of openness and genuine appreciation of each other's special talents and cultural heritage, thereby promoting understanding and friendship of all races and cultures.

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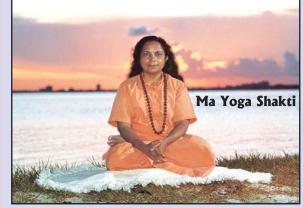




TWO EVENTS Sunday May 27 Noon to 4pm at Yoga Shakti Mission

Monday May 28 10am-1pm at the Hilton Hotel in Indialantic

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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 Parapsy-chology 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.

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<u>Cover Artist (see pg 38)</u>

Singing Woman by Rita Loyd

Contributing writers:

Richard A. Singer, Jr. Rev. Beth D. Head Rev. Tom Sannar Margaret Lembo Cecelia Avitable Roger Coleman Abraham-Hicks Karen Williams Doreen Virtue Louise L. Hay Barbara Lee Patrick Oliver Sharon Janis Alan Cohen Lori Grear



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.



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This month's thoughts about things...

"In the company of one who is living

Love, you can't help but spring into

that Love." - Sri Sri Ravi Shankar

Andrea de Michaelis Publisher



ello and welcome to the **April 2007** edition of **Horizons Magazine**. I feel like I live in a Disney movie. I walk outside each morning to put out

birdseed for the cardinals, jays, woodpeckers, etc. and I watch squirrels chase each other across the long oak branches. I water a few plants, twist some vines in a new direction, munch a fresh basil leaf and rub fresh rosemary in my hair. I watch the baby lizards scampering about, and rake the leaves into a pile for the cats to jump into. Lately I've been raking leaves like crazy! The cold snaps back and forth the past two months have tricked the trees into thinking it's autumn, so they've all been shedding their leaves. Even my bamboo took a rest from its breakneck speed growth and literally covered the ground beneath it in inches of feather-downy leaves. I love that the cooler weather this late in the season lets us know we will once again have a mild storm season.

I had a week's worth of a head cold and sore throat last month, and a cough that should be gone by the time your read this. For several days, I felt I was walking around in a fog. I spent a lot of time sleeping and blowing my nose and coughing. I had to concentrate to understand what anyone was saying to me. My thoughts felt very clouded and foggy. I knew it was just a cold and it would pass, but I let myself be whiney and gripey to friends about how I felt. Great - as soon as I began doing that, all guidance stopped flowing for me. I thought I couldn't meditate, however I was just making an excuse since meditating was not so easy when I felt icky. I chose not to hold a thought when I could have, with a little more effort. I chose to release thoughts and go to sleep, when I could have sat and practiced just 10 minutes more to "officially" complete a session.

I am not one to wallow for long when I get like this, but I have learned to allow myself a few days wallow time to get it of of my system. But this time I was also beating myself up for wallowing...

My world became a very small place during that time, consisting only of my grumpy thoughts and my snoozy, sniffling body all going round and round like on a hamster wheel, going nowhere. I'd turn on the radio and none of the songs spoke to me. I'd go to the market and none of the produce

...continued on page 28...

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The Science of Deliberate Creation



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Every Preference Summons Source

re you feeling the life-giving quality of a desire formulated within you? And even though sometimes the desire is not manifesting as quickly as you would like it to, do you still understand and ap-

preciate fully the value of the desire, even in its unfulfilled form? When you get there, you have it all figured out.

You wanted to come forth into an environment of contrast and variety so that you, a specific individual perceiver, or experiencer, could actually give birth to your own desire or preference. You knew that the moment that that pulsing, vibrating preference happens (whether you talk about it or not; it happens vibrationally) it is the summoning of Source Energy itself.

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Contrast. Sometimes you think you would like to do without it, but you don't really mean that. You certainly don't mean it from your broader, Nonphysical perspective because anything that stirs that desire is literally the summoning of Source. You knew, when you came forth, that desire would happen and that the desire itself would summon Life Force, and therefore, you would be in your physical body and alive.

You knew that your life, the life of the Universe, the very evolution of All-That-Is, is dependent upon you coming up with a new idea of something that would make your life a little bit better (spoken or not spoken). And you knew that in the moment a desire emanated from you, that all of the resources that create worlds would come forth to fulfill it.

So, you knew that you would have desires, and that every desire, large or small, would be answered by Source—you knew that. And we're here to talk about the part that many of you seem to have forgotten, which is how to line up with what you want so that you don't hold yourself vibrationally apart from your own desires.

So, if you have things that you've been wanting for awhile that seem to not be happening, it's only because you have developed patterns, (some call them beliefs) patterns of thoughts that hold you in vibrational difference from the very desire you are talking about.

Sometimes you say, "I'm stuck. I've been stuck where I am." And we say, that can't happen because you can't stand still. You can't be stuck. What could be happening is that you keep creating the same thing over and over so you think you're stuck. But it's not because you're standing still; it's because you keep looking at what-is and offering a vibration about what-is, and recreating more of what-is. So, you're not stuck, you're just creating the same thing again.

In other words, if you've been in a position where you say, "As long as I can remember, I haven't had enough money." We say, well, that's because you keep looking at not having enough money and talking about not having enough money, and, more importantly, feeling what it feels like to not have enough money. And then, the money that you really want can't come to you because you are emitting a vibration that says, This is how it is. And when you emanate a vibration that says, "This is how it is," guess what? This is how it is.

So you say, "I'm stuck in this place I don't want to be." And we say, you're not stuck, you're just creating it again and again, and again. And you say, "But still, it feels like I'm stuck." And we say, well, that's because you keep looking at what-is and creating it again and again, and again. And you say, "But I'm stuck!" And we say, no you're not stuck, you're just creating the same thing over, and over, again. And you say, "But I'm stuck; I can't get off this place. I'm stuck; I

...continued on page 30...





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

"You see things and say "why?" I dream things that never were and say "why not?" George Bernard Shaw

Meditation



ever question your unlimited power to create what you desire in life. Do not ask your ego if you can do something because it has limits, instead, ask your soul, your spirit, your higher self and it will let you know the astonishing power you have to manifest

anything you believe you can. Believe, and nothing will impede on your journey.

There is nothing different about you or that separates you from the great minds of the past or present. Great achievers believed they could succeed, worked persistently and passionately, and did not give up until they met their goals. This is the secret of remarkable success.

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Empress feng shui INVITE BEAUTY AND HARMONY INTO YOUR ENVIRONMENT



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

Hi Lori, I recently started a new job and the position of my desk is very unsettling. It is an Lshaped desk. When seated at the desk, my back is either to another co-worker or to an open doorway that has continual traffic. Unfortunately, nothing can be done about the positioning of the desk at this time. Do you have any suggestions for what I might do so that I feel more comfortable while working? Thanks for your help!

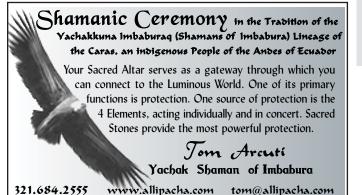
A: This is a very common problem in modern offices. Lshaped desks represent being surrounded by work, and are certainly not a favorite among feng shui practitioners, but have become guite commonplace and need to be worked

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with. If there is nothing that can be done with the desk's position, consider hanging a small 'locker/cubicle' mirror on one wall so that when you are facing that direction at least you can see what is coming at you from behind. Then hang a small round crystal above your desk to keep energy from bombarding you. Good luck!

Q: Hello Empress! I am very interested in Feng Shui and applying it to my life. I had a question about space clearing. Is the ritual done in every room? (I am talking about the crystal bowl with water and 3 tea lights candles.)

A: There are many different ways to space clear, and most are done in each individual room, especially if the energy is heavy or if the space hasn't been cleared before. We space clear our home daily. We use the bowl/candle method in just the open-plan living room/dining room/kitchen.

Q: Dear Empress, Hello. My home's front door faces South to the roadside. I am interested in placing a water fountain facing the road. Our home has two entrances.....as in a semi-horseshoe shape. We usually use one entrance only unless we have guests we then open the other one to make it easier for them to drive out. Is the fountain a good idea? Please help.

A: A fountain is a good idea for you. Water placement is extremely important as it helps dictate the money flow and vitality that will enter your home. There are two specific kinds of fountains, one is directional, with water that flows in a specific direction, and the other I just call an all-over fountain, where the water will flow in all directions. If you choose a directional fountain, you must make sure that the water flows TOWARD your house. If you choose an all-over fountain, it will be fine. Good luck.

Q: Dear Empress, our new house has a side entrance which is at a slight angle, and about right in the middle of the side of the house. The garage is in front. I am assuming the angle is not a factor but I want to check and make sure I'm ok.

A: Side entrances and angles work to slow down the chi that enters your home. This can present a real problem if the doorways are hidden, or if the angle slows it down so much that energy stagnates. Resolving this is usually pretty simple. You need to make sure that the doorway has some 'pop' to it. Choose a great color for the front door, add a wonderful welcome mat and a few windchimes, flags or windsocks to keep energy moving into your home. Use your front door as much as possible and watch the blessings flow to your door!

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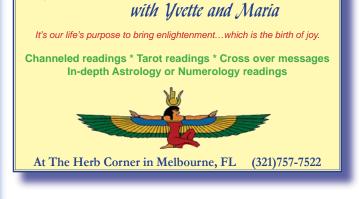
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See Calendar pgs 35-37 for current events & locations

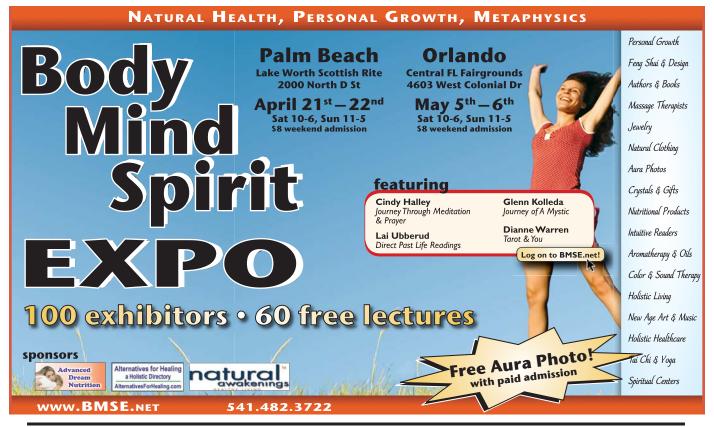
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Cecelia Avitabile is the owner of The Herb Corner and Learning Center in Melbourne Florida. She began studying and working in herbal healing over 19 years ago. She is a Certified Holistic Health Practitioner with a Masters of Herbalism Degree from 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

Maintaining a Healthy Heart

(Always consult your physician for advice on your particular situation.)

In our nation heart disease is still the number one killer. Today men, women, young and old are having trouble with heart disease; you are never too young to start taking care of your heart.

High Blood Pressure and High Cholesterol are the major conditions troubling our circulatory system. Fortunately for most people the circulatory system responds well to holistic and alternative methods of healing including herbs, supplements, acupuncture and massage.

There are many herbs that can benefit the cardiovascular system, they help to strengthen and tone the hearts' muscles and blood vessels, lower blood pressure, reduce fluid retention, balance sodium and potassium levels, relax and regulate the heart and blood vessels and steady the heart beat.

Hawthorn has traditionally been used for the treatment of many cardiovascular conditions including High Blood Pressure, Congestive Heart Failure and Angina. The actions of this herb come from its antioxidants and bio flavanoids. The leaves and berries help to clear the blood vessels, lower cholesterol, strengthen the heart and prevent build up of plaque on the artery walls improving overall circulation throughout the body.

Garlic contains amino acids that help to balance homocystine levels; helping to lower cholesterol and high blood pressure. Garlic's compounds help to raise good cholesterol (HDL's) and lower bad cholesterol (LDL's). It also helps to balance nitric oxide and because it is a natural blood thinner it may help to prevent blood clots from forming.

Motherwort traditionally used as a heart toning herb one that acts as an antispasmodic relaxing the cardiovascular system. Motherwort is a cardio-tonic herb giving overall strength to the heart. It was and still is used for heart palpitations and irregular heart beats especially if these are from stress, anxiety or hypertension.

Linden is another herb with antispasmodic and nervine properties. These actions relax the smooth muscles of the cardiovascular system helping with high blood pressure especially if it is caused by stress. Linden has diuretic effects within the circulatory system helping to move more blood through the kidneys helping to maintain the balance of sodium and potassium; when these are out of balance fluid within the cells build up causing an increase in blood pressure.

Yarrow reduces blood pressure by dilating the peripheral blood vessels increasing the movement of blood through the vessels which move excess fluids from the blood through the kidneys. Dandelion, crampbark, flaxseeds, ginkgo, horse chestnuts, cayenne and valerian are some of the other herbs that benefit the cardiovascular system

Mixing together $\frac{1}{2}$ part hawthorn berries, $\frac{1}{2}$ part hawthorn leaf, $\frac{1}{2}$ part linden, $\frac{1}{4}$ part yarrow, $\frac{1}{4}$ part skullcap, $\frac{1}{2}$ part gotu kola, $\frac{1}{2}$ part ginkgo and $\frac{1}{2}$ part motherwort would help with congestive heart failure, high blood pressure, angina, high blood pressure and atherosclerosis.

You can help maintain a healthy heart with supplements (omega 3 fatty acids, CoQ10, folic acid, magnesium, Vitamin C, E, B6 and B12) by reducing sodium, trans- fats and sugars, getting more exercise, drinking more water, cutting back on alcohol and smoking.

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ear Louise, I'm a student in Germany and moved away from home to get a college education. I'm blessed to have lovely friends, a good job, and to be able to go to school, too, but I don't have a boyfriend and this worries

me. Sometimes I put myself down and think I'm not good enough. I know this isn't true and that God really loves me, but I still let this bother me. What can I do? G.P., Germany

Dear G.P., My sense is that even though you've done a tremendous amount of work on yourself, there's still some fear that is standing between you and the life you desire, and that you're holding back from allowing a relationship to be in your life in the way that you wish.

You may have to reach back into your childhood relationship with your father or mother to resolve deepseated fears surrounding a relationship. Ask yourself: What do I have to give up to be in a relationship? How do I lose me when I'm in a relationship? What messages did I receive as a child that created a belief in me that relationships are painful or not forthcoming?

I suggest that you work on loving yourself nonstop. Treat yourself to romance and love. Demonstrate to yourself how special you are. Pamper yourself. Buy yourself flowers. Surround yourself with colors, textures, and scents that please you. Life always mirrors back to us the feelings we have inside. As you develop an inner sense of love and romance, the right person will be attracted to you like a magnet. A great affirmation for you is: I AM DISCOVERING HOW WONDERFUL I AM. I CHOOSE TO LOVE AND ENJOY MYSELF.

Dear Louise, My mother-in-law's house has been for sale since June (almost nine months), but there have been no offers. She and my husband own it together. I've cleaned and staged it and done my affirmations. I even buried a small statue of St. Joseph in the yard, but still nothing. She has moved to a senior complex, as she's elderly and could really use the money. We could, too, for that matter. Any suggestions you could give would be appreciated! D.J., St. Louis, MO

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Dear D.J., You certainly have started out well by clearing the energy in the house. Now it's time to get out of your own way! Unfortunately, the old adage is true: What we resist, persists. You can actually allow the universe to bring to you that which you desire by focusing on something else for a while. In other words, for the next week, do something else other than worry about the house. Spontaneously call friends and go to dinner and a movie; do your favorite exercise or walk every day—basically, be creative. What do you love to do? Paint, dance, knit, write, sing? And remember, this is fun. Make a game out of everything you do this week and make sure you don't talk to anyone, even your spouse, about the house or your mother-in-law. Let me know what happens!

Dear Louise, I've suffered with neck, shoulder, and back pain on my left side for many years. What causes this? Thank you! P.R., San Francisco

Dear P.R., Masculine energy (right side of the body) has to do with the rational, more analytical part of each of us. Feminine energy (left side) is our artistic and reflective nature. When these aspects of ourselves are not in balance, our bodies can get out of balance as well.

The problems you're experiencing with the left side of your body are most likely the result of challenges with your mother or a strong female figure. Was your mother overly strict when you were a child? Was she rejecting of you, and so now you are of her, and therefore the feminine side of yourself as well? Look closely at your physical symptoms. Then sit quietly in meditation and ask your Higher Wisdom Self, which is always present, to guide you to understanding. Ask how those symptoms are connected to old thoughts and beliefs (especially when this first started), then open yourself up to information on what needs to be released and forgiven for healing to take place.

An affirmation for you to use is: I RELEASE ALL THAT ONCE CONTRIBUTED TO CHALLENGES WITH MY LEFT SIDE. AS I LOVINGLY EMBRACE ALL ASPECTS OF ME, I EXIST PEACEFULLY IN RADIANT WHOLENESS AND PERFECT HEALTH.

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

From the Heart

Alan Cohen is the author of many popular inspirational books, including the extraordinary new prosperity guide, Relax into Wealth. Join Alan and others August 12-19 on the Alaska Cruise into Self-Discovery. For info, visit www. alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



Brush with Greatness

ne evening when I picked up my voicemail I heard a message from my friend **Kinnie**, who works as a massage therapist at a luxury hotel: "Call me — I have to tell you about my brush with greatness."

I phoned Kinnie immediately and asked what had happened. "I massaged **Dustin Hoffman** today," she reported proudly.

Well, that was cool. Yet something bothered me about her phraseology, "My brush with greatness."

"Dustin Hoffman is a great actor," I told her. "But when you say, 'my brush with greatness,' it sounds as if he is great and you are not, and you were lucky to touch greatness for a moment. In my opinion you are just as great as him. You are an outstanding massage therapist and an awesome person. It saddened me to hear you portray yourself as less than him. Who knows, maybe after his massage he phoned a friend and reported, "Let me tell you about my brush with greatness..."

Kinnie thanked me for my affirmation of her worth. Yet the lesson goes far beyond that one encounter. We have all have been taught that greatness lives outside of us and we need to rub up against it or import it so we can become great. That's exactly the opposite of how true greatness operates. Magnificence resides within all of us, and we need but tap into it and bring it forth. We don't need to brush with greatness; we need to simply brush from greatness."

We give our power away when we bestow exalted attributes upon people we worship, at the expense of recognizing our own. Former child star **Shirley Temple** Black recounts, "I gave up believing in **Santa Claus** when I was six. When my mom took me to see him, he asked for my autograph."



You can imagine the child running to be validated by the god of all children, only to find the god dashing to be validated by the star he adored. While we seek approval from the outside world, if we do not respect ourselves, the gifts bestowed by others fall on barren soil. Rather than importing affirmation from those we adore, we need to claim the good we seek right where we stand. Then we can appreciate and celebrate others' magnificence side by side with our own.

You cannot acquire greatness by association; you can recognize it only by identity. People who habitually namedrop or flaunt photos of themselves with famous people do not appreciate their inherent worth. It's not who you know that counts; it's who you are. When you stand firmly and unapologetically in your own dignity, you attract powerful and worthy comrades. They are drawn to you magnetically, and your conversations are not about what you can get from them, but what you can co-create.

People who brush from greatness, not toward it, are simultaneously humble and powerful. They recognize that the talent that flows through them is seeded from a Source far grander than their ego. When a reporter asked twelve-year-old tennis sensation **Jennifer Capriotti**, "Do you intend to be the next **Chris Evert**?" she answered, "No, I intend to be the first **Jennifer Capriotti**." Ten-year-old art prodigy **Alexandra Nashita**, called "the next **Picasso**," affirmed, "The difference between me and others is that I am willing to do what I am good at." **Mozart** put it this way: "It is when I am, as it were, completely myself, entirely alone, and of good cheer... that ideas flow best and most abundantly. Whence and how they come, I know not, nor can I force them."

Many years ago while **Ram Dass** was under the influence of mind-altering substances at the **Newport Jazz Festival**, he found his way backstage. There he noticed a hole in the tent and decided to peer out of it. To his surprise, he saw another eye looking back at his. The other eye had obviously ingested similar substances, and the two eyes just stared at each other for a long, long time. Finally a voice accompanying the other eye spoke from outside the tent: "Wanna get in?" The irony, of course, was that **Ram Dass** already thought he was in. Yet the other guy perceived himself as in. So "inside" and "outside" are relative indeed!

In high school I envied student body president **Dick Brown**, who was good-looking and popular, offered everyone a smile and kind word, and had a cheerleader girlfriend. I

liked Dick but envied him for being in the in-crowd actually its leader. By contrast, I judged myself as a less-than, dithering on the outskirts of coolness.

Years later I bumped into Dick and we hashed over high school days. I confessed that I envied him for being in the in-crowd. He laughed and told me, "That's weird — I always thought you were the in-crowd and I was out. I envied you."

How powerfully we upgrade all of our relationships as we let go of seeking external validation, and recognize that the only in-crowd worth penetrating is the one that lives inside us. There and only there will we find the artist's hand that brushes with greatness.

The Best Year of Our Life is Complaint Free



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.

belong to a book group (we call ourselves Souljourners) and we are reading Debbie Ford's book, The Best Year of Your Life. At one of our meetings, we were going around and stating our intentions for the year. I said,

"This is the best year of my life. I am in heaven right here, right now in 2007".

Then someone turned to me and said, "Beth, what are you specifically going to do to make that happen." I had that deer in the headlights feeling. I usually ask others questions like that.

I paused to consider the question. I really felt like I was on the spot and felt like I was squirming in my seat. Lots of things came to mind. I am going to pray - hmmm, I already do that. In a few minutes, I rejected one thing after another.

Having just watched the movie The Secret, an idea came to me - I would refrain from complaining, judging, being sarcastic and gossiping. I thought yeah that would really make a difference. It just felt right, so I made that declaration to my friends.

I have found that it so easy to find myself complaining, fretting, worrying and judging. As a Unity Minister I know how important it is to control such negative thoughts and words. Maybe the person I find fault with the most is myself. The reason it is so important not to complain and worry is because we create our lives with our thoughts and feelings.

Over the next couple of days I became aware that I was complaining or finding fault. As I listened to myself, I suddenly heard my mom. Don't get me wrong, my mom was wonderful, but she did know how to be a drama queen at times. And I've learned how to be one also. This self discovery was eye opening and didn't especially feel good.

There is a church in Kansas City, Christ Church Unity that is becoming known as the complaint free church. They have been featured on the Today Show and in People Magazine.

Their minister, **Rev. Will Bowen** gave his congregations purple bracelets. He invited them to put them on every day and when every time they found themselves complaining to move the bracelet to the other arm. He challenged them to go 21 days without complaining.

I had heard about the bracelets and the idea in January and ordered them to use at church as we began

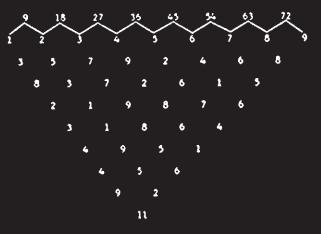
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(Editor' note: I just discovered Patrick Oliver and am excited to publish his articles in Horizons. Here is an introduction to some of the ways he has learned to approach astrology.)

unny how new starts shape our lives for the future. Let's start by describing that art of astrology where the stars influence our lives. To be truthful, Vedic astrologers use the positions of stars to measure particular planetary placements. This system uses sidereal time, which is just another way of saying "star time."

Western astrology focuses on the start of seasons. Aries coincides with the exact beginning of Spring. Cancer needs initiation with Summer. Libra goes hand in hand with Fall, while Capricorn patiently waits for Winter. Find a globe to locate those two lines running north and south parallel to the equator. The tropic of Cancer shows where the Sun's rays strike our planet most directly on that first Summer day. The other tropic of Capricorn denotes the Sun's direct placement of solar energy for Winter. Of course the seasons are switched for those folks in the southern half. This type of time keeping is called tropical.



There is enough difference between sidereal and tropical time to make a note of it. Because the axis of the Earth wobbles, like a spinning top, the significance of difference slowly increases through time. Which system is better? Both have been used a long time. I use the tropical system. My dear friends doing Vedic astrology find equal footing because of veritable expressions through history. Polarizing the benefits or supposed disparities of each system leads to not seeing the big picture. Their differences are less important than their similarities.

So how do stars and/or planets influence our lives. Well they don't! At our best we are empowered to command our own influence in our lives. If you find a flat tire, what do you do? The action you take is the deciding factor. I know a Virgo who checks air pressure twice a day! Others are so caught up with the hustle of life they hardly ever check. Because we are all unique we each have a slightly different way of doing what we do. Are we all completely different from each other to some degree?

Yes, but we do have some similarities as well. Let's put our concentration there and see how astrology can be a useful tool. We all have desires we work toward. Even the laziest person wants something; new car, house, or watch. Some of us want better relationships with ourselves, someone else, or God. I've heard of wanting to want less. Ask around, everybody is in on this one. With work, we will finally realize fulfillment. What happens next is also universally true. A new desire eventually takes shape within

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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: <u>www.</u> <u>sharonjanis.com</u>

Be A Joyful Giver

Doing good to others is not a duty. It is a joy, for it increases your own health and happiness. $-{\sf Z}{\sf oroaster}$

Giving and receiving are like inhaling and exhaling your breath.

- However deeply you inhale and receive the air is also how deeply you are able to give and breathe out.
- However deeply you exhale and give what you have received, that is how deeply you will be able to inhale and receive.
- If you only want to receive and receive and hoard all that you've received, you'll suffocate.
- If you only want to give and give, without being open to receive, then you'll suffocate.
 - Deep giving and deep receiving with all of your being will bring the most nourishment and health into your life and into the world.

ou can tell how happy somebody is by how joyfully they give. When people are happy, they are naturally kind, patient, loving, and generous. Don't you find that it is much easier to be kind and patient when you're happy? If you're happy and someone takes a little extra time to go through the grocery line in front of you, it's no big deal. You're even able to allow someone to go ahead of you if they're in a hurry or have only a few items. Happy people are nice people. Happy people are effortless givers.

When you are happy, your gratitude wants to give something back, to lift someone else into happiness. Happiness is never petty or jealous. Happiness is loving and joyous. Happiness wishes to see good things happen to everyone.

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Deepening Your Relationships



Margaret Ann Lembo owns The Crystal Garden, a bookstore, gift store and spiritual cente in Boynton Beach, FL. She has 6 published Guided Meditations CDs, is a professional speaker and author, trained spiritual healer, Reiki Master, ordained Minister and Angel Therapy Practitioner®. For the past 18 years, Margaret has facilitated workshops, weddings, lectures and private sessions in a variety of venues. www.thecrystalgarden.com



s you move deeper in your relationships, over many years of ups and downs, strong levels of trust and integrity develop based on history and experience. A foundation is formed because of the time you invest in your relationships. In healthy relationships,

the two people involved love and respect each other enough that it's worth moving beyond personal fears of confrontation. You're able to speak the truth because the relationship is worth feeling the fear and taking the action to preserve it. You move beyond selfish, self-focused behavior and act in accordance with what is best to maintain and grow that relationship.

Be aware of the feelings of others. Act with true consideration and kindness. Act and think as a 'we' instead of just 'me.' Do whatever it takes to preserve the love developed over time. It's much better to speak the truth, with love and compassion, then to leave things unsaid, hidden or secretive because you don't have the courage to let the other person know how you feel. In relationship, you mirror things back and forth so you can grow up. If one person in the relationship stops participating by not speaking or communicating in some way, then the relationship can shrivel up and die.

There's also a time when it's best to say and do nothing for a while to allow the time and space for healing, clarity and confidence to be restored. Due to lack of communication,

hurtful actions or words or misperceived assumptions, the relationship may simply end. This is why you need to hone the fine art of knowing when retreat is more powerful than action. When you find yourself not knowing what to do, sometimes it's best to do nothing and wait for inspiration and clarity to return. Talk with your muse. Request a session with the Muse of Relationship. Go into the silence and listen.

Be careful, though. Don't wait forever. Timing is everything. Listen to your inner guidance so it won't become a case of too little, too late.



It's important that you speak up for your truth. When you don't speak up you often make things much worse. Eventually the relationship will die because you aren't feeding it and nourishing it due to lack of respect. The respect I'm referring to isn't just with regard to the person you're in relationship with; it's with regard to yourself. The level of trust in a relationship diminishes, when you act secretly, withhold your feelings, stop communication and withdraw for too long. It takes two to tango, right? Both parties need to show up and be present.

This is truly a fine art! It is a fine art to find a balance of honoring yourself while simultaneously honoring how your actions or lack of action may affect another.

As you develop spiritually, you choose enter into relationships consciously. Conscious relationship means looking at all aspects of yourself and being present authentically. Due to the variety of prior relationships, both good and bad, it often takes great courage to consciously move into relationship because of fear of failure or hurt.

Remember that fear is the absence of love. In order to move out of fear, you have to practice opening your heart. Somehow being aware that you're practicing opening the heart takes a bit of the pressure off. The place to start that practice is within the self. It is by feeling and being the love that you're allowing your light to shine fully. This light that shines within and emanates to the outside world is a sign of the courage and support required to have loving relationship experiences.

Allow yourself the gift of loving yourself enough to move forward into intimacy. Call all muses, angels, spirit guides and Spirit! Even the word intimacy sends the heartbeat racing. Show up more fully in life and be daring enough to reveal yourself. Intimacy is simply a way to truly know you better and to love yourself more deeply. It may appear that you are projecting your love and attention outside of yourself. As you observe yourself, you'll see that intimacy is really 'into me see.' So the question really is: "Can you trust yourself?" By trusting yourself, you open up the sacred heart.

> You have a sacred heart and it is that heart that allows for the sacred relationship to emerge allowing for sacred union. Sacred union is the Divine Marriage. The Divine Marriage is the union of the Divine Masculine and Divine Feminine within you. To achieve this, ask your muse to help you recognize and understand these divine aspects of yourself. Become familiar with the part of you that is the Divine Masculine and the part of you that is the

Divine Feminine. As your consciousness reveals this, you can then look for the outward manifestation in relationship with another sacred being.

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.



Be Honest with Others

orthrightness is a term coined to describe the action of moving forward ("forth") into rightness. The energy of this honesty moves your life in a positive, healing direction. That's why another word for honesty is directness.

This powerful force overcomes health, financial, and psychic blocks, as well as other imbalances in your life. It sends a huge wave of healing energy that envelops everyone involved, even those who disagree with, or are threatened by, your truth.

It's doubly important for you as a healer to be honest with others. Your truthfulness keeps you healthy and balanced, but it also helps your clients trust you (as they can feel your level of integrity). Bottling up your feelings to spare someone else's is a disservice to yourself and all others. It entangles the energy waves, sending crossed signals out into the universe that interfere with your clear manifestations.

We can help guide your words and actions to soften your honesty and to help others hear your truth with love. Be straightforward with other people today, and allow yourself and your energy to be direct and forthright.

Thought for Today

I am honest with others. I connect with my true feelings and convey them with love. My heart is open to my truth, and I ask my angels to help me express myself with love.



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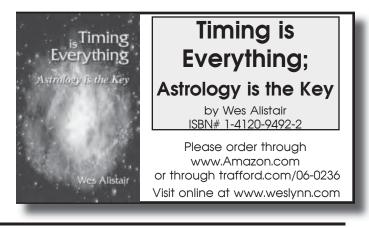
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If someone you know is not showing qualities of loving generosity, then - even if they seem to have more than you - your best call is to say a prayer on their behalf. Someone who cannot give cannot truly be happy. Even a multimillionaire is but a pauper if he or she cannot give.

One of my favorite experiences of giving came while I was working at a Los Angeles news station that was owned by Disney. Whenever there was a big disaster, the station executives would order in pizzas or sandwiches so that we could work without taking a full lunch break. Even now, when a disaster hits, I sometimes think of pizza.

One day, we were in the midst of one "breaking news" disaster or another, and the executive producers had ordered in sandwiches for the whole newsroom of about 60 or so people. They were always kind enough to order a vegetarian meal for me, and when my time came for a quick lunch, I sat down near the front door, picked up half of my sandwich, and began to eat.

In the meantime, the president and CEO of Disney, **Michael Eisner**, came in to visit our newsroom for the first time. I'd recently read several magazine articles about how Mr. Eisner had made tens of millions of dollars in stock options that year. He was standing right near me, chatting with the news director, when Mr. Eisner spotted the bag of sandwiches. I overheard him mentioning that he hadn't eaten all day, and that he was very hungry. Then, he asked if there were any vegetarian sandwiches available.

The news director glanced over at me chomping on my halfeaten sandwich - we both knew I had the only vegetarian meal in the place. I thought, "When else am I going to have a multi-billionaire beg half a sandwich from me?" I wrapped up the uneaten half and offered it to Mr. Eisner with a friendly smile. "Here's half of a vegetarian sandwich for you!" He accepted and gratefully ate the gift.

What can one person do? There's something going on in your workplace, in your family, in your life, where Spirit is saying, "I've got you uniquely placed, because there's something I would do through you. For this I have created you. For this I have called you into being. You are free, to be and do all that God created you to be." - Mary Manin Morrissey

One of the best ways to increase your own spiritual happiness is to help someone in the right way. This doesn't mean helping them while thinking that they owe you anything, or thinking proudly "I am saving this person, I'm helping this person." Rather, you can help others with a sense of humility and gratitude that God is helping them through you. This will sanctify your gift, and will also sanctify your experience of giving. When you learn to taste the sweetness of being a joyful giver, then you're most certainly also developing a taste for the gourmet delicacy of spiritual happiness.

Helping somebody creates a whole different kind of feeling in your being. If you're having a hard time in life and don't think you are feeling happy, help somebody. If you can find happiness in helping others, then you'll always be able to find some way to create happiness, in any circumstance. When you help someone, your heart warms, and spiritual happiness shows its smiling face to you.

Try it today. The next time you're driving and somebody wants to come into your lane, feel honored to have the opportunity to serve that person and to help him or her to safely and easefully merge into your lane. Know that divinity exists in every person, every driver, every waiter, every cashier, and every security guard.

See God in each other. - Baba Muktananda

Always strive to give more than you receive — to people, to this world, and to **God**. Of course, outdoing God is ultimately impossible, since God is the giver of all — but the striving will make you happy!



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This month's thoughts about things...

...continued from page 7 ...

reached out to be taken home. My cats were all off having fun elsewhere when I was in my mood like that.

And, being in my mood like that, I'd forget I was in a mood and I'd forget that I knew better and I'd forget that all I had to do was self-talk myself into a happier feeling place.

So that's what friends are for. Luckily I had a good friend close at hand to remind me what I already knew. That I create - through my own perception - my own reality. I really had nothing to complain about. My work was caught up, I was catching up on lots of sleep, and I had a great mate and cheerleader to keep me entertained.

As soon as I began remembering who I really was, my world began changing and I began to feel better. Birds sang to me. Every song on the radio had a message for me. The face in the mirror smiled back, and the cats came out from their hiding places wanting cuddles and rubs. Checks began pouring in from the billing I begrudgingly did when I was getting sick.

As I widened my perception, my world became huge, internal and external. I was once again able to meditate and feel response. I felt like the old me. The real me. When all along, the real Me never left, it was just covered over by the overlay of my smaller self, all shrinkwrapped into its own headtrip. I'm glad when I can catch myself being in that place and get myself out of it. Or allow a friend to motivate me out of it.

Three days after I wrote the above, when I felt I was OUT of my downward-spiral-mood-wallowing, the Universe showed me evidence of past momentum catching up with me. Late in the afternoon, a neighbor's big dog came into my yard after my little tortoiseshell kitty, Shakti. Two days later I sent this email out to friends:

Hi everyone, since I told a few people about this, they each told a few people and I have been getting lots of emails and calls and it's hard to type right now to answer everyone, so I am sending this out.

Long story short: Tuesday a neighbor's dog came into my yard after my Shakti kitty. I ran out and intervened. Sparing the gruesome details - pore Chuck was inside installing my new computer and saw from window - a wild 10 minutes later, I was on the way to the vet with Shakti, who did not make it. Then on to the emergency room to take care of my hands, which got dog bit several times as I reached in to grab my kitty away. Below is cell phone pic taken at hospital. I'm fine. Please say prayers for lil Shakti on her way to her next incarnation, and a prayer for my paws to heal fast "thanks" I love you all "Andrea"

PS if I owe you a phone call or am working on your ad for the April Horizons, bear with me, I will get to it and it WILL go in

Now I know how a mom feels when she is able to lift a car off her child with what seems like super human strength! I had no idea how I would react in that situation and apparently I jumped right in, I guess thinking I would just lift her out and go on my merry way. Well, that didn't happen... but I did ponder the fact that for the few days previous, I did let myself get gripey and whiney, even when I knew better. Even when I knew that wouldn't help. Even when I knew that would attract more for me to gripe and whine about.

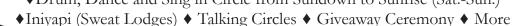
Which is - no surprise - exactly what happened! And if I am who I say I am, then I have to take responsibility for what I attract into my experience. And if I am who I say who I am, I know how powerful my thoughts are and I have no excuse for letting myself go into the downward mood spiral, no matter what appears to be going on in my life.

It was several days later, after I spent some time pondering the implication of the thoughts involved in the attraction process, before I was able to write this letter to the dog owner:

Hello, I am the one that was bitten by your dog on Tuesday March 13, 2007. I am still waiting to hear from Animal Control whether your dog had its rabies shots up to date. I would appreciate knowing that info as soon as I can. First let me say I am not going to sue you. I know you will have many fines to pay and I assume since you live on my street that your income is about what mine is. I took my cat to the vet after your dog attacked her. Since she died, the vet bill was only \$__. I went to the Palm Bay Hospital Emergency Room where they treated the punctures and bites on my hands and they estimated my bill should be about \$__. I have not received the bill. They asked for a \$__ deposit before I left the hospital, which I gave them. On the way home, I filled two prescriptions which came to \$__. I also purchased bandages, bandaids, tape and Neosporin for \$__.

... continued on page 33...





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The Science of Deliberate Creation

...continued from page 8 ...



cannot get off of this place." And we say, that's because you're predominantly looking at this place. That's because you have been born into an environment that has touted the virtue of being historically accurate for so long; so you say, This is how it is.

You look out into your environment and you gather your statistics and you say, "These are the facts; this is the truth." And we say, that is so screwy, because what you're actually saying is,

"I'm looking into manifestation, which is only the result of how somebody else looked, and I'm seeing the results of their looking and I'm calling it history or fact, or truth. And now, because I'm looking at it, I'm offering the same vibration, which means now I'm proving their "truth" in my experience, and now I'm calling it truth again." And we say, why not just call it what it is? Why not call it create what I look at?

So, if I'm looking at where I stand and I don't have enough money, then rather than saying, "I'm stuck," why don't I say it like it is? I keep looking at this not-enough-money aspect of my experience, and because of my attention to this not-enough-money aspect of my experience, I continue to recreate over and over again not enough money in my experience. "But, dear friends," you might say to others, "I'm not stuck. I'm not stuck; I just keep creating the same things I don't want over and over again." (We're getting your attention, aren't we?)

So, you look out into your society and you see things you don't want, and you say, "Oh, we need to keep track of those things we do not want." And we say, why not tell it like it is? I'm looking out into society and I'm finding things I don't want, and then I'm subscribing to cable news; I'm subscribing to newspapers; I'm subscribing to information that goes all around the world and looks for things that aren't working well. And then I hold my magnifying glass on them and look at them, too, so that I can be sure that I can recreate those unwanted things in my experience.

Now, we have to admit, we are exaggerating things a little bit, because, fortunately, you have so many things to look at so there are many wonderful things that you give your attention to that you recreate constantly. Many of your expectations are serving you very well. Look at the lifestyle that you are living. It is amazing, by world standards, the things you have come to expect, and therefore, the things that you hold stable and constant in your vibration, which you continue to recreate.

You expected this room to be here when you got to this Workshop. And you expected to be able to come into it freely. You expected the roadways to bring you here in comfort and speed. You expect the food that you will eat today to be there for you. You expected these chairs to hold you. You expected this meeting room to be beautiful and for it to be comfortable for you. There are all kinds of things that you expect, and therefore you live. And what we are wanting to give to you, in a way that you can really hear it, is: You get to choose what you expect.

As you practice a thought, you will come to an expectation of it. And when you come to an expectation of things desired, then things desired will be your life experience—it must be that way! Your life is a perfect vibrational mirror: what you are living is always a perfect vibrational match to that which you are giving your attention to, which is also always a perfect vibrational match to how you're feeling.

When you make the correlation that what I think and how I feel and what manifests is always a match, then you begin to understand that you can, with a little selective sifting, with a little deliberate thinking, with a little deliberately offering words, with a little deliberately sifting through past, present and future for things that feel good to you while you focus upon them—you can train yourself into a vibrational expectancy that will yield you a life that you, or anyone watching you, would have to call a very lovely life. Not a perfect and complete life, because it is always changing.

In every moment, you'll be collecting new data that will give you a new idea of something that you would like to flow your attention to. But then, friends, that's what life is. Life is eternally moving. Life is always unfolding. You cannot cease to be.

We want to help you to find conscious awareness of what you are doing with your vibration. If you are consciously aware of how you are feeling, then you will have the opportunity (if you want to) of reaching for the thought that feels even

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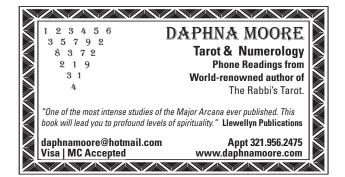
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better. And that is really the most powerful tool that we could ever give anyone, because when you think about it, I am my vibrational center, and everything that's happening to me is coming in response to the vibration that I'm emitting. So, if I'm aware of the vibration that I'm emitting—and I'm constantly reaching for a better vibration—then is not my life on all fronts improving in a steady way? And we say, yes, it has to be.

Stop beating up on yourself about where you are, and start appreciating what is going well about where you are. Your new mantra is, "I'm going to start beating the drum that feels better. I'm going to start making the best of things, making the best of things, making the best of things."

One thing, the only thing, that is really important for you to decide (and there is such power in decision): Nothing is more important than that I feel good. And we're going to modify that to say: Nothing is more important than that I feel as good as I am capable of feeling.

Nothing is more important than that I reach for a better-feeling thought. Nothing is more important than that I be aware of how I feel and that I want to feel good, and that I am willing to reach for a better-feeling thought.

I'm not ever again going to beat up on myself for not being able to get to the goodest to the goodest to the goodest, to the goodest, of all thoughts. I'll take the goodest thought that I can find, and I'll pat myself on the back—and I'll keep reaching.

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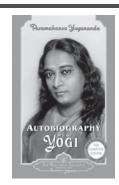
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A YOGI, Self-Realization Fellowship has created a special website: www.ayanniversary.org/ .

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

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



SOUL ASTROLOGER

...continued from page 18...

our heart and off we go again. This change leads to growth. New desires leading to new experiences equals growth to our potential! Sounds fun and exciting doesn't it? Follow your passion for life. Reach one symbolic mountain top after another! Yet something holds us back.

Another truth, for most anyway, involves how new experiences take us into the unexpected. Part of us, which desires emotional security, is not thrilled by this. This part is happy doing activities which are repetitions of the past. We know what will occur. This last year may have been imperfect but if next year is a series of repeat performances we may find comfort with that while getting stuck in something we desire to change but somehow just can't.

Some folks are an exception to this. Jumping into new experiences as fast as possible, they gradually come to a grinding halt because of a desire to reconnect with who they have newly become. Once this new center has formed, they take off again. Is it better to say they will get on again? Anyway, they're a minority. Even still it seems that change is constant in life.

New challenges bring new difficulties. Who likes difficulties? But they happen. In fact the more we don't embrace new challenges with the trial and tribulations that come with them the more we want things the same. This works for a while but eventually we have change.

The world changes faster all around us. Our ability to adapt should pick up speed. Continually sticking to the same plan without adjustment will eventually lead to situations that demand change. Remember the guy who made the best whips for a horse drawn cart? He changed because he was forced to. Those are emotionally unsettling moments in life. They are unforgettable. We should understand the continual nature of change within our life.

At our best we embrace gradual change within ourselves! Much better than the cataclysmic effect when the rug slips out from underneath our feet because we have refused to move with the flow outside ourselves. Astrology explains this universal expression. The pull of security to repeat and rely on past behaviors is unique to your personality. Avenues of new expression leading to overwhelming growth potential are also available through astrology. Applying this knowledge on a daily basis brings about a strong possibility of avoiding the drastic lessons of forced growth. This is a better way to change!

This month's thoughts about things...

...continued from page 28 ...

My left ring finger is infected and I am having it looked at this afternoon. I am not going to talk about how this is your responsibility to have the dog under control, etc. because I'm sure you know that and do the best you can raising your boys alone and working at the same time. I know that isn't easy. What I am going to do is let you know what my costs are. If you were able to pay me back, that would be helpful and I'd appreciate it. But I am not going to demand it.

Maybe I could have the boys do some yard work for me during the summer to pay me back. They seem like good kids and were trying to help while the attack was going on, but the dog didn't listen to them. Yes, they should have had him on a leash, but the fact is they didn't know how to help once he began attacking.

They could have just run away and I would never have known where they lived, but they stayed and the blonde one apologized to me. I appreciate his honesty and integrity and you should be proud of him for that.

end of letter

I didn't want her and her family to feel uncomfortable in their own neighborhood. If I am who I say I am, then I take responsibility for bringing harmony to all my relationships. After reflection, it was an easy call. 12 hours earlier, I couldn't have written that letter.

Final note: As I went to press, I learned she signed the dog over to **Animal Control**, and it had no tags or shots.

So I sit here with less than a week to finish final layout for the **April** issue and having one hand to type with. I am missing **Donna Eden's Energy Medicine Intensive** week long workshop in Orlando that I'd been looking forward to.

However, because I planned to attend her workshop, I scheduled the magazine to be printed a week later than usual. That allowed me an extra week to work on it, which I needed to get it all done as my paws were healing. Oh, here's the cell phone pic taken in the hospital - >



My friend Sharon Janis (see page 19) responded to my email: You sure are an amazing example of what a spiritual view of life can do with even the most troubling times! The photo says it all.

To that I was going to joke and say: "Well, it's nice I give that impression anyway." But the truth is, I am thankful I have put the time in to cultivate a spiritual view and a (relatively) mindful lifestyle. The fruit of my habit of practice is being able to weather the not-so-fun times of life with some equanimity. To get through life's changes without being emotionally off balance for very long each time. It's not that nothing shakes me, it's just that I don't stay down for long. One of my favorite prayers is "Guide me to do God's will and give me strength to bear God's will." So far, it seems to be working. I never get more than I can handle.

My new computer is lots faster than my old one, and it had been several years since my last upgrade. It seems the last few years I've had to learn some major new software programs, one after another. It can be frustrating, but I love to learn new things, so it's always worth it.

One program I love to work with is Photoshop! I've been learning to edit photos in Photoshop 7.0 and it's great fun to tweak a face to brighten an eye or smooth a frownline. Working like that is a great way for me to ease into a meditative, contemplative state. I contemplated the implications of 'tweaking the physical form' and it came to me that it's just another one of our bodies and aren't we tweaking one or another of them all the time?

We tweak the mental body during intellectual pursuits, and when we learn to organize our thoughts and use language to our advantage.

We tweak the astral body when we learn to manage our emotional responses and learn to act and react consciously in the physical world.

> We tweak the energy body by doing exercises to experience nonphysical energy, such as breathwork, chakra clearing, running energy, and by altering our brain chemistry when we reach altered mind states via meditation, prayer and creative visualization.

> We tweak the spiritual body by contemplating the implications and consequences of our actions, and learning from our mistakes, by reaching out to those in need and practicing the Presence.

> > ...continued on page 40...





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



SOULSONG # 454 - HOW CAN I HELP PEOPLE WHO HURT?

The greatest gift I can give to anyone, anytime, anywhere, is to envision that person as happy and thriving. My thoughts are far more powerful than I realize, and when I consistently view another person living the life that he or she wants, I help that person move in that direction.

If given the opportunity, I can also explain to hurting people the power of their own mental focus how they magnetize experiences that are a match-up to their habits of thought and how, by focusing more on what they want and less on what has gone wrong, they will begin to attract more of their desires, less misery.

I inevitably offer people my powerful example: a life filled with gratitude for even the smallest pleasures; an ability to relinquish irritation and resentment; a habit of looking for pleasing aspects of people and situations, even when it's difficult; a cockeyed optimism; an overriding feeling of well-being.

I am not helpful to others when I view them as broken and focus on their problems. I am not helpful when I sympathize with people and share in their sense of anger and blame. I am not helpful when I give heavy-handed advice about what someone is doing wrong. I am of little value when I encourage people to dwell on past misfortunes in a misguided attempt to heal.

I am of tremendous value when I coach people to envision themselves having moved beyond their problems and experiencing the life they desire. I am immensely helpful when I tell them the truth: through adjustments in mental focus, they can be anything they want to be. Their only limits are self-imposed.

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OUR GALENDAR OF EVENTS

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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

Mondays ~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 Knowl-edge 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

Thursdasys COCOA Course in Miracles discussion Group 7pm at The New Church - call Eddie at 321-264-1911

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 Aguaaura@gmail.com 321-254-0000

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

CALENDAR CONTINUED ON NEXT PAGE...

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

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

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 GALENDAR 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.

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: Deerhaven Retreat & Conference Center 47924 NFS 540-2, Paisley FL 32767 Michelle 561-929-4959

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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

April 29th 2:00pm FORT LAUDERDALE AREA Galen North, well known psychic from the Purple Rose Psychic Center of Cassadaga Offering Intuition workshop \$20 following with personal readings \$35 call her assistant for appt 754-235-7786 Just 2 blks East of Federal Hwy on Commercial Blvd

Sunday, April 29th, 2007 MELBOURNE Cosmic Mass · Love Can Build A Bridge (see ad page 47) 4 - 6:30 pm at the Melbourne Hilton Oceanfront, 3003 North A1A, Indialantic, FL For more information: 321.777.6216 www.ahealingcircle.com

May 3rd ~ May 7th "Women's Retreat Week-end" ~ KEYSTONE HEIGHTS, FL Held @ Mike Roess Gold Head Branch State Park. Shared Accommodations in one of the parks newest fully equipped cabins, includes central heat & a / c, gas fireplace, screened in porch. Cost of \$180 includes food, lodging and retreat events. Limited to 6. Arrive after 4PM on Thursday depart before 11 AM on Monday. Sponsored by International Foundation for Spiritual Knowledge. http://www.ifsk.org/. 407-673-9776

Saturday, May 12 - HOLLYWOOD - Intimate Conflict Resolution workshop. Want to love, not fight? Learn this easy and healthy method! 7:30-9:30 PM. \$25/single, \$35 couple/partners. The Goddess Store, 2017 Harrison Street. 954-929-2369. http://home.earthlink. net/~beki

Friday May 26th 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



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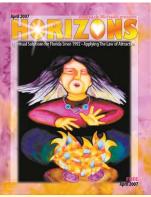
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"I first began painting Nurturing art when I became ill with stomach problems and chronic fatigue syndrome in 1996. As my life slowly narrowed around me from lack of physical strength and chronic panic attacks, my ego had no other choice than to step aside, and allow the voice of my spirit to emerge and comfort me through my artwork.

Through the years I have always chosen to paint images that encourage me to heal, to think positive and to love myself more. To find the inspiration to paint such images I go through a process of self examination to explore where in my life I need the most encouragement. To do this I first make sure that I am in a mind space of self compassion rather than self judgment for self judgment only causes me to feel self defensiveness rather than open and honest.

Once I can be honest, I look at my life and see where in my life things are not flowing well and I explore the reasons and the misconceptions that have created this block. With the information I find, I review my spiritual studies and search my spirit to find a message of wisdom. When this message of truth comes through, I imagine the symbolism that will translate it best into art form and that is what I paint. Once a painting is finished, it becomes a powerful reminder and a tool for visualization."

See more art by Rita Loyd http://www.nurturingart.com/

Contact Rita Loyd for a FREE brochure of her Nurturing Art Greeting Cards, book and DVD

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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



April - Latin Aprilis and Vulcan Lirpa Loof

Welcome to the last month. Ever since **Congress** passed the **Calendar Reform Act of 2006** last year to save money printing calendars, I was wondering what we would do with a year that was not composed of months but just 365 days instead. No more **June** bride and **Christmas** won't be the same without **December**! No more **Ides of March** nor **Oktoberfest**. All gone, all gone!

Well! This is, of course, **April** and I just had my **April Fool** joke. Gee, that was fun! Certainly, there is no Calendar Reform Act but there is a long history of people playing jokes on each other on the First of April.

Where did it all begin? Apparently, no one knows, but there are several theories. One is that was the fault of the French! In 1564, **Charles IX** decreed that the first of January was to be the beginning of the new year rather than the period of March 25 through April 1st. There were a few unfortunate souls who didn't get the word, so they were much fun for those who did! There is some thought that it goes back even further than that! **Chaucer**'s story, the **Nun's Priest's Tale** was written in c.1400. It is a story of two fools and it takes place on March 32nd (April 1st). Lirpa Loof everyone!

Apr 1st - Egyptian: Festival Day of Het-Hor, (Hathor) sky goddess whose horns embrace the Sun

Apr 2nd - Full Awakening Moon at 1:15 PM, EDT

Apr 3rd - Egyptian: Feast of Ma'at. merciful goddess during the judgment of souls

Apr 5th - Roman: Festival of Fortuna, goddess of luck and chance

Apr 8th - Christian: Easter Sunday

Apr 11th - Hinduism: Mahavir Jayanti, birthday of Lord Mahavir, founder of Jainism.

Apr 12th – Roman: Cerealia, festival to honor Ceres, goddess of the grain harvest

Apr 13th - Hinduism: Hanuman Jayanti, birthday of Hanumanji, devotee of Bhagwan Ram.

Apr 17th - New Moon at 7:37 AM, EDT

Apr 17th – Romanian: Celebration of the kindly lost race of spirits, the Blajini

Apr 22nd - Earth Day! Day to honor the Mother Apr 29th - Voudoun: Casse Canarie, releasing and honoring of the dead. Jugs are broken to release the spirits. Apr 30th - Voudoun: Mange-les-Morts, the day of feeding the dead whose sprits are in the govis jars.

A factoid with which to end the month: Traditionally, you can't just play a trick anytime on the first of April because April Fool's Day is only a half-day! According to tradition, jokes have to be played before noon, after which the victim was entitled to turn the tables by shouting: "April Fool's gone past, and you're the biggest fool at last."



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So the physical form is just another one of our bodies, and is only a fraction of who we are. It was a great help to me to begin to think of my physical body more as a vehicle and treating it like that.

I use all sorts of shortcuts to trick myself into changing my beliefs about something. The vehicle image helped me begin to make good decisions about what kind of fuel and maintenance are most efficient for my optimum performance.

I was heavier from 1997 til 2004, a period of time I gave more attention to my astral body and let my physical body tend to itself. Bad move. I've always liked to stretch and enjoy doing yoga each day.

In Salinas, California ten years ago, living in a small condo with room inside to do only minimal yoga postures, and no yard, I let myself gain 40 pounds. Aaugh!

After 8 months, I returned home and was able to finally do the inverted (shoulderstand, etc.) postures I so missed in California. But upon my return, I found my tummy was suddenly in the way! My tummy! Where did that come from?? I really was surprised. I didn't really notice it was happening. I didn't pay much attention and I wore baggie clothes out there. My partner never mentioned it (smart guy!) so it never occurred to me to address it.

So when I began thinking of the physical body dispassionately as a vehicle, I found it easier to let go of the bulk once I thought of it in terms of how it impacted my manueverability and personal-space-freedom. Like I don't want to drive a car I feel cramped in or sit in a chair I feel stuffed in. I like space between the molecules.

After I programmed myself to think of the physical body as a vehicle, I stopped obsessing over ingesting, since food

was now seen as fuel. Best trick I ever did for myself. Now I eat what I want and stick to 30 grams of fat or less a day and have been the same weight for the last couple of years. I also discovered I love walking the treadmill at ProHealth & Fitness and I feel better and have more energy since I work out on a regular basis.

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

1. When I am in a downward mood, I am introducing confusion into my vibration.

2. When I am in a downward mood, the faster I can self-talk myself into a happier feeling place, the better conditions will get, and the quicker it will happen.

3. Past momentum is always a factor in what I see evidence of in my daily experience

4. I can be the one who brings harmony to all my relationships.

5. The fruit of putting time in to cultivate a mindful lifestyle is being able to weather the not-so-fun times of life with equanimity.

6. I love learning new things (even if I don't love it at the time).

7. We're always tweaking one of our bodies, be it physical or nonphysical.

8. The physical form is just another one of our bodies, and is only a fraction of who we are.

9. Beginning to think of my body as a vehicle helped me cure my food cravings and helped me begin to make good decisions about what kind of fuel and maintenance are most efficient for optimum performance.

10. I found it easier to let go of the body bulk once I thought of it in terms of how it impacted my manueverability and personal-space-freedom.

Andrea

11. I like space between the molecules

Enjoy our offering this month.

Life is good!

Hari Om.



FLORIDA REIKI MASSAGE LICENSURE ISSUE

Dear Florida Reiki Practitioner,

A serious threat to the free practice of Reiki in Florida has now come into focus. Previously, it wasn't entirely clear if Reiki practitioners are required to have a massage license to legally practice Reiki in Florida. Now a decision has been made by the Attorney General that indicates that it is now a legal requirement. This of course is unfair as Reiki isn't massage. Also, since Reiki doesn't cause harm, it isn't necessary that it be regulated by the government.

It's possible to pass legislation that will create an exemption from this requirement. This has been successfully done in other states. The **Florida Health Freedom Coalition** is launching an effort to create this legislation and needs your help. They are looking for leaders to form a steering committee and others to help get this legislation passed. It's really important to all Reiki practitioners in Florida that this issue be addressed and remedied. Please read the below letter and contact Terry to let him know you can help.

Sincerely,

William Lee Rand, The International Center for Reiki Training

Tuesday, March 21, 2007 Update on the Florida Reiki Licensure issue and a Solution

Fellow Reiki Practitioners, Last summer, **Florida Health Freedom Action**, a nonprofit lobbying organization, requested an Attorney General Opinion on the question of whether Florida requires licensure for the compensated practice of Reiki and other forms of energy work. The Attorney General referred the question to the Department of Health. Several weeks later, an answer arrived in the form of a letter from the head of the DOH. She stated that in the opinion of the DOH, ALL complementary therapies are "the practice of medicine" and require licensure as a health care practitioner. She specifically stated that Reiki is licensed under the Board of Massage.

We at FHFA feel that there is a conflict in Florida law regarding this issue and are prepared to move forward with a goal to secure your rights to practice Reiki and other natural health therapies without the need for state licensure. We plan to pass new legislation that will exempt all Reiki practitioners from the current requirement to have a massage license so they can legally practice Reiki without the need for a license. This we feel is the only fair way to treat Reiki since Reiki doesn't cause harm and doesn't need government regulation to be practiced safely.

As we move forward, we will have the help and backing of the **National Health Freedom Coalition** to guide us through the process based on their success in helping other states pass similar legislation. We know we can accomplish this goal, but only with your help. We are forming a steering committee to address our need to build a grassroots movement and to raise the necessary funds to pass a bill in the 2008 legislative session.

If you are interested in being on the steering committee or volunteering your time, please contact me at 352 372-4214. I can also be reached via email at floridahealthfreedom@cox.net or mikaousui@msn.com. Our website is at http://www.floridahealthfreedom.org

I appreciate your consideration in stepping forward to help secure our freedom to practice natural health therapies in Florida. Terry Rogers, President Florida Health Freedom Coalition

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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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...continued from page 17 ...

the **Lenten** season. When you make an intention, the Universe rushes in to help you succeed. **God** had them on the way before I realized I am the one that needed the challenge.



Historically many religious traditions suggest that we give up something for **Lent**. That might be desserts or chocolate or some other thing we really enjoy. What **Unity** teaches is that it is

more meaningful to give up something physical. Unity teaches that the best things we can give up for Lent are negative thoughts and negative talk. Sometimes I actually say that Lent stands for 'Lets Eliminate Negative Thoughts'.

The **Bible** supports this. There is the verse in the **King James Version** "As a man thinketh in his heart, so is he". The Apostle **Paul** told us to "think on the things that are good and lovely." He also said "Be ye transformed by the renewing of your mind". Jesus taught us that "As you sow, so shall you reap."

Walt Disney taught this lesson in the movie Bambi when Thumper said, "If you can't say nothing nice, don't say nothing at all." Author **Wayne Dyer** teaches the law of attraction and that we attract into our lives what we think about. He cautions us not to spend time thinking about negative things, not to spend time complaining. He asks, "If you aren't happy, why would you want more of what you've got".

Charles Fillmore, cofounder of **Unity**: Power of life and death is in the spoken word - in other words, what we articulate, we demonstrate.

What we say is like throwing a stone in a pond and rippling out - our words ripple out into the universe and draw to us what we say and feel. This universal truth is the basis for the movie **The Secret**.

In Kansas City, Rev. Will Bowen challenged his congregation to work towards going without complaining for 21 days. Since it has been televised over 700,000 people have requested bracelets. Let me tell you that this is much harder than you think. I've been working with the bracelet for almost a month and I haven't got 48 consecutive hours yet.

If we would try this and if each of us could go a whole day without complaining, gossiping, and saying mean or sarcastic words - I bet there would be a change in the consciousness here on this planet. If we would practice this, the everlasting truth is that we would have the best year of our life.

If you would like a bracelet and to participate, please join us at Unity Church of Melbourne for a Sunday morning service. If you want this to be the best year of your live we welcome you to either the 9:15 or 11:00 am service.

Editor's Note: See one of the bracelets in color on page 37. Andrea is wearing one of the bracelets in the photo on page 33! And she's just about worn it out already :)



For further information go to: greatmystery.org



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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 83877and on the web at www.IntuitiveReflections.com, or by email at barbaralee21@verizon.net

Aries: March 20 to April 20 "I Am". Your entrance into this Spring brings a new you with a new attitude that is eager to dance the night away. Winter was long and cold so now it is time to put on your sun glasses and go spend some time in the out doors. Now you can finely put your restless energy to good use, by finishing those projects that have been on the back burner.

Taurus: April 20 to May 21 "I Have". With Venus in Taurus transiting your Sun sign just be assured that financial success and lady luck are on your side. It could come in the way of a raise or a new money making opportunity that will rekindle your drive for achieving your goals. What ever you do this month be sure and do it with all your heart body, mind and soul, and you will only succeed!

Gemini: May 21 to June 21 "I Think". Now that you have realized what your passion is you are willing and ready to share it with the world. The new structures that you are building will serve to promote future creative endeavors. This year more than ever you will know the meaning of, it pays who you know, or not.

Cancer: June 21 to July 22/23 "I Feel". You are at a place in life where what you focus on will become a reality. Do you create by intention or by default. Spring is a good time to recharge your mind to get a fresh perspective on your issues. This Spring especially will be an important time to clear out and clean out the closets in your life as well as the cob webs in your head.





Leo: July 22/23 to August 23 "I Will". Allow your passion to lead your way to fulfillment. You can have a tendency to spread yourself too thin at times, but now is different. You will find yourself completely immersed into self fulfilling learning ventures that will transform the way you handle stress. In fact people that have known you will see a huge difference in your behavior, they will love the new you.

Virgo: Aug 23 to Sept 23 "I Analyze". April 15th and 16th will be a great time for you to integrate and rejuvenate your vital energies. As you take the time to take care of yourself and become more centered you will outshine the stars of stars. You will know what it is like to live from within yourself totally at peace with your world.

Libra: September 23 to October 23 "I Balance". You are in a gentle phase of your life, you love spring and spring loves you. Just remember peace at any price may be too expensive. The lesson here is to stand in your integrity, and speak your truth with love and light. April 2nd is a full moon in Libra, a good time to meditate on your accomplishments as well as preparing for what is next.

Scorpio: October 23 to November 22 "I Create". April 17th will be a new moon in Aries, this new moon will be very compatible with your Scorpio Sun sign. This month you are willing to go to the depths of your soul to get your emotional needs met. Your greatest gift is your ability to love with all your heart and soul. Love is your power.

Sagittarius: November 22 to December 21/22 "I Perceive". You are in a lucky streak this month, you are all about loving what you do and doing what you love. Your energies have been pent up this Winter and now you are ready to rock and roll and let it all hang out. Your greatest teachings will be the simplest forms of nature. You are to grow like the flowers.

Capricorn: December 21 to January 20 "I Use". In order for you to be happy in your work you must choose something that you really love to do where work is concerned. In your true sense of values your heart will be put to good use in the realm of service. You can be so successful this year in the realms of advancement of your career, you have no other choice but to be a success, because your heart is the right place.

Aquarius: January 20 to February 18 "I Know". What you need to remember is that everything is in divine order for the highest and greatest good of all concerned. When the tide is out it must come in. This is a perfect time to establish important connections with people of like mind. It is very important that you continue to promote what is important to you and your work.

Pisces: February 18 to March 20 "I Believe". The tempo of your life is diffiently in the fast lane. If you can't sleep at night you might consider taking a Reiki class or hypnotherapy training. Your mind is turned on to so much information that borders on mediumship. Your guides are talking to you now, please take the time to listen, it could save your life or someone else's.

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SATURDAY APRIL 7th at 9:00AM - NOON New Member Orientation. This informal class covers Unity's basic beliefs. Everyone is welcome, and there is no obligation to join the church.

EASTER SUNDAY APRIL 8th at 6:45AM SUNRISE SERVICE Join us in Unity Park as we celebrate the sunrise, symbolic of the light that shines in each of us. This Christ light has the transformational power to roll away the stone that has held you back. Just as Jesus was raised from the dead, our lives can be resurrected from any circumstance.

FASTER SUNDAY APRTL 8th 9:15 and 11:00AM We will celebrate the resurrection of the Christ with music and meditation, knowing that we are really celebrating the resurrection of the Christ within each of us. EASTER EGG HUNT APRIL 8th We will have our annual Easter Egg Hunt for the children during the regular church service at 11AM.



SUNDAY APRIL Rev. Beth Head 11:00AM THE POWER OF VISUAL-IZATION Featuring Andy Dooley Andy is a World Class Speaker, Entertainer & Philosopher. He's a dynamic spiritual speaker with a vision and has been on a mission to teach people how to make their dreams come true and enjoy the journey. He is a master storyteller and inspirational humorist.

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SUNDAY APRIL 22nd 9:15 & 11AM We welcome singer Seandrea E. Earls, who will bless us with her talent.

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www.unityofmelbourne.com

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

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

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

<u>From www.hunahealing.com</u> Chant & Forgiveness... A Huna Odyssey Belinda Farrell How To Call Back Your Spirit and Receive More Joy



From www.soundstrue.com The Wisdom of Your Cells (audio course) Bruce Lipton Ph.D Increase Energy (music) Andrew Weil, M.D.

MUSIC from www.paulschwartz.com State of Grace III Paul Schwartz with Lisbeth Scott 7

<u>From www.richheartmusic.com</u> Music of Peace Solo Piano by Richard Shulman

<u>MUSIC from www.soundings.com</u> Spa Rhythms Dean Evenson*Soulfood's DJ Free*Rita Coolidge

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.

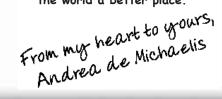
OUR PURPOSE IS:

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.

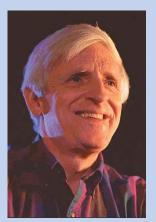
We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and 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.



COSMIC MASS COMES TO MELBOURNE

Last year *Mike and Elizabeth Stamper* traveled to the second annual *Cosmic Mass Intensive Training* in Oakland, California. This year, the Stampers and an enthusiastic group of volunteers will present their first Cosmic Mass. Rooted in Western liturgical tradition, this ecumenical form of worship integrates dance, live music, multi-media imagery and eastern and indigenous spiritual elements to create a multi-cultural, intergenerational celebration.





Dr. Matthew Fox

The Cosmic Mass is the vision of *Matthew Fox*, theologian, ex-Catholic/now Episcopal priest, author of over twenty books, and the founder of the **University of Creation Spirituality.** His vision brings "creation spirituality" to life and invites us to be participants in the circle of life. His website is www.matthewfox.org.

The theme of our local Cosmic mass is, appropriately, "*Love Can Build a Bridge*" and it offers a setting where all are welcome and all aspects of our spiritual journey are honored, including our joy and our sorrow. Everyone is invited to dance at the beginning of the event and again at the end. Dance has long been recognized by other cultures as an ecstatic form of worship for it brings the mystic child alive and gets the breath moving and inspiration flowing. Tickets for this event are \$10, and are available from: The New Church (321-751-7584), The Gathering (321-917-6976), Inner Journeys (321-255-3552), Unity of Melbourne (321-254-0313), Unity Center for Spiritual Living (321-452-2625), Aquarian Dreams (321-729-9495), The Mary Horgan Center (321-426-4948), or online at www.ahealingcircle.com or www.newchurchtoday.com/lovebridge.html. For more information, email lovebridge@cfl.rr.com.

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Example of the power of the media: Elizabeth objected to the photo of she and Mike in this flyer, not wanting to be the focus. I know her to be an important conduit linking our local spiritual community to global affairs, so as editor, I opted to publish this as is. As editor, I get to spin it as I see it :)

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

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I Need To Let Go, But I Don't Know How April 16, 23, 30 7-8pm EST

Healing from Surgery: A Mind-Body Approach May 8, 15, 22 7-8pm EST



MORE INFO? Email Mary@Healthwellnessandyou.com

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