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# Rev. Albert J. Bowes

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*Albert has been a professional psychic for 35 years. He offers a unique, scientifically proven service that has amazed and changed peoples lives. An Ordained Minister and Certified Psychic from Cassadaga, FL, Albert has a unique gift that allows him to develop a sincere empathy with his clients. He uses this gift to give people gentle but firm guidance into knowing themselves better.*

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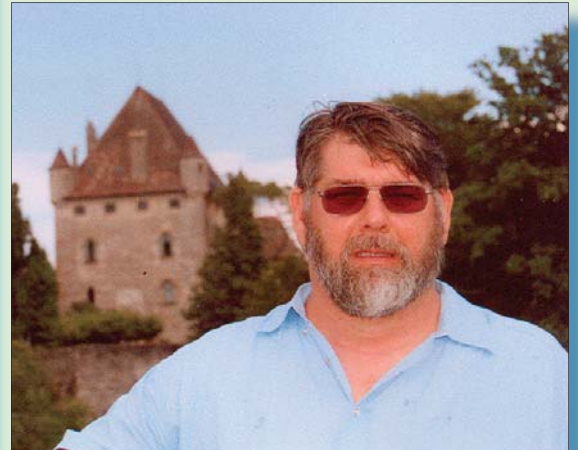
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### Complete Personal Readings

This means several subjects not just one or two. The questions should be the how, why, when, where, which type of question, not "yes" or "no" questions. These questions should relate to the information you seek and the items you bring. The questions are to be written down with space between for you to make notes. He does not permit recording. As the reading progresses, other questions will come to mind and you may ask these also. Questions are not shown to him, they are for you to use during the reading. All questions must be asked during your reading.

**Gather up to 10 items** that relate to the information you are seeking. The best are photographs but may be photos in brochures, advertisements, or printed from the internet. They should be clear and large enough to see the face and eyes. If you are seeking information about career, buying or selling or other matters that have documents connected to them, bring documents (resumes, manuscripts, ect) . Group photos may be used for questions about one person or more than one per person.

**When you arrive**, be careful NOT to mention anything about yourself or the people, places, events or things that are connected to the information you seek in the reading. You are limited to the number of items you bring, but you are NOT limited to the number of questions you may ask. You ask as many as it takes to get the information you seek. Questions should be specific not vague or general.



## CREDENTIALS:

Albert was the subject of the internationally published book "**VISIONS OF TIME**", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with **NASA** & the **FBI**, to working on academic projects, to finding missing persons and sunken ships.

He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities.

He was also a Project Manager and Lecturer for the **Edgar Cayce Foundation** and their **Association for Research and Enlightenment**. Albert also hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "**PM MAGAZINE**" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.

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

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Sunday  
May 18th  
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Sunday  
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Tolle's book, "A New Earth".

Sunday  
June 1st  
Randy Gage  
"Prosperity." See  
article on page 17  
and [www.randy-gage.com](http://www.randy-gage.com)



## Twelve Women of the Chalice

Women's Spiritual Retreat  
Friday, May 29th 2:00pm  
To Sunday, May 31st 1pm  
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See page 38 for details



## May 2nd & May 23rd "Discover Buddhism"

7-8:30pm 1st and 3rd Friday of  
the month. An introduction  
to Buddhism presented by  
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Fellowship

Sunday  
June 18th  
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Mirdad  
returns!



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FUTURE, \$20 IN ADVANCE, \$25 AT THE DOOR.**

**THE GREATEST  
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IS SEPARATION**

**Publisher/Editor/Layout:**  
Andrea de Michaelis

**Thanks for help this month**

Cha Cha La Belle  
Julie Mallis-Turner  
Rev. Beth Head  
Gerald Head  
Joy Walker

**This Month's Cover (page 34):**

Angel of the Palms  
by Ann Rothan

**Contributing writers:**

Roy Eugene Davis  
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Karen Williams  
Randy Gage  
Barbara Lee  
Sharon Janis  
Alan Cohen  
Mike Dooley  
Tom Sannar

# Horizons

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And the day came  
when the risk to remain  
tight in a bud was more  
painful... than the risk it  
took to blossom.

Anais Nin

Horizons thanks  
everyone willing  
to take the risk

**HORIZONS MAGAZINE** is distributed **FREE** each month to 300+ bookstores and health food stores throughout Florida, as well as by subscription. HORIZONS is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life. Please write us with your comments.

**Article submission:** You may submit articles of 200-900 words on any area of personal growth and practical spirituality to [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com), along with a 50 word bio telling who you are and how to contact you. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for as an ad.

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

- 1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
- 2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
- 4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
- 5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.





**Andrea de Michaelis**  
Publisher

## THIS MONTH'S THOUGHTS ABOUT THINGS...

"In the company of one who is living Love, you can't help but spring into that Love." - Sri Sri Ravi Shankar

**H**ello and welcome to the **May 2008** issue of **Horizons Magazine**. First of all, **Universal Lightworkers Conference, June 13-15 in Fort Lauderdale**, see inside front cover ad, and articles by **Michael Mirdad, Patricia Cota-Robles** and **Michelle White dove**. This will be the best one ever and I hope to see you there. Beginning with this issue, we have Michelle's new advice column, **Ask White dove**. check it out and send her your questions. Also check out her website, where you can see clips from **America's Psychic Challenge**, which she won. She's amazing, ask her anything.

The past month has been a whirlwind of changes: people coming and going, puzzle pieces shifting. I have 4 sets of friends and clients who are experiencing the same scenario, and it's interesting to watch the patterns emerge. All involve the dissolution of former business relationships. In each case, all of the parties were unhappy with the situation prior

to dissolution, and were very vocal to others about it. In each case, one party felt betrayed and one party felt taken advantage of. In each case, both parties had their side to the story. In each case, one party moved on while the other kept repeating their story, even to new people who did not know the parties. In several cases, everyone was lying or exaggerating. Since it's such a classic lesson, I'll share it here with you. When a new friend began on the topic again, I told her my feelings:

"I didn't mean to snap yesterday when you asked, "Do you know what X did to Y?" But that is none of my business and none of your business and only the parties know what actually happened. Don't be the one to keep that gossip going, it can die with you right now. When you're talking to me about R or K, we're talking about something that affects your life and your business. If we're talking about anyone else, that's gossip and that's another karma you don't want. You know there's already a negative buzz in the air about your integrity over the PQ thang, I guarantee if you completely stop all types of gossip, your reputation in "the media" will improve. People will begin to pay attention to who you are now and respond to you from that place instead of the one in PQ's story. And you're the only one who knows what inner changes you've gone through and if you're the same person or not.

I'm always happy to help friends get clear and productive in their business. It's fun for me to help friends formulate goals and work toward them. But it's not fun for me if it turns out all we're doing is talking about what everybody else is doing wrong and talking behind their back (no matter what we call it and how we justify it) and never setting goals nor working on them.

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

**GET THE SPIRIT!**

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

**Page 7**

# ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of Ask & It Is Given, The Amazing Power of Deliberate Intent and the NY Times Best Seller, The Law of Attraction and their newest dvd, The Secret Behind "The Secret"! [www.abraham-hicks.com](http://www.abraham-hicks.com).

*You come forth in clusters with intentions to enhance one another's experience; and when you meet up with your cluster, it's really fun.*

Abraham-Hicks



**UEST:** People are still killing whales and killing each other, and harming kids. And in that balance of not putting my attention to it, then I think that, somehow, I'm saying that that's okay. I'm very idealistic, and there's this discord, and I don't really know how to manage it.



**Rev. Dr. Janet Claire Moore**  
Spiritual Reader, Channel and Counselor  
ADL Minister, Licensed Mental Health Counselor  
ACHE, Certified Clinical Hypnotherapist

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Spiritweaver at [www.spiritweavershaman.org](http://www.spiritweavershaman.org)

**ABRAHAM:** As you see things not wanted, and you feel that uncomfortable feeling as you see it, and within that, you feel a rocket of desire within you that things be differently -- now your work is to find harmony with your own desire. Every time you turn back and look at things that are not as you want them to be, you are in discord with your own rocket.

There are those that would say to you, "Well, we need you to keep looking at the problem, because we've discovered that we can motivate you to the action that serves us more by keeping you looking at the problem, by keeping you aggravated about all of this."

What you're wanting to say is, "I felt the aggravation; I felt the rocket of desire; I asked the Universe, on your behalf, for a resolution. I know that when anyone asks, the Universe always answers. So help's on the way. And I'm going to do my best about helping us all to receive the help that is on the way, by holding myself in vibrational harmony with the desire that I have identified."

There are so many well meaning people who see the contrast, give birth to the rocket of desire, feel it powerfully, shout it to the Universe -- and the Universe is answering. And then, they're campaigning against what's wrong and holding themselves apart from the solution. Even though solutions are happening all over the world, they never have access to them, because they are vibrationally so different from the solutions, that even though solutions are happening, they never get to see a glimpse of them.

We wouldn't attempt in any way to try to convince you that there are not things that are happening in your world that you don't want to happen. But, looking at the things that you don't want, will never make your world more as you want it to be. It will only drag you down into the discord of that.

As a creator, you are better off with those things you don't want in your world, than if your world was, by your standards, perfect in every way, because those things cause you to reach beyond what-is. And if you do not find reason to reach beyond what-is, then you stand still, and none of us can do that. There is only motion forward. Contrast assures that.

We are all free, or none of us are free. And so, if you like being able to choose the things that you like to choose -- then it must be alright with you that others choose the things that they want to choose.

"Oh, that's so hard! It's so hard. I want them to choose, within reason, only things that I would choose." And we say, then somebody gets to choose what you would choose. And you say, "Well, can't we just all agree on what's alright for us to choose?" And we say, how's that working out for you, now?

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



# HOW TO AWAKEN

Roy Eugene Davis is a direct disciple of Paramahansa Yogananda in the kriya yoga tradition. In December 1949, he met Yogananda, was accepted for monastic discipleship training, and was ordained by him in 1951. Davis moved to Georgia

in 1972 to establish Center for Spiritual Awareness. He publishes Truth Journal magazine and writes monthly lessons for CSA members around the world. You may contact Center for Spiritual Awareness at P.O. Box 7, Lakemont, Georgia 30552-0001 (706) 782-4723, visit <http://csa-davis.org> or e-mail [csainc@csa-davis.org](mailto:csainc@csa-davis.org). The 2nd International Kriya Yoga Conference will be held August 28-30, 2008 in Atlanta, see back cover for information.

## HOW TO PROGRESSIVELY AWAKEN THROUGH THE STAGES OF AUTHENTIC SPIRITUAL GROWTH

**T**o awaken is to become more conscious and aware. Just as we awaken from unconscious and subconscious sleep to the normal state of being awake, we can awaken from the normal awake state to higher, clear states of consciousness.



### Hearing Your Angels by Karen Talcott

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Authentic spiritual growth is the progressive unveiling, emergence, and actualization (which may occur gradually or more quickly) of innate, divine qualities and capacities. The stages that can be experienced are:

- Awakening from complete egocentric self-identity to partial awareness of one's spiritual essence of being. At this stage, one may have an intuitive sense of a higher reality without accurate knowledge of it.
- From ordinary self-consciousness to superconsciousness and clarified states of awareness that enable rational thinking and intellectual powers to be creatively used.

...continued on page 31...



**June 14<sup>th</sup> - 15<sup>th</sup> • Melbourne**

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# REACHING CRITICAL MASS



Patricia Cota-Robles offers free seminars throughout the USA, and she hosts a weekly Online Radio program that airs on Tuesday mornings, 10:00 a.m. Pacific time on [www.7thWaveNetwork.com](http://www.7thWaveNetwork.com). For more information on Patti, go to <http://eraofpeace.org>. **She is a keynote speaker at this year's Universal Lightworkers Conference on June 13-15 at the Fort Lauderdale Marriott North.** To register for the ULC, go to [www.UniversalLightworkers.com](http://www.UniversalLightworkers.com) or call (360) 671-8349.

**W**hen we awaken and begin to understand the power of our creative faculties of thought and feeling, we realize that we have the ability to control our behavior patterns. We understand with a new level of clarity that we are not the victims of circumstance but that we are the creators of circumstance. We then put forth the effort to think positively, and we strive to focus our attention on

what we want to manifest in our lives instead of our fears and the things we do not want in our lives. Daily we envision the things we aspire to, and we work to empower our visions of Heaven on Earth with positive thoughts, words, actions and feelings.

But often, after what seems like a valiant effort, we continue to experience many of our old problems. This causes us to become discouraged and to lose trust in our ability to change our lives. At this point, we feel like our efforts are futile, and we usually give up on trying to improve our situations. We let go of our visions and regress back into our old, negative thinking patterns. We dwell on our fears, problems and challenges instead of empowering our goals, hopes and dreams. As a result of that relapse, things get worse, and our situations appear even more hopeless. If we understand the Universal Law governing that particular phenomenon, it will give us the courage to persevere in the illusion of apparent failure.

Everything is comprised of energy, vibration and consciousness. When we explore a portion of the vast science of quantum physics, we learn that when something reaches critical mass, there is an unstoppable shift that takes place. For instance, when an electron is increasing in vibration, the moment it reaches critical mass, the entire electron is pulled up into the higher frequency and nothing

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

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CALENDAR ON PAGE 43**


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# FROM THE HEART

Alan Cohen is the author of many popular inspirational books, including *The Dragon Doesn't Live Here Anymore* and his new guide to conscious relationships, *Don't Get Lucky — Get Smart*. Join Alan for his life-changing Life Mastery Training in Fiji, July 20-26, 2008. For information on this program or others, or to receive Alan's free daily inspirational quote and monthly newsletter, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079.



## ACTS OF GOD

If you read the small print on contracts, no one is liable for "Acts of God." "Acts of God" are disasters beyond human control, like storms, floods, lightning, and (some would argue) protracted visits from uninvited relatives. I find it fascinating that in such contracts **God** takes the rap for everything that goes wrong, and rarely receives credit for the good things that go right.

As I see it, God has done a lot of pretty cool stuff far more significant than knocking trees over. God put all the trees here in the first place, bringing many billions of people immense pleasure and benefit from their oxygen, shade, fruit, wood, and verdant splendor. And what about this morning's stunning sunrise? That was a phenomenal Act of God. Or your dog greeting you with such joy upon your arrival home that you are tempted to go out and come home again just to savor the wildly appreciative look on his face. And let's not forget about a good power nap, wickedly sweet **New York** cheesecake, or deep massage after a long plane ride. Study your child's finger-painting magnetized to your refrigerator door, and there you will behold an Act of God. They are pretty much everywhere, if you just look.

We all have moments in our lives when God shows up with an extraordinarily enthralling act. Those experiences lift us beyond the mundane and make life worthwhile. In the thought-provoking film **After Life**, we meet a group of people who have just died, and arrive at a processing station at the entrance to eternity. As they receive their orientation, they are asked to recall the favorite memory of their lifetime. When they report their choice, they will be dispatched to live in the experience of that moment forever.

Take a moment now to consider what memory you would like to live in forever. It's quite an exercise! The day you scored the game-winning touchdown, or performed a song or dance that brought the house down? Was it the first time you fell in love? Your most passionate orgasm? The moment you looked into your newborn's eyes?

...continued on page 30 ...

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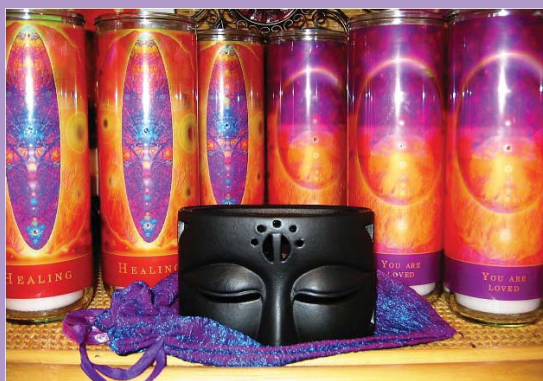
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## BUG BITE PREVENTION

I always enjoy this time of year; working out in the gardens, family barbeques, trips to the beach. What I don't like are the countless bug bites.

Now I could use a commercial repellant but I have looked up some of those ingredients and they can be toxic. Thankfully there are many herbs (AKA weeds) on our lawns, in our parks or alongside the road that have insect repelling volatile oils.

When you crush or rub the leaves of these plants they release their oil. For example research done on **citrus leaves** found that there are compounds equally as effective as DEET for repelling mosquitos. It was also found that the chemicals released from the leaves of **Peppermint, Spearmint,**

**Lemon Balm** and **Pennyroyal** can also help to repel mosquitos when rubbed on the skin or clothes. (DO NOT USE Pennyroyal if you are pregnant or planning to become pregnant.)

When I am planning an outside adventure I take a strong **Garlic** capsule; one that has an odor because as you sweat out the garlic it repels biting creatures of all kinds. You can make a spray by mixing **1 part of Garlic juice with 5 parts of water in a spray bottle**, then when you are ready to go outside you can spray it on yourself.

**Citronella** is another plant that I use; the essential oil has a lemony-scent that deters many backyard insects it's not very strong so it needs to be used often.

I make a mixture using **4oz. of Jojoba oil, 30drops of Citronella, Pennyroyal and Eucalyptus, 20drops of Lemongrass and Lavender and 10drops of Clove** essential oils in a glass spray bottle. Just be careful the first time you use essential oils on your skin, they can be very strong.

Besides herbs, choose your clothing wisely mosquitos are attracted to water and dark clothing resembles standing water. Floral prints or bright-colored fabrics can fool even the smartest bee, especially if you are also wearing perfume.

You may also want to remove as much standing water from around your yard by drilling holes in the bottom of garbage cans, flowerpots or anything else that holds water.

If you have a pond or birdbaths try adding some **cornstarch** to the water, it messes with mosquito larvae but it won't hurt other creatures and it's biodegradable.

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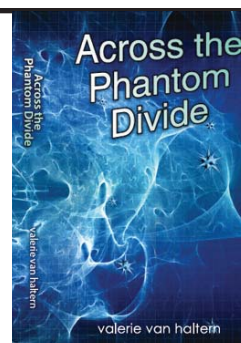
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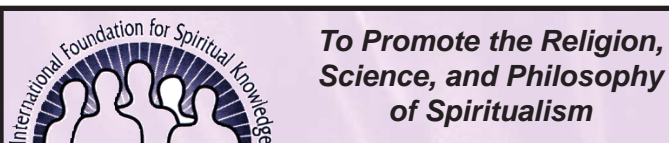
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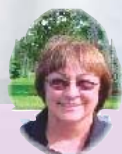
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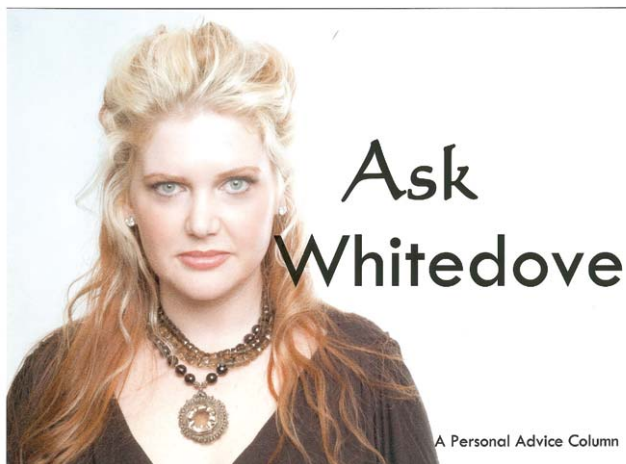
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**Dear White dove,** I am interested in Spirit Communication and I'd like to know how you feel about the Ouija board. I believe that it's just another tool but a friend of mine told me that these boards are evil. Do you think that it's OK to play the Ouija board? ~Need to know in Minnesota

**Dear Needing,** As a teacher, I recommend to my students to "Go Directly to the Top". All spirit communication should be done through prayer and meditation by connecting with Father/Mother/God. When contacting the other side, you want to merge with the love and light of God where the information is pure and honest. I would also suggest communicating with your spirit guides and Guardian Angels for insights and guidance. If you wanted to connect with a departed loved one, I would recommend that you seek out a reputable "Spiritual Medium".

The Ouija Board is an unreliable tool that helps to open communication with ANY spirit, not necessarily ones of love and light. The board is not a toy so please do not play with it. Contacting the "Other Side" isn't a game.

**Dear White dove,** I've read about the Mayan calendar that ends on Dec 21, 2012. Some say that it's the end of the world, others believe that this time represents a new beginning. What information have you received? ~An Avid Reader, FL

**Dear Reader,** Much has been foretold in ancient prophesies. I have found that proper interpretation is the key to the true meanings. Through the ages, scribes and sages have translated sacred texts. But much is lost in translation. It's difficult enough to illuminate the meaning of ancient words in the correct context. But the Mayan wrote in glyphs, their words were in picture form.

...continued on page 38 ...



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# SECRETS

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

## LET GO OF PUNISHMENT

*Behold, happy is the man whom God correcteth: therefore, despise not thou the chastening of the Almighty. — Job 5:17*



In our journey of spiritual happiness, there is a bit of cleaning up work for each of us to do. We've been given all kinds of blatant and subtle teachings throughout our lives — by our culture, by friends and families, in educational programs, and through the media.

Some of these teachings may be true, some may be partially true, and some may not be true at all. Part of our job is to do a bit of weeding whenever possible, pulling out whatever weeds of wrong understanding may be keeping our beautiful blossoms from thriving.

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

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

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

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

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# POWER OF PROSPERITY

Randy Gage has been called "the Millionaire Messiah" because he believes that you are meant to be rich. His website is [www.randygage.com](http://www.randygage.com). He will be speaking at Unity Church of Melbourne on Sunday June 1st. See page 4.



**S**o what's the secret of creating prosperity? And just what does prosperity really encompass?

It's a subject that has been studied and taught for ages. Yet there is so much misinformation about the topic it's staggering. Granted if you are a tribal member in the Brazilian rain forest and have no use for currency, the traditional standards of wealth may not apply. But how many of us are really in that situation?

We can say that money alone does not make someone prosperous. However, we know at their core level, money and all things are actually energy vibrations. And positive or neutral energy can be repelled by negative energy.

So what makes up real prosperity? I believe it is a multi-faceted state. Health certainly plays a large factor. Having a body that can't keep pace with your mind can be a very distressing situation. Healthy relationship would be another big factor. We all need people to share things with, challenge us, and keep us vital. It's important that some of those people call us on "our stuff," and protect against the very human tendency toward delusion and narrow mindedness.

Another big part is a strong spiritual connection - being grounded and in touch with the force greater than us all. I don't subscribe to the judgmental beliefs of some in organized religion that only a devotion to a specific deity provides peace and harmony. I know people of many faiths, and others who have a powerful connection to nature or universal law that have attained wonderful states of spiritual bliss.

Both selfishness and selflessness play a part as well, and those two things are not as exclusive as they may seem on the surface. To reach real prosperity, you must take care of your own needs first. Contrary to what many believe, if more people were selfish, the world would be a much kinder place. Taking care of other people's needs before your own leads to co-dependency and enablement, and very unhealthy mental health for all involved.

Yet part of being selfish can be the joy you get from helping others. Helping those less fortunate than yourself makes you feel good. And it can provide you with a greater appreciation for the blessings you have in your own life. That feeling of gratitude is a powerful prosperity element.

We must also develop certain traits and skills to manifest abundant prosperity into our lives. We need self-discipline, the power of concentration, a thirst for knowledge, and an active imagination. These things keep us moving forward on personal growth, give us determination to overcome temporary obstacles, and seeking greater good - but without losing the balance necessary to enjoy that greater good. Which takes us back to the most intriguing question...

Just how important are money and material things to living a life of prosperity? Like a lot of poor people, when I was broke, I thought money would solve all of my problems. I went from being a very unhappy poor guy to a very cynical guy with money. The core issue was my worthiness issues. Because



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I had low self-esteem, subconsciously I didn't believe I deserved to be happy. This prevented me from accepting love, and thus unable to open up and give it. When you love yourself, you can love another, and find great happiness with each other, even in the absence of material wealth. If you don't like yourself, you'll do nothing but find fault in everyone and everything around you.

Had I come into the money I have today at a younger age, there is no doubt in my mind I would have never lived to see 25. I would have overdosed on drugs, drove a Ferrari into a wall, or been killed in a drug deal gone South. I have had a lot of health challenges and there is no doubt that money can allow us to seek better treatments. But it is also true that most of my issues arose from making bad personal choices with alcohol and other drugs.

To achieve happiness, I had to do a whole lot of work on myself. And that's when prosperity started to manifest itself more and more for me. This is not to diminish the ever-present prosperity that surrounds us at all times. Eating a three-dollar frozen pizza while watching a thunderstorm can be as wonderful as a \$500 dinner at D'Vito's in South Beach. Spending a four-hour dinner engrossed in thought-provoking conversation with good friends can give you a greater high than buying a \$20,000 watch.

But you don't have to choose... Nature presents us with opportunities to experience abundance all the time. And as sentient beings with inquisitive minds, we have all kinds of chances to develop even greater prosperity. Why not celebrate it all?

# NOTES from the Universe



An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book *The Secret*, Mike Dooley has found his calling. Mike lives in Orlando, Florida, where he runs TUT's Adventurers Club. He also travels internationally, speaking to thousands on life, dreams, and happiness. [www.tut.com](http://www.tut.com) to sign up for free daily Notes from the Universe!

**E**ver have a dream at night, when you wondered in the middle of it whether or not you were dreaming?

Knowing that if you were "just" dreaming, you could rewrite the scary parts and enhance the happy parts: run faster, jump higher, laugh your head off; summon guides, travel through time, read minds; levitate, manifest, do the impossible?

But then, you thought to yourself, "No, this just can't be a dream, it's way too real."

Yeah, you're having one right now.

Gosh you're good -

*The Universe*

P.S. Yeah, you really are...

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# CREATING FULFILLING RELATIONSHIPS



Dr. Michael Mirdad has worked as a Healer and Counselor for over 25 years and is the author of several best-selling books. Michael has facilitated classes, lectures, and workshops throughout the world on Mastery, Spirituality, Relationships, and Healing. He is respected for his ability to share the deepest teachings in a clear, applicable manner. For more info go to [www.GraillProductions.com](http://www.GraillProductions.com). **Michael is a keynote speaker at this year's Universal Lightworkers Conference on June 13-15 at the Fort Lauderdale Marriott North. To register for the ULC, go to [www.UniversalLightworkers.com](http://www.UniversalLightworkers.com) or call (360) 671-8349.**

**D**espite the countless number of books, seminars, and years of work towards finding a better way to experience relationships, the relationship struggle is still on everyone's mind and in everyone's heart. Relationships are at the core of all that we experience in this world. Every thought, feeling, word, and action is motivated by our relationship with God, ourselves, or someone else. **A fulfilling life comes from having fulfilling relationships in mind, body, and spirit.** The topic of relationships is a major key of *A Course In Miracles*. Why would a book on Spiritual psychology and the attainment of Inner Peace focus on relationships? Simply because our salvation, peace of mind, and experience of unconditional love all depend on having healed, healthy, empowering relationships. To achieve this you must *first* find at least a part of your True Self. Then, you must be willing to relate to people without attaching or projecting your past issues, experiences, and perceptions onto them.

**You can have joyful, passionate relationships.** However, you will only get back that which you put in. Further, you must have a goal in mind. If you are only putting in limiting goals such as physical comfort, having someone to make you feel better, someone to distract you from your own internal issues, etc.... then what you have is an unhealthy, codependent relationship. How do you know if this includes you?

**All relationships go through three stages. The first stage** is typical, human love with everything looking and going well. You think about that person a great deal. They make you *feel* better inside and out. Most of your time is spent on positive, agreeable conversations, making love, nice dinners and so forth.

**The second stage** is when "the honeymoon is over." Your ego now calls for retribution for the momentary bliss. It's as though your ego was only lending you the seeming good time and has now arrived for payment. Of course, you have no idea what's going on! You're too busy gazing into each others eyes or perhaps you are too distracted by the sense of discomfort that is now starting to present itself. Now the relationship will be tested and it will take one of two directions. You will either move on, part ways, and blame each other, *OR* you will hang in there and commit to healing. If you allow the issues that begin to arise between the two of you to take priority over your love, then you'll know that you were not *really* there with as much unconditional love as you thought. Instead, you were either there to work on issues from your past relationships *or* to build a false hope of a future. Both of these motives keep you from trusting and expressing your True Self in the present. If love is truly your goal, then you will usually find the strength and clarity to push ahead and find the love you sought.

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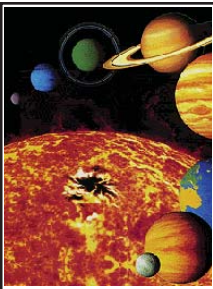
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**Don't be too hard on yourself.** Everyone puts themselves through these stages and tests at some time or another. Rarely do we hear about someone who is experiencing a relationship that is not past based or future driven but instead resides in the present moment with love as the focus—without expectations of filling voids or playing out old patterns. This is where **the third stage** comes in. Here is where you have made it your priority to be a *whole* being. True, spiritually based love is now your goal, with patience and forgiveness as your guide. With such powerful allies, it's nearly impossible to fail! That is, unless you allow the ego to side-track you—which it will attempt to do every step along the way. Fortunately, there are those who have partners who are willing to join them on this most difficult adventure. **With two or more joined in one focus of love, you certainly increase the potential of a joyful outcome** and decrease the amount of work involved.

*...continued on page 39...*



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# YOUR DAILY WALK



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

*"Man is only miserable so far as he thinks himself so."*

*Jacopo Sannazaro*

## MEDITATION

**T**ake control of your destiny starting right now. Do not allow the influence of situations, people, or any external event to dictate how you think, feel, or act. You are completely in control of the path you take in life. The question is, do you want to take responsibility for this great task? Of course, you can project the blame of your misery, failure, despair, and defeat on the outside world, but this is sheer denial and self-delusion. Prepare yourself to be happy, content, and satisfied with your life and this will be what you experience. It is your great ability, how you use it is certainly your decision.

## PERSONAL JOURNALING

How will you take responsibility for your being today rather than allowing external things to dictate your destiny?

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*Today, I will take responsibility for thought, beliefs, attitudes, and behaviors; this is truly all I have control of in life.*

# ANIMAL SPIRIT GUIDANCE

By June K. Brown

Animal Spirit Guidance is my passion. My Church is my backyard, the beach, or the grocery store parking lot. Everywhere I look, I see the omens sent to me from The Great Spirit, guiding me daily on my quest to spiritual enlightenment. Thank you Grandmother Spider! Email June at moonmother8@gmail.com and visit [www.horizonsmagazine.com/Links/Animal\\_Spirit\\_Guidance.html](http://www.horizonsmagazine.com/Links/Animal_Spirit_Guidance.html)



## FROG



I came into my office this morning to write an article about the Fox. I wanted to talk to everyone about camouflage, which is what Fox represents, and how hiding from the world isn't exactly a good thing to do all the time.


In case you didn't notice, the animal title this month says "frog". I had to change my idea about Fox because there was a big tree frog sitting on my keyboard, blocking me from writing about Fox. My daughter scooped him up and put him outside. I guess he didn't like the spot in the tree that she chose and jumped right back at her, landing on her head!

I guess the Universe has other plans for me today, so I am going in the direction that I am being guided toward. It actually makes a lot of sense to write about Frog, as I have been doing some very serious meditational cleansing this past month.

Frog represents a connection to Water but I see a connection to Earth as well. Frogs can move easily in both worlds, going with the flow of the Universe. The best way to move easily through troubled waters and a shaky world is to meditate and connect with your spirit guides, Mother Earth and the Water element.

Meditation seems to be the key for me. I am cleansing myself when I meditate. Have you ever done a meditation visualizing water washing over you, cleansing your body and soul? That's Frog medicine! When spring arrives, we Florida residents have those wonderful afternoon sun showers. No thunder and lightening, just some rain and sun at the same time. I love it when that happens and often find myself instinctively moved to go outside and just sit in it. (My family thinks that I'm nuts, but that's okay, they love me anyway.)

Other forms of cleansing throughout the world and other religions vary but always use water (at least the ones that I have read about). The Christian faith uses baptism for



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What does 2008 hold for you?

cleansing. I have seen this done in a wading pool, a river and a swimming pool. They dunk the person in need of cleansing into the water, full body immersion, cleansing their souls of all sin. Mayans used water on those who needed healing. The Shaman would fill his mouth with water and spray it over the ailing person while calling on Frog to come and help heal him/her. Catholic Priests walk through their place of worship sprinkling holy water on their followers, clearing harmful energy from the room and the congregation. I know many metaphysical practitioners who brew up cleansing teas of lavender and rose, and bathe in that. All of these practices use forms of water which is actually Frog medicine.

If you are feeling a bit 'off', frustrated, overwhelmed, irritated or jumpy, you probably need to do some cleansing.

And if Frog decides to jump on your head when you are outside, you might want to take that as a very serious sign to go sit in the rain!

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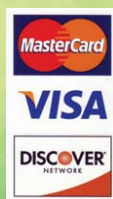
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## ABRAHAM-HICKS

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

Today there are bombs being dropped on nations that choose other than you would have them choose -- for no reason other than that they are choosing other than you would have them choose.

You say, "Our way of government is the only way that is acceptable. And we will snuff out all others who are choosing otherwise." And we say, well, where does that one end?

It turns out that it is all being orchestrated from that Broader Perspective. Let's say that some of you get very influential. And you manage to offer your brand of beliefs in such a way that everybody on the planet today, just for a moment, at about 4:30 this afternoon, believes as you believe. Just for that moment, you finally got it done -- but, then, tomorrow a whole avalanche of new spirits, renegade spirits, come forth into new bodies with whole different sets of ideas and intentions of everything that you have orchestrated.

The balance of intent is coming forth from that broader Non-Physical Perspective, and the variety is supreme, because out of that variety, each genius consciousness gets to choose something more.

The discord and the squalor and suffering and the poverty and the negative emotion, and the illness, all the bad stuff that you see or hear about in your physical environment -- is not because blessed spirits are coming forth and choosing bad things. In every single case, every bit of that suffering or sickness, or sadness, is because somebody's locked off their signal momentarily.

You don't need to worry about the choices. It's not because the choices are there, that people are making horrible choices. In fact, the more that they feel that they don't have choices, the more locked off they are, and the more choices that feel awful they make. Those that are acting out in violence, aren't acting out from their place of feeling free and secure. They're feeling bound and insecure. They're frightened. They're fighting for their very life, on vibrational levels.

It doesn't take many like you to lie in your bed, acknowledge some violence that you worry about, and feel the discomfort of it, and then feel the rocket of desire burst forth, that your children, and children like them, have lovely environments to grow up in. And then, as you reach for thoughts, in the next 30 days, that cause you to lock onto that feeling of Well-being -- you would be amazed at the power of influence that the effort of one individual provides.

You didn't come to this world because it is broken and needs fixing. You came to this world because it is fantastic and you wanted to be here. But then, when you get here, when you start finding fault with parts of it that don't please you, you sort of negate the balance that you knew would be here that you chose, to begin with. That's why we want you to begin relaxing and allowing everything to be okay for a while.

Your work is to joyously choose thoughts, words and actions that feel good while you choose them. And you say, "Well, that doesn't sound like enough justification for this life experience. How will I separate myself from the others? How will I stand out? How will I become the leader of the pack? How will I get the most stars on my chart? How will I excel?"

The other day we asked a group, "Does it bother you that Source Energy adores 100% of your population? How do you feel about that? Source Energy adores, not just tolerates, not just allows, Source Energy adores 100% of the population." Some are irritated at the idea, because they've been working very hard to be virtuous and praiseworthy. And it's irritating that those not working nearly as hard are still adored.

When you reach this place that it is alright with you, that everything is alright, then you have no reason, ever again, to lock off your signal. That doesn't mean you don't have preferences. But when you no longer are condemning, pushing against, negating, or trying to remove something, then you're no longer a vibrational match to any of that, and then, only Well-being can be your experience.

*Follow what  
you know to be  
true. If it feels  
good, it's right  
on. If it doesn't  
feel good, it's  
not. That's it,  
that's all there is  
to that.*

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# SECRETS

*Excerpts from*  
Secrets of Spiritual Happiness

...continued from page 16...



Therefore, one good step toward spiritual happiness would be to stop thinking that God is waiting or wanting to punish us for our limitations and mistakes. Feelings of guilt and upset can actually cause us to create our own problems — like children who angrily break their own toys after being sent to their room for misbehaving.

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

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

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

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

Instead of thinking about your challenges with punishment mentality, you can contemplate them with faith in God's limitless grace.

Perhaps you have been given extra challenges because your heart is longing to truly be free, and those troubles are exactly what will get you there.

Perhaps you dared to wish for the experience of God's presence in every moment of your life, or for divine grace to inspire and bless your works.

Such blessings don't always come cheap or without challenges that may be necessary to test, transform, and uplift you.

## *The seeds of spiritual happiness or unhappiness exist in how we interpret the events of our lives*

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

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

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

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



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## REACHING CRITICAL MASS

*...continued from page 10 ...*



can stop it. Critical mass is 51 percent. When 51 percent of an electron is vibrating at a higher frequency, the remaining 49 percent is instantly absorbed into the new vibration. So, how does this facet of quantum physics affect our ability to take charge of our own lives? As we strive to improve our lives, the same laws of quantum physics apply. When empowering a vision or thought form, the moment 51 percent of our energy, vibration and consciousness is in alignment with our vision, it reaches critical mass, and nothing can stop it from manifesting. The problem is that we never know just when we are going to reach that magical moment of critical mass. There are often no outer-world signs, and it may even look as if we are very far away from that instant of transformation. This is when we usually feel our efforts are failing, and we give up. Sometimes we may be just a breath away from reaching critical mass, but we don't realize that, so we get discouraged and stop working toward our goal. Then we end up never reaching our goal.

In very practical terms, critical mass means that when we are striving to create prosperity in our lives, the moment our thoughts, words, actions and feelings are vibrating with 51 percent prosperity consciousness instead of poverty consciousness, our life circumstances will shift, and we will begin to experience prosperity. The moment 51 percent of our energy is aligned with self-esteem and love, we will magnetize positive relationships into our lives. The moment 51 percent of our energy is aligned with peace, harmony and balance, we will manifest those Divine Qualities tangibly in our life experiences. The key to our success is that we must keep on keeping on even in the face of adversity. It is vital for us to understand that the Light of God is infinitely more powerful than any fragmented human miscreation we may have inadvertently created. Poverty has no power over the limitless Abundance of God. Our Divine Potential is infinitely more powerful than disease, failure, dysfunctional relationships, hatred, greed, corruption, war or any of the other humanly-created maladies appearing on the screen of life. As long as we choose the Light and consecrate our energy to empower only the positive experiences we want to create in our lives and not the negative experiences we don't want, we will manifest our visions and dreams faster than we can possibly imagine.

This information is being given to us during this critical moment on Earth to help us remember that if we don't like what is happening in our lives, we have the option to do something about it. This is true for each of us individually, and it is true for all of us collectively as a global family. It is important that we put things back into perspective and accept responsibility for turning our lives around.

## FROM THE HEART

*...continued from page 11 ...*



Whatever your choice, in that moment you were very close to God, perhaps closer than most or all other moments in your life. That God was not one of disaster, wrath or damnation, but one of utter joy, fulfillment, and absolute exhilaration. At that moment you were right in the middle of an **Act of God**.

The world can be a screwy place, with values, truths, and priorities that deny or overlook our true purpose. **A Course in Miracles** tells us that the unnatural world we have created by twisted thinking is exactly the opposite of the world God created for us to enjoy. So if you want to figure out what's true, take just about everything you've been taught about your purpose here, and turn it upside down. As **Tom Stoppard** noted, "It's the best possible time to be alive, when almost everything you thought you knew is wrong!"

God is not the source of our troubles. People have created far more pain, loss, suffering, and disaster than God ever has. God sprinkles the planet with an occasional earthquake or tornado, but people hurt each other daily. Terribly. Even worse, we hurt ourselves with harsh criticism and psychic self-flagellation. Not because we mean to. We just forgot that God wants us to be happy. If we remembered more of who we truly are, we'd all be having a lot more fun.

When you think about it, Acts of God often bring out the best in people. In the wake of an earthquake or tsunami, for example, people show up to help each other in huge ways. Hearts are opened and millions of people rush to give money, clothing, food, shelter, love, and all kinds of aid to those directly affected by the disaster. Now there's an Act of God.

I realize I may be going out on a limb mentioning God so much in this article. Because people have been brainwashed to associate God with disaster, pain, suffering, and punishment, lots of people do not want to hear or use the word "God." That's understandable. But here might be a poignant moment to remember that the word "God" is a derivative of the word "Good." If we remember that the nature of God is good, we might not get so upset to talk about it.

Sure, some stuff goes wrong. Disasters happen, dreams turf, and everyone experiences some pain. But a lot more stuff goes right. In fact, most things go right most of the time. Maybe it's time to listen less to the news and more to your heart. If what you read or hear on the news were accurate, we and the world would have been extinguished a long time ago. But here we are, and in spite of the scary prognostications that abound, I expect we and the earth will be around for quite a while.

Life is an Act of God. Wherever anyone lives or loves, God is acting. And that is the one Act that can never be relegated to small print.

# WHAT IS YOUR LIFE FOR?



...continued from page 9...

- Self-realization: actual experience along with knowledge of one's spiritual essence of being.
- God-realization: actual experience along with knowledge of the reality commonly referred to as God.
- Cosmic consciousness: awareness that everything is a part of a unified whole, that there is no separation between inner and outer realities or spiritual and material realities.
- Liberation of consciousness: freedom from all conditions that formerly blurred and confined it.

Until liberation is flawless, false ideas and some troublesome subconscious influences may yet exist. When liberation is complete, false ideas are absent; troublesome subconscious influences have been neutralized or transcended; nothing more needs to be done, or accomplished. After liberation, further insights into cosmic processes (which constantly cause changes and transformations to occur), more expansive states of cosmic consciousness, and higher realizations may continue to be experienced.

*You are on earth for but a little while. The real reason for your being here is very different from what you may have imagined. Paramahansa Yogananda*

Your ultimate (most significant and of greatest value) purpose for being in this world is to be fully, spiritually awake as soon as possible. Learn to do what is necessary to provide for your mundane needs while being aware of your need to constantly nurture authentic spiritual growth that illumines your mind, clarifies your awareness, and improves your knowledge of your relationship with the Infinite. Every hour of every day, aspire to be more conscious of your immortal essence of being.

Examine your usual thoughts, feelings, actions, and choices of personal relationships. Are they always in accord with your aspiration to be fully, spiritually awake—or are you inclined to think of spiritual growth as a process to be nurtured after you have attended to your mundane interests?

What are your first thoughts when you awaken from sleep? Do you think of your relationship with the Infinite—or are you primarily concerned with ordinary matters?

Are you firmly resolved to accomplish the ultimate purpose for your current incarnation—or have you not yet decided what you will do?

When the right choice has been made with firm resolve, it is much easier to think, feel, and act in ways which are entirely supportive of your aspiration to be Self- and God-realized. The right choice will empower you to go forward with confidence.

## Affirm With Conviction

I am firmly resolved to accomplish my ultimate aim in life.

Direct perception provides information which will be accurate if one's powers of perception and discernment are flawless. Inference is the process of arriving at a conclusion based on a premise of what is thought to be evidence. The quick way to acquire accurate knowledge is to obtain it from someone who already has it.

Children and young adults attend schools and colleges to learn what they need to know to live effectively. People of any age may attend special classes and seminars to acquire helpful information. Most people who are on the spiritual-awakening path can derive benefit, and make faster progress, by learning from others who know more than they know and are proficient in eliciting higher states of consciousness.

Spiritual aspirants need to: 1) know how to live effectively in harmony with nature and with others; 2) examine higher realities until they clearly understand that there is no separation between them and material realities.

One Reality, commonly referred to as God, produced and sustains the universe. Its interactions with its emanated forces produced individualized units (souls) which express in the fine, subtle, and gross material realms. The awareness of souls which overly identify with external conditions is clouded and fragmented. Spiritual awakening restores soul awareness to its original, pure wholeness.

Ask, "What is my original nature?" When the right answer is discovered, you will clearly perceive the difference between what you are and what you are not. Although the right answer may be intellectually or intuitively known, an illusional sense of self-identity may not be immediately transcended. As your spiritual awakening progresses, your intellectual and intuitive knowledge will be replaced with realization (direct experience.)

## Adhere to Supportive Lifestyle Regimens and Effective Spiritual Practices

What you do that enhances your life and allows your spiritual growth to occur, continue doing. What you do that does not contribute to your total well-being, avoid doing. Living will then be enjoyable, satisfying, productive, and fully supportive of your aspiration to be freely functional and spiritually awake.

Spiritual growth cannot be forced; it occurs naturally when mental attitudes, emotional states, and behaviors are constructive and clear states of consciousness are cultivated.

Avoid all circumstances and behaviors that may complicate your life or distract you from what you intend to do. By always concentrating your attention and energies on worthwhile goals and purposes, you will experience rapid spiritual growth.

...continued on page 42...

# THIS MONTH'S THOUGHTS ABOUT THINGS...

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



...continued from page 7 ...

I give everyone the benefit of the doubt until I see patterns emerging that indicate otherwise. When you asked me about X and Y, I could see the giant hamster wheel and am not about to step onto it. Sai Baba says, "Before you speak, ask yourself, is it kind, is it necessary, is it true, does it improve on the silence?" I am not telling you what to do, just pointing out to you karmic patterns as I see them emerge so you can consider whether you want to break the pattern and settle that karma.

And I understand not everyone is ready to settle all their karmas. I have plenty of my own, I just worked from the outside in so mine are not as noticeable to everyone else any more. "Working from the outside in" meaning I made a goal and took conscious steps to listen more to people and talk less, to be kind in speech, to stop gossiping, to stop exaggerating, to stop criticism, to let people know I care about them, not just in words but in actions, to be helpful and generous and light hearted and optimistic. Those are the things people notice and give value to.

I try to keep those karmas in constant check, since not only did I fake it til I made it early on, but now it seems like the only way to live. At first it took discipline every time I was with people. I see what good things come to me because I've made myself be that way. I see finally that what I put forth truly comes back to me, so I get a real kick in helping.

I think that MM parting from your shop is evidence of you moving up the vibrational scale insofar as who you attract to you. MM was mirroring to both of us that we were in gossip and criticism mode. I don't like it there, I don't like what that attracts to me. So we won't do that together anymore. Let's move on from that lesson." ### end of email

Her next email to me did more of the same!! I wrote, "and you just did it there again with X, you don't know all sides to that story yet you want to bring it up as a new topic here to me? Why? I wouldn't want the karma for that so please don't pull me into that chain of pain. Here again you are staying on the topic, passing along a story of only half the disgruntled parties in a situation neither of us have anything to do with. Do you not notice that you're doing this? I am not yelling at you, understand, you know me. I'm just surprised that story keeps getting repeated. It's old news and I thought everyone wanted to forgive and move on. Isn't that what we do the monthly moon ceremonies, and sweat lodges, etc. for? To release and forgive and ask God/Spirit's blessing for our continued good life? Isn't that forgetting Matt 5:24 "first be reconciled to your brother, and then come to me"?

But my point is we either just go through the motions of forgiving and releasing and wanting to move ever forward into more joy and conscious creation, or we just talk it and don't walk it and get stuck in our mindless rut of repeating old grievances to every new person we meet. It's a conscious choice what to bring into every single new day and every

single new relationship. We make a choice when we open our mouths. Do I want more of my same life right now, or am I ready to step up the ladder? That determines what stories come out of my mouth.

You're not happy with X. He's not happy with you. Neither of you will tell the other, although you tell everyone else. Before there is any more bad blood between you two, you should move on. You've got other connections in the area and both of you can thrive in business without each other. And when you're not working together, everyone will go back to having fun and getting along, too." ### end of email

People forget what a small town this is. I do readings for lots of people in our community and they love to tell me what they know about everyone we know, and the stories get more interesting with each telling. Many of these are in business and are not doing very well financially right now. They haven't recognized the connection to them spending time each day passing stories along with their business being slow. Your business is only as slow as the number of people you need to make amends with. Spend that phone and email time formulating goals and giving thought to them and talking about them with friends, so you can make it out of where you are now and take that next step up the ladder. Get out and get face to face, one on one and make amends with everyone you know. It's a small community. It's a small planet. Too small not to be kind and helpful to each other. You're ready. The time is now. We are the ones we've been waiting for.

## SO THIS MONTH I'VE LEARNED OR BEEN REMINDED OF:

Change is going to happen and it doesn't have to be painful. Your own resistance determines how easy or painful change will be for you.

Don't badmouth anyone. Talking about someone reflects on you, not them

Don't spread stories. Sacred silence is a powerful internal illuminator.

Think before speaking, is it kind, is it necessary, is it true, does it improve on the silence?

Forgive and move on.  
If you're gonna talk it, try to walk it.  
If you're gonna release it, really release it.

First be reconciled with your brother and then come to the altar with your request.

A breakup doesn't have to be the end; it can be just a changing of position taking you to a different observation point.

As a friend says, if you recognize that you are further along the journey than another, then that awareness immediately engages you in service to them.

The decision to keep conflict going just drags your resistance of yesterday into today's creation and tomorrow's future.

Spend time formulating goals and talking them up with friends, be prepared for that next step up the ladder. You're ready. The time is now. We are the ones we've been waiting for.

Enjoy our offering this month.  
Hari Om.

Andrea

# SoulSongs



Karen Williams of Winter Springs, FL writes a humor column, "Funny Side Up," for The Seminole Chronicle (Florida) newspaper. Visit <http://www.karenwilliams.net> and NEW [www.abrahamfun.com](http://www.abrahamfun.com).

## BABY STEPS

**T**he next time I sense myself becoming frustrated, impatient, or irritated, I deliberately dial it down a notch or two - well, OK, half-a-notch.

The next time I notice myself feeling hurried and pressured, I slow down just a little bit.

The next time I find myself mulling over something hurtful that someone said or did, I let it go, just once.

The next time I worry about money, work, family, health, world events, or accumulating some excess fat cells, I put my brain in a freeze-frame mode for just a few seconds.

My present goal is not to stop worrying or to become the most relaxed, laid-back, thick-skinned person on the planet. My present goal is to simply practice small, consistent improvements in the way I feel about my daily experience.

Before long, I'll notice small, consistent improvements in what is showing up in my daily experience. And I'll then know that this slow-but-steady process can take me anywhere, anywhere, I yearn to go. No kidding.

## The College of Metaphysical Studies

The Educational Division of New Awareness Ministries, Int'l

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

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Dr's. Barbara and Paul Daniele

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**Debra Kruljac LMT**  
Shamanic Practitioner

**Center for Healing Arts**

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- **Myofascial Release**
- **Massage Therapy**
- **Gallery of Art, local Artisans-NEW!**

## Ancient Power for Today's Healing Center for Healing Arts

### SCHEDULE OF EVENTS

**Grand Opening- CFHA** introduces our **Gallery of Artists!** Meet & Greet. Listen to Quartz Crystal Sing Bowls, Drumming Circle by the Fire. Massages Dancing and much more! Friday, May 23rd, 7:00 - 10:00pm. BYOB.

**Women's Drum Class** 2nd, 3rd, & 4th, Tuesday. Beginners 6-7:00pm. Bring a hand drum. Adv. class 7:30 - 8:30pm, \$10.

**The Moon Ceremonies** Monday, May 5 & 19, 7:30-10:00pm. Bring Stick.

**Drumming Circle** - Tues, May 6th, 7-9:00pm Women only, Love donation.

**Mothers Day with Mother Earth** - Connect w/ Mother Earth, a nature walk. Walk softly with nature, experience our connection to Mother Earth. It's time for you, mom and mother nature. May 11th, 10:am - 1:00pm **\$15 Moms free!**

**Quartz Crystal Singing Bowls Meditation** - Saturday, May 3rd & 10th, 10:30 - 12:00 pm. \$25.

**Trance Dance w/John Moore** Sun, May 4th & 18th, 6-8:00pm \$10.

**Munay-Ki 9 Inkan Rites of Passage** Free Introduction Thursday, May 29th, 7-9:00pm. "Shamanic Class" **RSVP.** MA2601S/MM7484

# CRYSTAL CONNECTION

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# COVER ART

## Dragonfly Medicine

BY SHARON GEORGE

Sharon George: Award Winning Digital Painter of fantasy and goddess art. Her online portfolio is at [www.fantasy-goddess-art.com](http://www.fantasy-goddess-art.com). Her open edition archival quality prints are signed by the artist and come with a letter explaining her process of creation and the symbology used in each image. Each print is superb quality, stunning color and signed by the artist. What she says about herself and her work:



I am the embodiment of Earth Mother. I am Empath; my spirit forever dragging my body behind. I live in a world of dreams. I am Nature. My mind an ancient tree, a primordial fern, a pool of silver water beneath the moon. I am part Raven, part Owl, part Lizard, part Rabbit and mother to many cats. I speak to my animal friends because I respect them.

I have often felt my images are channeled. The best work leaves me waking from a trance with no idea how I just created whatever I did. Once I was taken on a journey through some deep red rock fissures. We flew by very fast and on the walls were petroglyphs that came forward and glowed. I was taught the meaning of shapes and colors on a very profound level. There are no words to describe what I was given that afternoon. It's inside me somewhere. My work is not done because I've yet to express these meanings. When I have grown enough to do so, everyone will gain. We all feel wonderful when those common chords in our hearts are touched. We understand for a moment we're sacred and we're not alone.

As a woman, I have shared with many women the birth and raising of children, the joys and sorrows of marriage... and I've emerged with a profound appreciation for the female experience. I've learned to honor the eternal feminine aspect of life. I hope when people see my art they recognize the goddess within themselves. What is it? It's the indescribable something that makes life "alive", the creative force, the love that permeates all. Call it whatever you want. I celebrate it with my paintings.

Dragonfly is a magical totem, signifying our ability to transform ourselves as we travel our path of self knowing toward enlightenment. Its iridescence and shifting colors lift us into dreamtime, where we understand that "reality" is the illusion. Our visions are channeled through our unconscious mind, ever connected to The Great Mystery that is Life.

Dragonfly reminds us to celebrate Spirit in all living beings. When Dragonfly enters our lives, it is time to dig deeper, lift the illusion of suffering and believe in our limitless divinity.

## CENTER FOR SPIRITUAL AWARENESS



Rev. Virgil Gfeller

**Sunday Services 10:30 AM**

### Discussion Meditation Group

Spiritual Principles are discussed. We may use books by Eckhart Tolle, Esther & Jerry Hicks, Neale Donald Walsch, Deepak Chopra, Ernest Holmes, Wayne Dyer, "The Secret"

**Twice Weekly**

Wednesdays 7- 9:30Opm      Friday 2- 4PM  
Not held at the church      call for locations

### ASK ABOUT LIFE ENHANCEMENT CLASSES

Join Virginia Panek, RScP at "Coffee Talk" Thursday mornings at What You Love To Do 10:00 - High Noon - Love Offering

Mid-Week Meditations Wednesdays, 6:00 - 6:30 pm with Kathryn Flanagan, RScP at What You Love To Do - Love Offering

**5 Rosa L. Jones Drive • Cocoa • 321-634-5188**

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

# OUR CALENDAR OF EVENTS

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

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

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

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

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

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

Mondays HOLLYWOOD channeling Group - Receive mini-readings. 7:30-9:00pm \$10 (954) 989-4094 [www.ASecondSight.com](http://www.ASecondSight.com)

Mondays, 7:00 pm - COCOA VILLAGE, "The Power of Decision" An ongoing spiritual book discussion group at What You Love To Do - 321-504-0304

Tuesdays, 7:00 pm - COCOA VILLAGE, "Kinesiology - Power vs. Force" - a four week book study at What You Love To Do - 321 505-0304

Tuesdays ORANGE CITY Hatha Yoga with Mike and Maggie-10-11 am at The Purple Door 1427 S Volusia Ave Cost \$10.00 386-774-9928 or [www.purpledoororangecity.com](http://www.purpledoororangecity.com)

Tuesdays, BUNNELL "Psychic Development" facilitated by Rev. Maeda Jones from Cassadaga. Class from 1 - 2:30 PM....\$15.00....At The Source....4601 E. Hwy 100....386-437-3230

2nd Tuesdays MELBOURNE Just Say Yes to Laughter: Come Laugh Yourself Healthy with Pegatha, 7:00 pm at Heaven Sent Wellness Institute, 4455 Pinewood Road. Call 951-2528 or visit [www.justsayyestolaughter.com](http://www.justsayyestolaughter.com) for details. Love Offering

Every Tuesday and Saturday: ORANGE CITY Hatha Yoga 10-11am followed by chair massage 11:30-3:00pm cost \$10 each. Call 386-774-9928 or visit [www.purpledoororangecity.com](http://www.purpledoororangecity.com) Purple Door 1427 S Volusia Ave

4th Tuesday JACKONSONVILLE Astrological Association of North Florida. We meet at The Cosmic Church of Truth, 1637 Hamilton Street at 7:00pm. [www.astroassnnorthflorida.com](http://www.astroassnnorthflorida.com)

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

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](mailto:Rivers97@rocketmail.com)

Wednesdays - COCOA VILLAGE, Qi-Gong 10:30 am - Belly Dancing 7:00 pm at What You Love To Do - 321-504-0304

Wednesdays, MERRITT ISLAND, Spiritual Discussion/Meditation Group, 7 PM Center for Spiritual Awareness 480 Sail Ln, 321-634-5188

Wednesdays, BUNNELL "Mediumship 101" facilitated by Rev. Maeda Jones from Cassadaga. Class from 7 - 8:30 PM....\$15.00....At The Source....4601 E. Hwy 100....386-437-3230

Every Wednesday: ORANGE CITY Belly dancing 7-9pm Limited space - MUST CALL FIRST- 386-774-9928 or visit [www.purpledoororangecity.com](http://www.purpledoororangecity.com) Purple Door 1427 S Volusia Ave

2nd Wednesdays PALM BAY Just Say Yes to Laughter: Come Laugh Yourself Healthy with Pegatha, 2:30 pm at Izzy's Diner, 2145 Palm Bay Road. Call 951-2528 or visit [www.justsayyestolaughter.com](http://www.justsayyestolaughter.com) for details. Love Offering

Thursdays PT CHARLOTTE Beginner's Belly Dancing with Sandy Anastasi. 7-8PM. Free. Starchild. 941-743-0800 [www.starchildbooks.com](http://www.starchildbooks.com)

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](mailto:Rivers97@rocketmail.com)

Thursdays, 10:30 am - COCOA VILLAGE, "Awareness" An ongoing spiritual book discussion group at What You Love To Do - 321-504-0304

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

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

# OUR CALENDAR OF EVENTS

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

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

3rd Thursdays COCOA VILLAGE Just Say Yes to Laughter: Come Laugh Yourself Healthy with Pegatha, 7:00 pm at What You Love To Do, 602 Brevard Avenue. Call 951-2528 or visit [www.justsayyestolaughter.com](http://www.justsayyestolaughter.com) for details. Love Offering

Fridays, INDIALANTIC Spiritual Discussion/Meditation Group, 2 PM Center for Spiritual Awareness 501 Oakridge Dr, 321-634-5188

Fridays PT CHARLOTTE There is something different going on at Starchild Institute! 941-743-0800. [www.starchildbooks.com](http://www.starchildbooks.com)

Friday INDIALANTIC 2-4pm Discussion/Meditation Group: Spiritual Principles ie Eckhart Tolle, Esther & Jerry Hicks, Neal Donald Walsch, Deepak Chopra, Ernest Holmes, Wayne Dyer, & "The Secret". Contact Rev. Virgil 321-634-5188 [www.gardenchapelcsa.org](http://www.gardenchapelcsa.org)

2nd Friday NEW SMYRNA BEACH 6th Sensory Lightworker Group meeting Oct. 12th at 633 US 1, NSB Call Judson for topic more info. at 386-847-2367

Saturdays PORT CHARLOTTE: Channeling & Messages Mediums and Channels. 7PM. \$25 pre-paid. 941-743-0800. [www.starchildbooks.com](http://www.starchildbooks.com)

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

Saturday ORANGE CITY Hatha Yoga with Mike and Maggie-10-11 am at The Purple Door 1427 S Volusia Ave Orange City, FL Cost \$10.00 386-774-9928 or [www.purpledoororangecity.com](http://www.purpledoororangecity.com)

Saturdays ORANGE CITY Chair Massage - IT'S AWESOME 11:30-2:30 pm at The Purple Door 1427 S. Volusia Ave Cost \$10 386-774-9928 or [www.purpledoororangecity.com](http://www.purpledoororangecity.com)

Saturday ORANGE CITY Drum Classes: 5-12 year olds 1-2pm Teens 2-4pm Free Drumming Drumming for Adults 7-9pm all Saturdays except the last Saturday of each month which is reserved for Women Only - Cost for Adult Drumming - Donation Only at The Purple Door 1427 S Volusia Ave Orange City, FL 386-774-9928 or [www.purpledoororangecity.com](http://www.purpledoororangecity.com)

3rd Saturday, ORLANDO, 7pm. Let's have a Seance. Table Tipping with Dennis. I also go to Cocoa, Merritt Island, Vero Beach. For information call 407-721-3396. Please visit my website [www.orlandopsyche.com](http://www.orlandopsyche.com)

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation gratefully accepted. 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](mailto:Rivers97@rocketmail.com)

Sundays COCOA Sunday Services 10:30am Center for Spiritual Awareness 5 Rosa L. Jones Drive. 321-634-5188 [www.gardenchapelcsa.org](http://www.gardenchapelcsa.org)

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

Sundays MELBOURNE 10am-11:30am The Spiritualist Chapel of Melbourne with Rev. John Rogers, 1924 Melody Lane, behind the Melbourne Auditorium. Everyone Welcome! 321-733-1555 Visit [www.spirit-chapel.org](http://www.spirit-chapel.org)

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

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

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:30 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

2nd Sunday of month MELBOURNE Noon-2pm Medium's Day Open to the public \$15 for 15 minute reading. Also available Snacks • Massage Therapy • Healing by donations. The Spiritualist Chapel of Melbourne 321-733-1555 Visit [www.spirit-chapel.org](http://www.spirit-chapel.org)

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

# OUR CALENDAR OF EVENTS

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

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm With blessings of Grand Master Cho Kok Sui and Master Stephen Co, you are invited to participate in an afternoon of meditation and healing at Unity Church of Melbourne, 1745 Trimble Road 321-254-0313

3rd Sunday DELAND Pranic Healing Circle w/blessings of Master Stephen Co at Blue Sky Yoga Center pranichealingcircles@gmail.com

Saturday, May 3 BUNNELL "Card Readings & Such" ....10:30 - 4 PM....Mini readings from readers from several parts of Florida. \$25 per 15 minute reading.... \$15 for student reading... at The Source....4601 E. Hwy 100....386-437-3230

Saturday May 3rd and 5th: Orange City ORANGE CITY AHDAA drum circle 1-2pm FREE-Call 386-774-9928 or visit www.purpledoororangecity.com Purple Door 1427 S Volusia Ave

Tuesday, May 6th Guided Meditation / Visualization as an aid to healing ~ 7:00-8:30 PM - Learn how to use meditation/ visualization to help you become well. Marilyn Jenquin, Director, International Foundation for Spiritual Knowledge. Held at Winter Park Church of Religious Science, 3425 Forsyth Road, Winter Park.32792. Donations welcome. 407-673-9776.

Friday, May 9, 16, & 23 BUNNELL "Pine Needle Basketry" taught by Dodi Ulery....11 AM - 1 PM....\$80.00 all three sessions including supplies.... At The Source....4601 E. Hwy 100....386-437-3230

May 9th - "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 NSB, FL. 32168 7 PM. Speaker Diana Ewald on Spiritual Response Therapy (SRT). Call Judson for more information 386-847-2367

Saturday May 10th: ORANGE CITY Bead/Weaving Class 2 hours - limited to 6 people- MUST PREREGISTER Cost \$25 Call 386-774-9928 or visit www.purpledoororangecity.com Purple Door 1427 S. Volusia Ave

Saturday, May 10 BUNNELL "Free Prosperity Workshop" given by Dodi Ulery....1 - 3 PM..at The Source....4601 E. Hwy 100... 386-437-3230

Tuesday, May 13th Intuition / Psychic-Medium Development Class ~ 1 Tuesday / month ~ 7:00-9:30 PM. Each class includes meditation, lesson, actual hands-on practice to develop your personal skills. \$25 per class or prepay 3 classes for \$75. Marilyn Jenquin, International Foundation for Spiritual Knowledge. Held at Winter Park Church of Religious Science, 3425 Forsyth Rd, Winter Park.32792. www.ifsk.org 407-673-9776

May 15-18th ORLANDO Green Earth Expo 2008 Orange Co. Convention Center World's Largest Sustainable Commerce & Lifestyle Trade Show Event! Want to be a vendor? Call 407-221-5200

Friday, May 16th 7:00 pm - COCOA VILLAGE, Full Moon Crystal Bowl Toning at What You Love To Do - 321 504-0304

May 16th - 6th Sensory Lightworkers - Will study and discuss the Pathwork a spiritual path of self-purification and self- transformation. 7PM 758 navigators Way, FL (Edgewater Landing), For more information call Judson 386-847-2367

Saturday, May 17 BUNNELL Marvin's Garden Festival"over 30 shops participating plus artist's, craftsman, food vendors....10 AM - 4 PM....at Marvin's Garden....4601 E. Hwy 100 ....386-437-3230

Saturday, May 17 BUNNELL "Pampered Spirit Day" ....part of "Marvin's Garden Festival"....10 AM - 4 PM....15 minute mini massages, mini facials, color analyzation and more....\$25 each.... at The Source....4601 E. Hwy 100 ...386-437-3230

Saturday, May 17....New Laughter Club facilitated by Cheryl Laubner....call for details....At The Source.... 4601 E. Hwy 100, Unit F -3. 386-437-3230

Saturday May 17th ORANGE CITY A Family affair - All day fair featuring artists, readers, healing touch, aura camera, drumming, contests, games and prizes for kids, storewide sales- Call 386-774-9928 or visit www.purpledoororangecity.com Purple Door 1427 S Volusia Ave

May 23rd- 6th Sensory Lightworkers - "Share Our Gift" gathering at 7PM - 311 Live Oak Street, New Smyrna Beach 32168 Members will share their gifts and help other to discover their gifts. For more Information call Judson 386-847-2367

June 28th ~ Spiritual Healing, Reflexology, and Essential Oils ~ 10:00 AM-4:00 PM ~Workshop. Hands-on opportunity to learn how to use each of these to help people in need. Sponsored by the International Foundation for Spiritual Knowledge. 407-673-9776 ~ www.ifsk.org

July 18th ~ July 22nd 2008 ~ Stansted-in Florida ~ 5 Day Intensive Psychic / Mediumship Development Course. Sponsored by the International Foundation for Spiritual Knowledge. Tutors include Eamonn Downey and Jan Marshall from the Arthur Findlay College in Stansted, England, and Marilyn Jenquin, Director of the IFSK. Pre-registration required. Will be held at the Canterbury Retreat, 1601 Alafaya Trail, Oviedo, FL. ~ 407-673-9776 ~ www.ifsk.org

**NEW! PSYCHIC FAIR  
CALENDAR ON PAGE 43**



## The Twelve Women of the Chalice

### SPIRITUAL WOMEN'S RETREAT

Friday, May 30th, 2008, 2:00pm through  
Sunday, June 1st, 1:00 pm

**If you desire to discover your true Self,  
deepen your spirituality,  
develop a sacred sisterhood,  
laugh more deeply, heal more completely,  
and walk more serenely  
than you have for a long time,  
THIS RETREAT IS CALLING YOU.**

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[www.canterburyretreat.org/facilities.html](http://www.canterburyretreat.org/facilities.html)

Featuring the following Presenters and Facilitators  
The Reverend Leddy Hammock (Unity Church of Clearwater),  
Author of The Twelve Women of the Chalice Book & Rune System  
Sue K. Riley (Music Director, Unity Church of Clearwater)  
Co-Creator of The Twelve Women of the Chalice Meditation CD,  
The Reverend Beth Head, Unity Church of Melbourne,  
The Reverend Elizabeth Hess-Stamper, Melbourne,  
The Reverend Linda Machesic, Unity of Vero Beach  
The Reverend Marciah McCartney, Unity of Gainesville  
The Reverend Robin Reiter, Sacred Abundance Ministries

**Retreat cost is \$300 and includes meals,  
lodging, and all materials.**

Call Unity of Melbourne 321.254.0313 to  
register or visit [www.unityofmelbourne.com](http://www.unityofmelbourne.com)

**You are a vessel for a holy purpose.  
Come and see.**



Ask  
Whitedove

*...continued from page 15...*

The Mayan were master astronomers who were devoted to astrology and many of their spiritual leaders were enlightened ones. They were able to predict their own future and could even see into our modern time. The Mayan calendar stops on 12-21-2012 because their astronomers were aware of a major astrological occurrence, the signs pointed to a New Age, but the outcome was unclear. Their calendar ended at this, the next evolution stage for mankind.

I see that this is not the end of the world, but it is the birth of a new paradigm. The shift in consciousness is already underway, and during the birthing process there are the pangs of labor. We are in the midst of upheaval. The Mother Earth is molting and a portion of humanity is awakening, others are resisting change.

God has bestowed two great gifts to humanity; the gift of co-creation and the gift of free will. Now is the time to use your gifts of manifestation. Put away your fears, you possess the ability to create Heaven on Earth. This new age of enlightenment allows you to create your reality rather quickly. So monitor your thought patterns and dwell in the positive. Humanity needs to come away from the old programming and belief systems of fear and lack. I would suggest prayer, meditation and focusing on love. In this way your heart, mind, and soul is set free from the negativity that no longer serves you. I have been given much information about our future which I have written predictions in my two Angel books and my blogs so feel free to read them too.

**Dear Whitedove,** As a historical writer, I research and write about people of the past. In your opinion, when I cross to the over side, will I meet these people? Do people who have passed on care if they are remembered or not? ~Florida Writer

**Dear Writer,** Speaking from my own encounter when I had a Near Death Experience; when we cross over we are greeted by our loved ones and members of our soul family initially. Of course Guardian Angels are present too. As we move forward in our Heavenly experience, we will see the many souls that were important to us during our Earthly journey, and even souls who we thought were merely a chance encounter. For you, a couple of the historical figures that you write of are from your soul family. So yes you will meet them again. Do souls care if they are remembered? In Heaven we drop our ego, but we are acknowledged for our deeds, selfless works for humankind, our thoughts and our words, much like a personal assessment of spiritual growth. So yes, souls are happy to be remembered for their positive impact accomplished during life on Earth.

*Horizons Magazine has tapped the person who embodies the spirit of the age as its newest advice columnist. Mystic and Spiritual Teacher Michelle Whitedove winner of Lifetime TV's America's Psychic Challenge is here to help give clarity on topics from Arch-angels to Zodiac, just ASK WHITEDOVE! . Ask your specific questions at [www.MichelleWhitedove.com/contact.php](http://www.MichelleWhitedove.com/contact.php) And be sure to check her local appearances.*

## FULFILLING RELATIONSHIPS



...continued from page 19...

However, this does not mean that you "need" the other person to agree with your chosen goal. This, of course, would not be very unconditional. If they refuse to walk the path of empowerment and forgiveness, let them be. They will take their issues and lessons with them as will you if you refuse the path of healing.

**So why do we have these dysfunctional, codependent relationships in the first place?** It's part of our history and patterning. We believe that we parted ways with God. Then we lost our identity of our True Self—which became our Spiritual Inner Child, lost and afraid. We are then birthed into families whom we expect to fix our brokenness only to find that they only compound our issues. Then we grow up and ask why our adult relationships seem so painful rather than serving as a *remedy* for life's discomforts. The answer is that **we were never given the chance to be anything other than the manifestation of the fears and brokenness** that we have developed for so long. These patterns will remain such until we have taken them along with us on the road to healing. The company that you choose on this road might be a therapist, healer, teacher, or intimate partner, but it must be made clear that you should definitely **share the journey with someone**. Of course there is always *some* processing that you might choose to do alone.

**When you commit to healing your life**, you will find that you must face the dark part (i.e. false beliefs) of yourself. You can learn to *walk through the darkness and into the light*. The same goes for your relationships. **If you want your relationships to be fulfilling, then you must let them fulfill their two purposes.** The first is to bring about whatever healing they are presenting. The second is to let yourself reap the rewards of doing the work, allowing the healing, and committing to experiencing love in your life. When you accomplish this, you will feel whole and healed. Your relation is no longer based on fear and dysfunction but instead on love and wholeness. Passion and joy are no longer temporary distractions that the ego can demand payment for. Your debt has now been paid. **The relationship is yours. You own it!** Now you *choose* to share it with God, with all parts of yourself, and yes, with others whom you feel will recognize and appreciate it.

**Does this mean that everyone around you will be at exactly this level of relating?** Not necessarily! In fact, you can assume that the rest of the world is not yet comfortable with the concept of healthy, unconditional relationships. Others (including family, friends, and lovers) may still struggle to understand the difference of how *you* choose to relate in comparison to how the rest of the world relates. They might often still want to tell you *who* to love and *how* to love. But in your new, healthy state of being, you are *in* a perpetual state of LOVE. To have a partner or not have a partner is all the same and holds no desperate energy. You are no longer relating out of neediness. There is no longer codependence driven by dysfunction. There is only a focus on sharing. Each person will eventually learn to share their True Self with whomever they feel will benefit from the experience and each will take responsibility for what they gain or what limits they impose. This level of **taking personal responsibility dissolves unhealthy codependence and provides each person with an opportunity to create a safe, fulfilling relationship.**

*Flagler's Only  
Metaphysical Store*

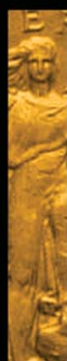

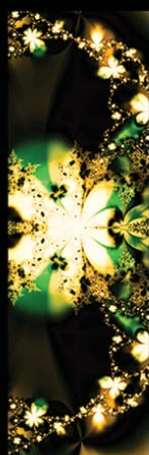

**The Source Ltd.**  
art gifts and gatherings

**Card Readings & Such....Saturday, May 3**  
10:30 AM - 4 PM. Readers from several areas of Florida.  
\$25 -15 minute reading; student readers available for \$15

**Saturday, May 17 Marvin's Garden Festival**  
over 30 vendors from Marvin's Garden. Other vendors include artists, food, craftsman, car show. Drawings for the festival and individual shop. At **The Source** we will have "Pampered Spirit Day".... mini facials, mini massages, color draping and analyzation, and more....all for minimum fees.

**386-437-3230**

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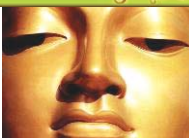
**Brevard County  
Buddhist  
Fellowship**



**May you be  
Free to BE!**

## Brevard County Buddhist Fellowship

Monthly Meetings 7:00-8:30pm



May 9th at What You Love To Do 602 Brevard Ave, Cocoa Village. A New Earth by Eckhart Tolle. Also prayer, chanting and silent meditation.

May 2nd & May 23rd at Unity of Melbourne 1745 Trimble Rd. Join us as we watch the DVD: Discovering Buddhism. Also prayer, chanting and silent meditation.

May 17th Celebrate Buddha's Birthday at What You Love To Do, 602 Brevard Ave, Cocoa Village. "What is Buddhism in America" also short prayer/chant/meditation time. We will follow up with Fellowship at Murdocks for fun & food!

May 19th at Melbourne Fee Ave Library. Talk by Ajahn Brahm. Also prayer, chanting and silent meditation.

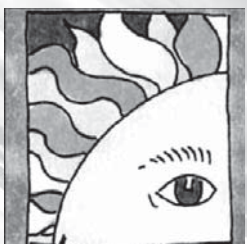
May 28th Satellite Beach Library. The Dalai Lama's latest talk. Also prayer, chanting and silent meditation.

All welcome to attend. Donations Appreciated  
[www.brevardcountybuddhistfellowship.com](http://www.brevardcountybuddhistfellowship.com)

# 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,



## 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. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

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. We do this by our intentions, beliefs and expectations, by every thought we think and every word we speak.

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

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

From my heart to yours,  
Andrea de Michaelis



# SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

## MAY 2008

**W**oopie, it's **Thrimilce!** The month when you milk your cows three times a day! That is, if you are an **Anglo-Saxon** during ancient times. It's also the month of **Beltane** (sometimes 'Beltaine') or the beginning of summer in the old **Celtic** calendar. The **Wiccan** celebration of Beltane celebrates the marriage of the Goddess and God.

*Now the bright morning star, day's harbinger,  
Comes dancing from the east, and leads with her  
The flow'ry May, who from her green lap throws  
The yellow cowslip and the pale primrose.  
"Beauteous May" by John Milton*

The early Christians associated this month with **St. John, the Evangelist**. They considered it the longest day showing that light triumphed over darkness. The longest day is, of course, at the summer solstice on June 20th. As we have discussed in earlier columns, however, knowing which day was the longest or shortest was not easy to determine without precision equipment. I mean, they didn't even have GPS!

*Hail, beauteous May, that dost inspire  
Mirth, and youth, and warm desire;  
Woods and groves are of thy dressing,  
Hill and dale doth boast thy blessing.  
Thus we salute thee with our early song,  
And welcome thee, and wish thee long.  
Ibid.*

One custom that has lasted for many centuries in **England** was **Morris Dancing**. This dance is often done on **May Day**. If someone tells you it is a dance of six or eight guys named 'Morris', don't believe it! One theory is that the name came from 'Moorish Dance' and has similar names in **France, Germany, Croatia, Spain and Italy**. Apparently little is known about the origins of Morris Dancing, but a common, although possibly false belief is that it is ancient pagan fertility dance. As a **Pagan**, I'd love to claim it for ours, but there is little evidence for this.

**SATURDAY MAY 17TH ALL DAY - FAMILY "AF-FAIR"**

*Games and gifts for the kids, artists, aura cameras, spiritual and tarot readers and palmist, drumming, chair massage, special sales 10am-6pm Come join the fun.*

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The dancers are in two lines facing each other carrying long sticks or white handkerchiefs and wearing bells on their knees. The dancers skip toward each other, hit stick to stick and dance away. If you want to see it, take a look at **You Tube** and look under 'Morris Dancing'. You'll see many types and often they are named after the town in which they originated such as **Cotswold** dance and **Bampton** dance.

**May 1st - Wiccan, Pagan: Beltane, Celebration of the marriage of the Goddess and God**

## MAY 2008

**May 2nd - Bahá'í:** The twelfth day of Ridvan (Paradise) celebrating when the Prophet resided in the Garden of Ridvan

**May 3rd - Roman:** Feast of the Lemuria, the restless dead

**May 5th - New Moon** at 8:19 AM EDT

**May 15th - Roman:** Ludi Merceruy, Birthday of god Mercury, who traveled as fast as thought

**May 15th - Egyptian:** Festivals of the goddess Het-Hert (Hathor) and the goddess Bast,

**May 19th - Full "Grass" Moon** at 10:11 PM EDT

**May 31st - Christian:** Pentecost, descent of the Holy Ghost on the Apostles

**May 31st - Jewish:** Shavu'ot celebrating when the first fruits were brought to the temple

*A FACTOID WITH WHICH TO END THE MONTH:  
An old tale had it that if you washed your face in the morning dew of May 1st, your complexion will be beautiful for the next year. But then, they also said "Those who bathe in May; Will soon be laid in clay". I don't think I'll chance it. I wear a beard anyway.*

# WHAT IS YOUR LIFE FOR?



...continued from page 31...

## Affirm With Conviction

I am always attentive to supportive lifestyle regimens and spiritual practices that allow my spiritual growth to be rapidly progressive.

## Be Receptive to the Influences of God's Grace

*Amazing grace! How sweet the sound! That saved a soul like me. I once was lost, but now am found; Was blind but now I see.*

— John Newton (Written after surviving a violent ocean storm, 1748)

Modern Modified Version

Assistance or provision that is freely provided is a gift of grace because it is not produced by our personal endeavors. The supreme-intelligence-directed power that impels evolution and nurtures all life can more easily assist and provide for us when we are receptive to its influences.

Avoid thinking that you are not worthy of being blessed by God's grace or that you must bargain with God to have it. Open your mind and your heart (essence of being) to all of the good fortune that can be yours. Think rationally; act wisely and decisively. Be receptive to unplanned, supportive events that will be provided for you and the beneficial changes that will spontaneously occur in your mind and consciousness. You will soon learn that the Source of everything includes you in its processes.

## Affirm With Conviction

Always responsible for the thoughts I think, the feelings I nurture, and my intentional actions, my mind and my being are open and receptive to all of the good fortune that can be mine.

# SUGGESTED READING & LISTENING



The Law of Attraction: Teachings of Abraham  
by Esther and Jerry Hicks [www.abraham-hicks.com](http://www.abraham-hicks.com)

A New Earth, Awakening to Your Life's Purpose  
by Eckhart Tolle

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

Astonishing Power of Emotions by Esther & Jerry Hicks  
Transforming Fate Into Destiny By Robert Ohotto  
How to Find Your Inner Priestess by Kala Trobe  
Animals and the Afterlife by Kim Sheridan  
Interpersonal Edge by Daneen Skube  
The Moses Code by James Twyman

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

Essential Wisdom of the Bhagavad Gita by Jack Hawley

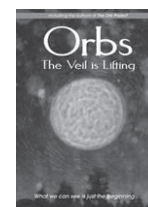
From [www.yogananda-srf.org](http://www.yogananda-srf.org)



Rare recorded talks by Paramahansa Yogananda  
Removing All Sorrow (1950)  
Suffering & Awake in the Cosmic Dream  
The Great Light of God with Yogananda  
Beholding the One In All with Yogananda

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

The Orb Project  
by Miceal Ledwith and Klaus Heinemann



## MUST SEE DVDs

The Secret Movie <http://thesecret.tv/>  
The Secret Behind The Secret [www.abraham-hicks.com](http://www.abraham-hicks.com)  
Orbs: The Veil is Lifting with Miceal Ledwith and Klaus Heinemann

Gifts of the Soul CD set with Pamela Arwine  
[www.pamelaarwine.com](http://www.pamelaarwine.com)

# PSYCHIC FAIRS Calendar

List your event here  
for only \$5 per line



## 1st Sunday in Melbourne 6:30 - 9:00pm

Monthly Psychic Fair at 1924 Melody Lane behind the Melbourne Auditorium. 321-537-3843 \$10/15 minute readings

## 2nd Sunday in Melbourne Noon-2pm

Medium's Day \$15 for 15 minute reading. Visit [www.spirit-chapel.org](http://www.spirit-chapel.org). 1924 Melody Lane behind Melbourne Auditorium.

**3rd Saturday of month** Table Tipping Seance  
**2nd Weekend of each month** • Spiritual Festival  
**Monday night readings** 4-7pm

**Tuesday thru Sat. Readings** by appointment  
Knowledge for Spiritual Living Center 729 N. Thornton, Orlando, FL Dennis Hollin 407-721-3396

**Sat. May 3rd Melbourne 10am-2pm** Body, Mind & Spirit Fair at The Herb Corner 277 N. Babcock Street in Melbourne 321-757-7522 Chair Massage • Aura Pics • Mini Astrology Readings • Psychic Readings • \$15-15 minutes

**Sat. May 17th Bunnell** Fair at The Source in Marvin's Garden Plaza • 4601 E. Hwy 100 • 386-437-3230

**Sat. May 17th Orange City 10am-2pm** Readers, aura pics at The Purple Door 386-774-9928 1427 S. Volusia Ave

**Sat. May 17th Lake City** Holistic Fair at Company of Angels, 277 N. Marion Avenue downtown 386-752-5200

**Sat. May 31 Vero Beach 11am-5pm**  
PSYCHIC FAIR \$20 mini-readings at The Vero Body Mind Center 772-882-9097  
2424 US 1 Vero Bch Also Biofeedback, Aura Photography. Table Tipping Seance with Dennis Hollin. [www.orlandopsychic.com](http://www.orlandopsychic.com)



**Body, Mind Spirit Expos**  
Visit [www.BMSE.net](http://www.BMSE.net)

**May 3-4 in Orlando**  
**May 17-18 in Tampa**  
**May 31-June 1 W. Palm Bch**  
**June 14-15 in Melbourne**

## ATTENTION Psychics & Psychic Fair Promoters



You're invited to be part of our newest project. As a sincere psychic or psychic fair promoter, we know you have great interest in making psychics available to those looking for readers. Horizons Magazine is now compiling

## PSYCHIC FLORIDA: A DIRECTORY OF PSYCHICS AND ASTROLOGERS

This directory will be available free of charge **Free!**  
online at

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

## INTRODUCTORY OFFER\*\* \$10 per listing

Our purpose with the directory is to offer a wide selection of spiritual counselors and psychic readers in Florida, and to build a network of readers. It will include psychics, mediums, spiritual counselors, astrologers, and stores that hold psychic fairs



\*\* Each (10 word maximum) line will be \$120 per year prepaid or \$75 for six months prepaid.

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Rev. Sigi 321-452-2079 Email Sigi340@aol.com



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

**Aries: March 20 to April 19/20 "I Am".** The trouble that you stubbornly express to the world is your head first attitude. Know that the crazy running around causes frantic energy; observe the situation with eyes to see and ears to hear. A great month to conceive a boy or meet new friends with a lot in common, classes learning etc.

**Taurus: April 19/20 to May 20/21 "I have".** This is the time of year that the buddha will bless you. April showers bring May flowers, growth is now. Just think for a time for fertile land to exist. The soil is ready to sprout the ready little seedlings to open up to the Sun. The roots grow deep into Mother Earth feeding and sustaining a grounded and productive vibration to check your blood pressure.

**Gemini: May 20/21 to June 21 "I Think".** To nurture what you love is the key to having what you love nurture you back. May is a month where you are faced with your intimacy issues or lack thereof. Your tendency to run away from emotional involvement and mothering has caught up with you. You can run but you can't hide. It's up to you, what choices are you willing to make?

**Cancer: June 21 to July 22 "I Feel".** Cultivate a garden of positive friends that are nurturing as you take control of your creative power. Taking long walks in the evening to watch the sunset will awaken a deep inspiration and meditative perspective on life. Think about your dreams and feel your way to manifest your priorities.



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# HOROSCOPES FOR MAY 2008

**Leo: July 22 to August 22/23 "I Will".** Get your garden planted with your sprinkling system ready to hydrate the soil. Record heat waves are coming, so prepare your garden with the proper mulch and shade protection materials. About the middle of May, family secrets will surface; all your life you had no idea what your parents had gone through. Now you understand why such peculiar behavior existed.

**Virgo: August 22/23 to September 22/23 "I Analyze".** May is always a good month for you because it is when Taurus takes charge. An earth sign like Virgo your signs make an earth trine, a very positive flowing and harmonious aspect. You are in the flow of money, use the last two weeks of May to clear out your to do list. Transiting Saturn in Virgo will assist you in your transformation.

**Libra: September 22/23 to October 23 "I Balance".** This month you are very much in a mood of reexamining your relationship to the resources of your life. Everything has a vibration, or a sentimentality attached to it. The things, that are important to you are yours and you should never allow anyone to talk you out of them. You also may want to reconsider the work you do in the world whether or not it is in alignment with the higher aspects of what is truly important in your life.

**Scorpio: October 23 to November 22 "I Create".** May offers you many opportunities to turn yourself inside out. Now that the Sun is shining much brighter than before, you are very willing to transform your life. The tempo of your life has accelerated. The restlessness that you feel can be used for making many a short trips. This is also a time; where what ever you wanted to study something different you may take a series of classes for pleasure learning.

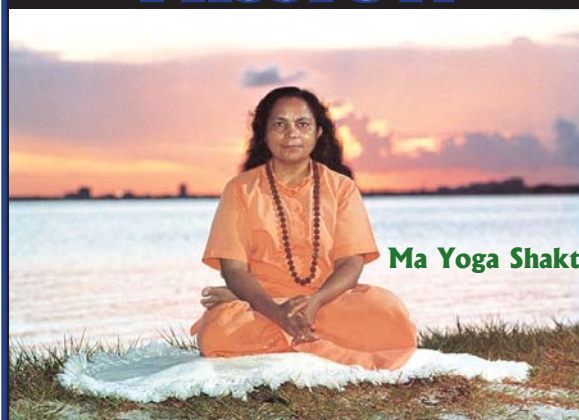
**Sagittarius: Nov 22 to Dec 21 "I Perceive".** In keeping in step with Nature now is a good time to plant plants and seeds of all varieties; you on the other hand are ready to put down your roots. What you have been through in the last five years is an indication of a great need for inner change. Security has become your focus. More than ever your home, family and personal life has become the number one source of comfort and support.

**Capricorn: December 21 to January 19/20 "I Use".** May is the beginning of a very expansive period in your life. All your creative juices are flowing. You may test your luck and win four out of five times. Remember your boundaries when it comes to russian roulette in any area of your life. Your love life will give back one one hundred fold what ever you put into it. Doing what you love will keep you healthy and happy.

**Aquarius: January 19/20 to February 18 "I Know".** This month your nervous system is on over load. Thank goodness for warmer weather to help ground you and ease your stress as you spend more time in Nature. Your sensitivity to processed foods is also compared to worry or negative thoughts, stay away from them. You are at a cross roads in your life, you have taken responsibility for your choices. Your life is up to you, so choose wisely.

**Pisces: February 18 to March 20 "I Believe".** Transiting Uranus aspecting your Sun sign still for several more years will give you the stamina to make what ever change that is needed in your life. These next three years is one of the most revolutionary periods in your life. This transit will clear away anything that does not match your new self. The lesson is to have the courage to speak your truth and have the back bone to walk your talk. The energies around you are ready to assist you.

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Sundays 9-10am Sunshine Talks  
First Saturday of month at noon  
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\$7 Per Class

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Gajendra  
7-8pm

**Tuesday**  
7-8pm  
Maryann &  
Jim Loafman

**Thursday**  
Val Anderson 9 -10 am  
**Thursday 7-8 pm**  
Chip & Shyama Iacona



**Full Moon Puja**  
Satva Narayan Katha

5 pm Call for dates

**Ramayan**  
Chanting  
Sundays  
10:15-11:15 am

**Bhajans**  
Kirtans First Wednesday  
of Month 6.45- 7 45 PM

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Meditation Techniques to  
Enhance Mind Power \$10  
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Yoga Aasana Chart \$2  
Chandogya Upanishad \$5



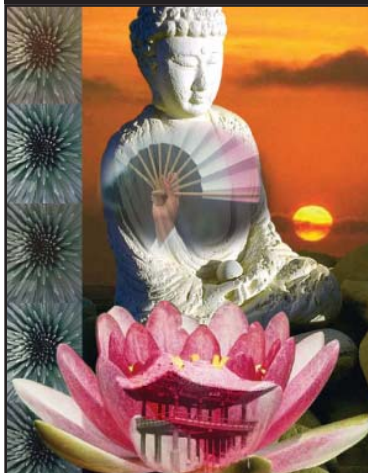
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### Fridays

12-5pm Aura Photography with Patrice Gibbs  
7 pm Healing Circle with Chakra Healing Crystal Bowl Concert

### Last Saturday of each month.

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Psychic Readings from 5-7pm followed by Table Tipping Se-  
ance 7:00pm until...

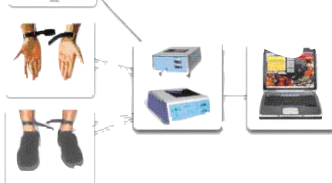
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**May 31st PSYCHIC FAIR 11AM UNTIL 4PM**

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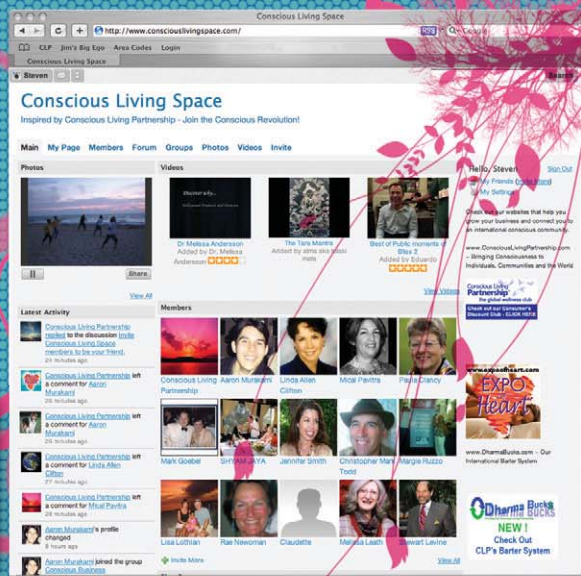
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